

DEVELOPMENT MILESTONES

INFANT TO YEAR 1

- Able to drink from a cup
- Able to sit alone, without support
- Babbles
- Displays social smile
- First tooth
- Plays peek-a-boo
- Pulls self to standing position
- Rolls over by self
- Says mama and dada, using terms appropriately
- Understands "NO" and stops activity in response
- Walks while holding onto furniture or other support

TODDLER 1–3 YEARS

- Able to feed self neatly, with minimal spilling
- Able to draw a line (when shown one)
- Able to run, pivot, and walk backwards
- Able to say first and last name
- Able to walk up and down stairs
- Begins pedaling tricycle
- Can name pictures of common objects and point to body parts
- Dresses self with only a little bit of help
- Imitates speech of others, "echoes" word back
- Learns to share toys (without adult direction)
- Learns to take turns (if directed) while playing with other children
- Masters walking
- Recognizes and labels colors appropriately
- Recognizes differences between males and females
- Uses more words and understands simple commands
- Uses spoon to feed self

PRESCHOOL 3–6 YEARS

Able to draw a circle and square

Able to draw stick figures with two to three features for people

Able to skip

Balances better, may begin to ride a bicycle

Begins to recognize written words, reading skills start

Catches a bounced ball

Enjoys doing most things independently, without help

Enjoys rhymes and word play

Hops on one foot

Rides tricycle well

Starts school

Understands size concepts

Understands time concepts

SCHOOL AGE 6-12 YEARS

Begins gaining skills for team sports such as soccer, T-ball, or other team sports

Begins to lose “baby” teeth and get permanent teeth

Girls begin to show growth of armpit and pubic hair, breast development

Menarche (first menstrual period) may occur in girls

Peer recognition begins to become important

Reading skills develop further

Routines important for daytime activities

Understands and is able to follow several directions in a row

ADOLESCENT 12–18

Adult height, weight, sexual maturity

Boys show growth of armpit, chest, and pubic hair;

voice changes; and testicles/penis enlarge

Girls show growth of armpit and pubic hair;

breasts develop; menstrual periods start

Peer acceptance and recognition is of vital importance

Understands abstract concepts