



CHILDREN'S
LEARNING
INSTITUTE

Health & Motor

DEVELOPMENTAL MILESTONES

0-3
MONTHS

- Stretches legs out and kicks when lying on stomach or back
- Raises head and chest up when lying on tummy
- Opens and shuts hands
- Focuses on objects up close (6–12 inches away)
- By 3 months old, begins to make smoother movements with arms and legs

3-6
MONTHS

- Holds head steady, unsupported
- Rolls from back to tummy and tummy to back
- Pushes up on forearms when lying on tummy
- Sits with support by 6 months old
- Pushes down on legs or bounces on feet when supported in a standing position
- Brings both hands together at midline
- Brings hands to mouth
- Reaches for, grasps, and holds objects
- Shakes and bangs objects
- Focuses eyes on small objects up close as well as on objects a few feet away
- Closes mouth firmly or turns head away when hunger is satisfied

6-9
MONTHS

- Crawls
- Can get into sitting position by self
- Sits without support
- Holds one thing in each hand at the same time
- Transfers object from one hand to the other hand
- Uses fingers to rake and pick up small objects in palm
- May drool and enjoy chewing toys during teething
- Places pacifier in own mouth (if he or she uses one)
- May begin sleeping through the night

9-12
MONTHS

- Changes positions without help (between crawling, sitting, or standing)
- Pulls self up to stand
- Cruises or walks holding on to furniture
- May stand alone
- “Dances” or moves body to music
- Bangs two small objects together
- Puts objects in and out of container
- Waves bye-bye
- Claps hands
- Picks up small objects between thumb and pointer finger
- Finger feeds self; may remove food from mouth, look at it, and put it back in
- Drinks from cup with assistance

12-18
MONTHS

- Rolls a ball
- Climbs up stairs on hands and knees
- Walks independently
- Squats to pick something up
- Pushes/pulls toys while walking
- Stacks at least two blocks or small objects
- Holds crayon or marker in fist
- Drinks from an open cup as caregiver holds it
- Eats with a spoon with some spilling
- Helps with undressing self

18-24
MONTHS

- Climbs on/off furniture without help
- Walks up and down stairs holding on
- Throws a ball
- Kicks a ball
- Uses feet to propel riding toys
- Takes linking toys apart and puts them back together (e.g., snap lock beads)
- Pours, fills, and digs (e.g., sand, water)
- Starts to eat with a fork
- Helps with dressing
- Lets caregiver know when diaper is wet or soiled
- Helps pick up and put away toys

24-36
MONTHS

- Climbs well
- Runs easily
- Jumps in place
- Rolls, pounds, squeezes, pulls playdough
- Stacks a tower of blocks
- Strings large beads together
- Uses hands to twist (e.g., turn a doorknob, unscrew lid on toy container)
- Takes off some clothing by self (e.g., jacket, shoes; unzips zippers)
- Shows signs of readiness for toilet training (e.g., stays dry for longer periods of time)
- Washes and dries hands
- Helps brush own teeth
- Enjoys helping with simple household chores (e.g., wiping the table, feeding a pet)
- Shows or tells where it hurts when in pain

36-48
MONTHS

- Catches a big ball with arms extended
- Pushes, pulls, steers wagon or wheeled toys
- Walks up and down stairs with alternating feet
- Jumps off low step
- Climbs ladder and uses slide
- Pedals a tricycle
- Forms simple shapes out of playdough (e.g., balls, snakes)
- Holds a crayon between thumb and fingers
- Begins to show a preference for being right-handed or left-handed
- Builds three-dimensional structures with blocks
- Snips with scissors
- Blows nose when reminded
- Puts on some clothing (e.g., jacket, shoes) by self
- Unbuttons large buttons
- Uses toilet independently during daytime
- Pours liquid from small pitcher with supervision
- Spreads with a butter knife with supervision
- Can recite familiar safety rules