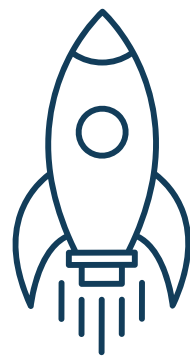


0-36 Month Developmental Milestone Checklists



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Pediatric Therapy Foundation

0-36 Month Developmental Milestone Checklists

These checklists list many important milestones for children 0-36 months in the areas of:

- Motor Skills
- Sensory Development
- Communication Skills
- Feeding Skills

If you are concerned about your 0-36 month child's development and you live in Riverside or San Bernardino, contact the **Inland Regional Center** for a **FREE** assessment and **FREE** services if you qualify.

YOU DO NOT NEED A DOCTOR REFERRAL.

<https://www.inlandrc.org/eligibility/>

You can also obtain services through your medical insurance.

Contact a clinic that takes your insurance and they can explain the process.

Also, discuss your concerns with your child's pediatrician.

Do not "wait and see" if they catch up. Early intervention is extremely important and has been proven to make a huge difference in a child's lifelong progress.

Visit www.skyrockettherapy.org for more information on development, finding services, funding services, and for help with the process.



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0-3 Month Developmental Milestones

Motor

- While lying on tummy, pushes up on arms
- While lying on tummy, lifts & holds up head
- Moves fists from closed to open
- Brings hands to mouth
- Moves legs & arms off surface when excited

Communication

- Makes eye contact & shows interest in faces
- Coos & smiles
- Cries differently for different needs (hungry, tired, etc.)
- Turns head toward sound or voice
- Quiets or smiles in response to sounds or voice

Notes

Sensory

- While lying on back, visually tracks moving toy side to side
- While lying on back, attempts to reach for toy held above their chest
- While lying on back, keeps head centered to watch faces or toys
- Calms with rocking, touching, gentle sounds
- Enjoys a variety of movements

Feeding

- Latches onto nipple or bottle
- Tongue moves forward & backward to suck
- Drinks 2-6 oz. of liquid per feeding, 6 times per day
- Sucks & swallows well during feeding

3-6 Month Developmental Milestones

Motor

- Reaches for toys while on tummy
- While lying on back, transfers toy from one hand to the other
- While lying on back, reaches both hands to play with feet
- Uses hands to support self while sitting
- Rolls from back to tummy & tummy to back
- While standing with help, supports entire weight with legs

Communication

- Begins to use consonant sounds in babbling
- Makes different kinds of sounds to express emotions
- Uses sounds to get attention
- Listens & responds when spoken to
- Notices toys that make sounds

Sensory

- Uses both hands to explore toys
- Generally happy when not hungry or tired
- Brings hands & objects to mouth
- Able to calm with rocking, touching,, gentle sounds
- Is not upset by everyday sounds
- Enjoys a variety of movement

Feeding

- Recognizes nipple or bottle
- Holds bottle independently
- Mouths & gums solid food
- Opens mouth when a spoon is presented
- Moves pureed food from front to back of mouth

Notes

6-9 Month Developmental Milestones

Motor

- Sits without support
- Sits & reaches for objects without falling
- Moves from tummy or back to sitting
- Starts to move with alternate leg & arm movement (creeping, crawling)
- When on tummy, picks up head & pushes through elbows
- Turns head to visually track objects while sitting
- Shows more control while rolling & sitting
- Picks up small objects with thumb & finger

Communication

- Imitates simple sounds
- Increased variety of sounds & combinations
- Participates in two-way, back-and-forth communication
- Recognizes the sound of their name
- Looks for familiar objects & people when named
- Follows some routine commands when paired with gestures
- Uses simple gestures (shaking head 'no')

Sensory

- Explores objects with both hands & mouth
- Turns pages of chunky board book
- Experiments with amount of force used to pick up objects
- Focuses on objects near & far
- Explores shape, size, & texture of objects
- Enjoys a variety of movement
- Observes environment from different positions (lying, sitting, crawling, etc.)

Feeding

- Holds & drinks from bottle
- Eats thicker pureed & mashed foods
- Enjoys chewing on gum massagers
- Stays full longer after eating
- Starts to look for & reach for food nearby
- Reacts to new smells & tastes

9-12 Month Developmental Milestones

Motor

- Releases objects into container with large opening
- Uses thumb & index finger to pick up tiny objects
- Pulls to stand & cruises along furniture
- Stands alone & takes several independent steps
- Moves in & out of different positions to explore & get toys
- Keeps balances when sitting & throwing objects
- Claps hands

Communication

- Meaningfully uses "mama" or "dada"
- Imitates speech sounds
- Babbling has speech-like intonation
- Responds to "no"
- Follows simple directions
- Says one or a few words consistently
- Uses gestures to communicate (reaching up to be picked up)
- Points to show, direct attention, & request

Sensory

- Enjoys listening to songs
- Explores toys with fingers & mouth
- Crawls toward or away from objects in the distance

Feeding

- Finger feeds self
- Eats an increasing variety of food
- Begins to use an open cup
- Tries soft-cooked veggies, soft fruits, & finger food
- Chews using emerging rotary jaw action
- Enjoys greater variety of smells & tastes

Notes

12-18 Month Developmental Milestones

Motor

- Walks independently & rarely falls
- Squats to pick up an object
- Stacks two objects or blocks
- Uses both hands equally to play & explore
- Crawls or walks to get desired objects

Communication by 15 mo.

- Uses 5-10 words
- Imitates simple words & gestures
- Combines sounds & gestures
- Consistently follows simple directions
- Shows interest in pictures & books
- Identifies some body parts when named
- Understands around 50 words

Notes

Sensory

- Has a regular sleep schedule
- Self soothes when upset
- Eats and increasing variety of foods

Communication by 18 mo.

- Responds to simple questions
- Repeats words overheard in conversation
- Continues to produce more complex babble
- Points at families objects & people in pictures
- Understands "in" & "on"
- Responds to YES/NO questions with head shake/nod

Feeding

- Increases variety of coarsely chopped table foods
- Holds with 2 hands & drinks from a cup
- Begins to drink through a straw
- Brings full spoon to mouth while turning spoon over

18-24 Month Developmental Milestones

Motor

- Coordinates movements needed to play & explore
- Usually walks with heel-toe pattern
- Can maintain balance when throwing a ball or when gently bumped
- Uses both hands equally to play & explore
- Uses hands to help move from one position to another

Feeding

- Scoops food with spoon & brings to mouth with spillage
- Drinks from cup with little spillage
- Swallows with lip closure
- Self-feeds frequently
- Chews a broad range of food
- Has precise up/down tongue movement

Communication by 21 mo.

- Uses at least 50 words
- Consistently imitates new words
- Names objects & pictures
- Understands simple pronouns (me, you, my)
- Understands new words quickly
- Identifies several body parts when named

Communication by 24 mo.

- Uses gestures & words during pretend play
- Begins to use two-word combinations
- Uses simple pronouns (me, you, my)
- Understands verbs
- Follows two-step related directions
- Enjoys listening to stories

Notes

24-36 Month Developmental Milestones

Motor

- Is able to maintain balance over uneven surfaces
- Walks through a new space without bumping into objects
- Coordinates both hands together to play or open containers
- Coordinates hands & fingers
- Only leans on objects or slumps when tired

Communication by 30 mo.

- Consistently uses 2-3 word phrases
- Uses "in" & "on"
- At least 50% of speech is understood by caregivers
- Follows two-step unrelated directions
- Understands nouns & pronouns
- Understands "mine" & "yours"

Sensory

- Transitions well to new activity or environment
- Can be away from parents when with familiar people

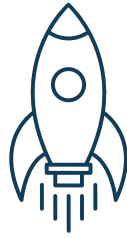
Feeding

- Bites through a variety of food thickness
- Self-feeds with little spillage
- Holds small, open cup in one hand with little spillage
- Chews with closed lips
- Chews using stable rotary jaw action

Communication by 36 mo.

- Asks "what" & "where" questions
- Uses regular plurals
- At least 75 % of speech is understood by caregivers
- Understands most simple sentences
- Understands most simple concepts (colors, space, time)
- Understands "why" questions

Notes



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COMMUNITY OUTREACH

We provide outreach to increase the knowledge and resources available to families, caregivers, teachers, and medical professionals regarding pediatric developmental milestones, red flags for delay, developmental services in the community, and how to initiate and fund services .



CASE MANAGEMENT

We foster a network of pediatric therapists, volunteers, and translators to serve as case managers to guide families through the process of finding service providers, obtaining funding for services, as well as providing ongoing care coordination.



FINANCIAL ASSISTANCE

If families cannot afford the level of services recommended by specialists, we provide financial assistance to help cover transportation costs, insurance deductibles and copays, or the entire cost of services for their child.

For more information about how we can help your family, please call, email, or visit our website.



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