

Cognitive Developmental Milestones



| AGE | MILESTONES |
|--------------|---|
| 0-3 MONTHS | <ul style="list-style-type: none"> <input type="checkbox"/> By 3 months, spends more time awake and alert <input type="checkbox"/> Tracks or follows objects with eyes <input type="checkbox"/> Looks back and forth briefly from one object to another |
| 3-6 MONTHS | <ul style="list-style-type: none"> <input type="checkbox"/> Looks around and shows curiosity about things nearby in environment <input type="checkbox"/> Reaches for objects <input type="checkbox"/> Begins to explore objects (e.g., banging, putting in mouth) <input type="checkbox"/> Begins to experiment with cause and effect (e.g., shaking a rattle to make noise) <input type="checkbox"/> Begins to act bored or fuss if activity does not change <input type="checkbox"/> Forgets about object when removed from views |
| 6-9 MONTHS | <ul style="list-style-type: none"> <input type="checkbox"/> Explores objects by visually inspecting them, turning them around, feeling all surfaces, shaking, and dropping them <input type="checkbox"/> Begins to repeat actions to get an effect <input type="checkbox"/> Searches for partially hidden objects |
| 9-12 MONTHS | <ul style="list-style-type: none"> <input type="checkbox"/> Takes action with a goal in mind (e.g., avoids diaper change by crawling away) <input type="checkbox"/> Gives an object to adult on request, expects to have it returned immediately <input type="checkbox"/> Remembers and finds object hidden under cloth or cup <input type="checkbox"/> Shows interest in putting objects in and out of containers <input type="checkbox"/> Stacks rings on peg <input type="checkbox"/> Understands that an illustration or photo in a book represents a real object |
| 12-18 MONTHS | <ul style="list-style-type: none"> <input type="checkbox"/> Shows understanding of how objects go together (e.g., cup on saucer, spoon in bowl) <input type="checkbox"/> Tries to make mechanical objects work after watching someone else do it <input type="checkbox"/> Solves problems by trial and error (e.g., inverts bottle to obtain object) <input type="checkbox"/> Engages in simple pretend play (e.g., pretends to drink from an empty cup, feed a doll/stuffed animal, roll a car, talk on a play phone) |

AGE

MILESTONES

18-24
MONTHS

- Plays hide-and-find with objects
- Matches two similar objects
- Inserts shapes into matching slots with assistance (e.g., shape sorter)
- Activates mechanical toy without demonstration (e.g., wind-up toys, switches, buttons, knobs)
- Likes to take things apart and experiment with how they work
- Re-enacts familiar daily experiences (e.g., sweeping, covering a doll with blanket, talking on a play phone)
- May pretend an object is something else (e.g., block as a car, banana as a phone)

24-36
MONTHS

- Knows where things usually belong
- Uses a chair or stool to reach an object
- Completes simple puzzles
- Strings steps of pretend play together in a sequence (e.g., making crying noise to indicate doll is sad, preparing food for doll, feeding it, and putting it to bed)
- By 36 months, begins to pretend play a greater variety of events (e.g., visiting the doctor, going to the zoo, birthday party)

36-48
MONTHS

- Identifies basic colors and shapes
- Sorts objects using one or two features into categories (e.g., all large red cars together)
- Copies simple patterns
- Begins to count
- Begins to understand concepts of volume (e.g., empty, half, large, small)
- Some understanding of time (e.g., last night, tomorrow, yesterday, summer)
- Recognizes familiar driving routes and locations in neighborhood (e.g., says, "That's where Grandma lives!" when approaching her house)
- Better able to ignore distractions and focus on the task at hand, may persist in completing something that is a bit difficult
- Experiments with different objects during play to compare their effects (e.g., cars on ramps to see which goes faster)
- Repeats actions to improve results (e.g., blowing bubbles or pumping legs on swing)
- Organizes and plans what to pretend, such as roles, scenarios, and dialogue (e.g., "Let's play baking! I'll be the mommy and you be the baby.")