

Every day is a milestone in your child's life. Every day can tell a growth story. Make sure to give your attention to help them reach their full potential.

DEVELOPMENTAL MILESTONES

An Informational Guide to Parents

0 – 5
years



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Developmental Milestones

Developmental milestones refer to critical functional skills that children are expected to develop within a specific age range. As a parent, it's important to keep track of these milestones to ensure that your child is growing and developing at a healthy pace. By monitoring your child's progress and seeking professional help if necessary, you can help them reach their full potential and set them up for success in the future. Remember, every child develops at their own pace, so try not to compare your child to others and instead focus on their individual growth and development.



Developmental milestones refer to important functional skills that children are expected to develop within a certain age range. These functional skills are categorized into four major areas of development for better understanding.

1. **Speech and Language Development**

focuses on how children understand and use language for communication as they grow.

2. **Gross motor development**

is all about how children move, explore and manoeuvre their surroundings. Gross motor refers to large muscle movements of the body (whole body strength and coordination)

3. **Fine motor development**

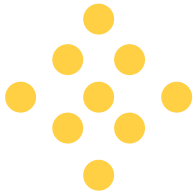
focuses on how children manipulate objects and use their hands. Fine motor refers to smaller movements using hands and fingers.

4. **Social and emotional development**

is all about how children relate with others and develop increasing independence.

5. **Cognitive development**

deals with how children learn to think, remember, imagine, organize information, solve problems, and develop judgement.





Developmental milestones provide vital information about your child's early development. Milestones vary for each age range and they are the early indicators of the behaviors that come to the fore as your child grows and continues learning.



Age 0–3 Months

Speech & Language Milestones

- Makes cooing sounds
- Gurgles and coos in response to different sounds around them
- Cries differently for different needs
- Turns head towards the sound heard
- Looks intently at the speaker

Motor Milestones

Gross Motor

- Lifts head when lying on their stomach

Fine Motor

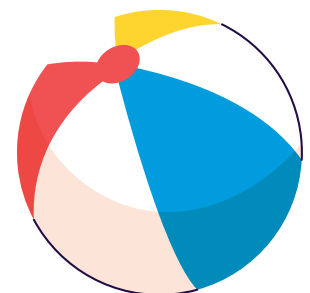
- Holds a rattle for a few minutes
- Watches their own hands move

Social & Emotional Milestones

- Looks at your face
- Happy to see you when you walk up to them
- Smiles when you talk to or smile at them

Cognitive Milestones

- Follows movement by turning head
- Startles at loud noises
- Looks at a toy for several seconds
- Starts showing anticipatory behaviours like sucking at the site of nipple and bottle



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Age 3-6 Months

Speech sounds

- Coos, grunts and babbles
- Can spontaneously vocalize vowels & consonants
- Notices toys that make sounds
- Pays attention to music

Motor Milestones

Gross Motor

- Develops head control
- Rolls over

Fine motor

- Grasps object
- Brings hands/objects to mouth

Social & Emotional Milestones

- Begins to laugh
- By 4 months chuckles as you cuddle them
- Looks at you, moves eyes and makes sounds to get your attention
- Smiles on own to grab your attention
- Knows familiar people

Cognitive Milestones

- Puts things into his/her mouth to explore them
- Reaches to grab a toy he/she wants to hold
- Closes lips to show he/she doesn't want food
- Looks at his/her hands with interest
- Starts imitating facial expressions
- Recognizes familiar faces and familiar sounds
- Responds to facial expressions of others



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Age 6–9 Months

Speech & Language Milestones

- Begins to imitate sounds
- More sounds emerge in babbling
- Engages in communication
- Looks at objects when they are named

Motor Milestones

Gross Motor

- Crawling
- Creeping
- Sitting with support

Fine motor

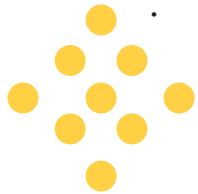
- Releases object
- Transfers objects to the other hand

Social and Emotional Milestones

- Specific emotional attachment to mother
- Cries when unhappy
- Starts responding when you call by name
- Gets upset when separated from mother
- Likes to look at their image in the mirror
- Often smiles while playing
- Enjoys “peek-a-boo”
- Shows different facial expressions like happy, surprised, angry and sad

Cognitive Milestones

- Starts gazing at objects suspended in midair
- Looks for things when they are dropped out of sight (like a toy or a plate)
- Bangs two things together





Age 9-12 Months

Speech & Language Milestones

- Makes sounds, like "ma," "ba," "na," "da," and "ga"
- Begins to say "amma" and "pappa"
- Imitates sound
- Follows simple commands like "sit down", "come", "let's go"
- Uses a few gestures one after another to meet needs like giving, showing, reaching, pointing.
- Is able to understand "no"

Motor Milestones

Gross Motor

- Can sit alone
- Can pull self to standing position and take a few uneasy steps

Fine motor

- Learns to clap hands
- Stacks 2 blocks
- Can put 3 or more objects in a container.

Social and Emotional Milestones

- Appears shy, clingy or fearful around strangers
- Waves bye-bye
- Plays pat-a-cake

Cognitive Milestones

- Starts manipulating objects by turning them over and putting one object into another
- Looks for things you hide, like a toy under a blanket



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Age 12-18 Months

Speech & Language Milestones

- Will have a vocabulary of around 10-20 words
- Can imitate simple words
- Can follow simple commands without visual cues
- Can identify 3-4 body parts (eyes, ears, nose, etc)
- Identifies common objects seen at home
- Can respond to yes/no questions with appropriate gestures (Eg: head nods, etc)
- Starts to point at their desired items/pictures



Motor Milestones

Gross Motor

- Can walk sideways and backwards
- Walks downstairs with railing

Fine motor

- Scribbling
- Grasping 2 objects in one hand

Social and Emotional Milestones

- Copies other kids while playing
- Shows an object they like or points to show something interesting
- Hugs stuffed toys
- Shows affection by hugging, cuddling or kissing you
- Starts to move away from you but looks to ensure that you are nearby
- Helps you to dress them by pushing arm through sleeve or lifting up foot

Cognitive Milestones

- Tries to use things the right way, like a book or a cup
- Enjoys looking at picture books
- Can stack at least 2 small objects, like blocks
- Identifies self in the mirror

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Age 18–24 Months

Speech & Language Milestones

- Listens to simple stories, songs, and rhymes
- Begins to combine 2 words to form a phrase for communication
- Repeats words overheard in conversation
- Shows that he or she knows the names of familiar people or body parts by pointing to or looking at them when they are named
- Names most objects and pictures
- Will have a vocabulary of 50 words or more
- Understand action words
- Begins to use simple pronouns like I, me, etc.



Motor Milestones

Gross Motor

- Walks upstairs
- Runs well

Fine Motor

- Imitates vertical strokes
- Removes shoes
- Can finger feed themselves

Social and Emotional Milestones

- Takes notice when others are hurt or upset, such as pauses or looks sad when someone is crying
- In a new situation, looks at your face for your reaction

Cognitive Milestones

- Starts actively exploring cabinets and drawers
- Copies you doing chores – like mopping the floor
- Plays with toys in a simple way like pushing a toy car
- Can hold something in one hand and use the other hand to take something else
- Tries to use buttons, knobs or switches on a toy
- Plays with more than one toy at a time





Age 2-3 years

Speech & Language Milestones

- Starts to use 3 word sentences
- Controls and explores the world with language
- Speech is understood by familiar listeners most of the time
- Starts to ask questions
- Understands concepts like colours, etc

Motor Milestones

Gross Motor

- Can climb 10 steps
- Can walk on all types of surfaces
- Throws ball using both hands

Fine motor

- Strings beads
- Can imitate horizontal strokes
- Screws a lid

Social & Emotional Milestones

- Plays alongside other children and sometimes along with other children
- Able to follow simple routines when told, like helping to pick up toys when you say "It's clean up time"
- Copies parent's actions
- Differentiates facial expressions of anger, sorrow, and joy
- Fear of separation but often calms down within 10 minutes after you leave him/her for instance at a daycare drop off
- Possessive about toys
- Resists parental demands
- Clinging

Cognitive Milestones

- Starts enjoying pretend and imaginative plays
- Understands the concept of "I"
- Presents simple problem-solving skills like standing on a small stool to reach something
- Shows she knows at least one colour, like pointing to green pencil when you ask her which one is green.
- Can follow 2 step commands like put the toy down and wash your hands
- Avoids touching hot objects like stove when you warn them



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By 4 years

Speech & Language Milestones

- Answers “who?”, “What?” “Where?” and “why?” questions
- Talks about activities at school or friends’ homes
- People outside the family usually understands the child’s speech
- Uses a lot of sentences that have 4 or more words
- Attempts to tell stories

Motor Milestones

- Stands on one leg
- Buttons dress
- Jumps up and down
- Draws a circle and a cross (4 years)

Social & Emotional Milestones

- During play, pretends to be something else (Mom, Dad, Teacher, dog, superhero)
- If none around to play, asks if he/she can go and play, like “Can I go and play with Sam?”
- Comforts others who are sad or hurt, like hugging a crying friend
- Tries to avoid danger, like not jumping from tall heights on the playground
- Likes to help around
- Shows affection for familiar members and friends
- Imaginary fears of the dark, injury, etc. (3-5 years)
- Likes to share
- Imitates parents and friends
- Cooperative play with other children
- Changes behaviour depending on where he/she is (library, place of worship, playground)

Cognitive Milestones

- Recognizes and names familiar colours, objects, and pictures
- Starts understanding the concept of counting
- Remembers parts of a story and tells what comes next in a well-known story
- Understands the concept of same and different - starts comparing sizes



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By 5 years

Speech & Language Milestones

- Uses adult speech sounds
- Relates a story
- Talks clearly
- Has mastered basic grammar
- Hears and understands most of what is said at home and in school

Motor Milestones

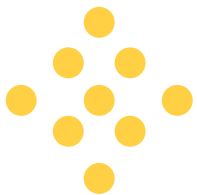
- Mature motor control
- Broad jumps
- Skips
- Dresses him/herself
- Copies a square and a triangle

Social & Emotional Milestones

- Follows the rules or takes turns when playing games with other kids
- Can do simple chores at home like clearing the table, matching the socks
- Sings, acts or dances for you
- Feels pride in accomplishment
- Loves to play with other children and become competitive

Cognitive Milestones

- Asks a lot of questions and also answers simple questions
- Can recount phone numbers and parent's names
- Starts to understand time better (morning, afternoon, night, etc.)
- Pays attention for 5-10 minutes during activities like during story time or while making art & crafts



HOW TO HELP?

Encourage your child to play. Playing is an important part of childhood! It's a way for children to explore and learn about the world around them. Through play, they develop important skills like cooperation, problem-solving, and critical thinking. Plus, it's just plain fun! So encourage your child to play as much as possible and watch them grow and learn in exciting ways.



Final Words

As a parent, it's natural to want to keep track of your child's growth and development. This developmental milestones list can be a helpful guide, but it's important to remember that every child is different and may reach these milestones at their own pace. If you have any concerns about your child's development, it's always a good idea to talk to your doctor or a therapist who can provide guidance and support. If you need more information or have any questions, our team is here to help. You can reach us at 9746303555 or send us an email at enquiry@prayatna.net.

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