

## MOVEMENT

- Walks alone
- Walks up stairs with two feet per step with hand held
- Pulls toys behind while walking
- Carries toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support
- Squats to pick up objects
- Sits in small chair

## HAND AND FINGER SKILLS

- Scribbles spontaneously
- Turns over container to pour out contents; takes objects in and out of container
- Builds tower of four blocks or more
- Might use one hand more frequently than the other
- Makes mark with crayon
- Throws small ball a few feet while standing

### Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range:

- Cannot walk by 18 months
- Fails to develop a mature heel-toe walking pattern after several months of walking, or walks only on his toes
- Does not speak at least 15 words
- Does not use two-word sentences by age 2
- By 15 months, does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- Does not imitate actions or words by the end of this period
- Does not follow simple instructions by age 2
- Cannot push a wheeled toy by age 2
- Experiences a dramatic loss of skills he or she once had

## 24 Months–36 Months

### SOCIAL

- Imitates adults and playmates
- Engages in pretend or imitative play
- Plays alongside other children (parallel)
- Urinates in a potty or toilet
- Can remove some of his or her clothing
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of "mine" and "his/hers"

### EMOTIONAL

- Expresses affection openly
- Expresses a wide range of emotions
- Objects to major changes in routine

### COGNITIVE

- Makes mechanical toys work
- Matches an object in her hand or room to picture in a book
- Plays make-believe with dolls, animals, and people

- Sorts objects by shape and color
- Completes puzzles with three or four pieces
- Understands concept of "two"

### LANGUAGE

- Follows a two- or three-part command
- Recognizes & identifies almost all common objects & pictures
- Understands most sentences
- Understands physical relationships ("on", "in", "under")
- Understands 50 words
- Uses 4 to 5 word sentences
- Can say name, age, sex
- Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
- Strangers can understand most of his or her words

### MOVEMENT

- Climbs well
- Kicks ball (wearing closed toe shoes)
- Runs easily and with coordination
- Pedals tricycle (be sure she wears a safety helmet)
- Runs and bends over easily without falling
- Jumps off ground with two feet
- Begins to walk up steps alternating feet

### HAND AND FINGER SKILLS

- Makes up-&-down, side to side & circular line with pencil/crayon
- Catches large ball
- Turns book pages one at a time
- Stacks objects
- Builds tower of more than six blocks
- Holds pencil in writing position
- Grasps crayon with thumb and fingers instead of fist
- Screws and unscrews jar lids, nuts, and bolts
- Turns rotating handles

### Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range:

- Frequent falling and difficulty with stairs
- Persistent drooling or very unclear speech
- Cannot build a tower of more than four blocks
- Difficulty manipulating small objects
- Cannot copy a circle by age 3
- Cannot communicate in short phrases
- No involvement in "pretend" play
- Does not understand simple instructions
- Little interest in other children
- Extreme difficulty separating from mother or primary caregiver
- Poor eye contact
- Limited interest in toys
- Experiences a dramatic loss in skill he or she once had

## WHAT WILL AN EARLY INTERVENTION EVALUATION TELL ME ABOUT MY CHILD?

During an evaluation, the early intervention team will gather information to answer specific questions about your child's development. An early intervention evaluation will give you and the early intervention team information about your child's strengths and needs. The evaluation results help decide if there is a need for ongoing early intervention services.

The early intervention evaluation will look at all areas of development including communication, cognition, gross motor, fine motor, adaptive/self-help, and social emotional skills.

### WHO IS ELIGIBLE FOR EARLY INTERVENTION SERVICES?

In New Jersey, infants & toddlers under age 3 are eligible for early intervention services if they demonstrate delays of at least:

- 2.0 standard deviation below the mean in one developmental area OR
- 1.5 standard deviation below the mean in two or more of the development areas OR
- Medically diagnosed physical or mental condition that typically results in developmental delay (for example, Down Syndrome, Autism, Cerebral Palsy, etc.)

### WE'RE HERE TO HELP

Regional Early Intervention Collaboratives (REIC) are a partnership of families and early intervention providers working together to ensure high quality early intervention services for children with special needs (ages 0-3) and their families living in New Jersey.

The REIC work to assure access to & availability of individualized early intervention services & assists families as they work to meet their children's needs in their home & community.

*"Through our sameness we connect, through our differences, we grow."* —Virginia Satir

**If your child should be crawling, walking or talking, but isn't, call for information about resources and services for your child under age 3.**

**STATEWIDE TOLL-FREE • 1-888-653-4463**



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BIRTH TO THREE

## YOUR CHILD'S DEVELOPMENT

# Important Milestones: Birth to 36 Months

Regional Early Intervention Collaborative—REIC

**STATEWIDE TOLL-FREE  
1-888-653-4463**

[www.njreic.org](http://www.njreic.org)  
<http://nj.gov/health/fhs/eis>

Children develop at their own pace, so it is impossible to tell exactly when your child will learn a given skill. The developmental milestones listed below will give you a general idea of the changes you can expect, but don't be alarmed if your own child's development takes a slightly different course.

## Birth – 4 Months

### SOCIAL AND EMOTIONAL

- Begins to develop a social smile
- Enjoys playing with other people and may cry when playing stops
- Becomes more expressive and communicates more with face and body
- Imitates some movements and facial expressions

### MOVEMENT

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

### VISION

- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

### HEARING AND SPEECH

- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head toward direction of sound

## 4 Months – 8 Months

### SOCIAL AND EMOTIONAL

- Enjoys social play
- Interested in mirror images
- Responds to other people's expressions of emotion & appears joyful often

### COGNITIVE

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

### LANGUAGE

- Responds to own name
- Begins to respond to "no"
- Can tell emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds

### MOVEMENT

- Rolls both ways (front to back, back to front)
- Sits with, and then without, support on hands
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses hand to rake objects (not pincer)

### VISION

- Develops full color vision
- Distance vision matures
- Ability to track moving objects improves

### Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range:

- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll
- Head still flops back when body is pulled into sitting position
- Reaches with one hand only
- Refuses to cuddle
- Shows no affection for the person who cares for him or her
- Doesn't seem to enjoy being around people
- One or both eyes consistently turn in or out
- Persistent tearing, eye drainage or sensitivity to light
- Does not respond to sounds around him or her
- Has difficulty getting objects to mouth
- Does not turn head to locate sounds by 4 months
- Does not roll over in either direction (front to back or back to front) by 5-7 months
- Seems impossible to comfort at night after 5 months
- Does not smile on his or her own by 5 months

- Cannot sit up with help by 6 months
- Does not laugh or make squealing sounds by 6 months
- Does not actively reach for objects by 6 to 7 months
- Does not follow objects with both eyes at near (1 foot) and far (6 feet) ranges by 7 months
- Does not bear weight on legs by 7 months
- Does not try to attract attention through actions by 7 months
- Does not babble by 8 months
- Shows no interest in games of peek-a-boo by 8 months
- Experiences a dramatic loss of skills he or she once had

## 8 Months – 12 Months

### SOCIAL AND EMOTIONAL

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions during feedings
- Tests parental responses to his behavior
- May be fearful in some situations
- Prefers mother and/or regular caregiver over all others
- Repeats sounds or gestures for attention
- Finger-feeds self
- Extends arm or leg to help when being dressed

### COGNITIVE

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone and (putting it to ear)

### LANGUAGE

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to "no"
- Uses simple gestures, such as shaking head for "no"
- Babbles with inflection (changes in tone)
- Says "dada" and "mama"
- Uses exclamations, such as "Oh-oh!"
- Tries to imitate words

### MOVEMENT

- Reaches sitting position without assistance and can stay there without support.
- Crawls forward on belly by pulling with arms & pushing with legs
- Assumes hands-and-knees position
- Creeps on hands and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self-up to stand
- Walks holding on to furniture
- Stands momentarily without support
- May walk two or three steps without support

### HAND AND FINGER SKILLS

- Uses pincer grasp
- Bangs two objects together
- Puts objects into container
- Takes objects out of container
- Lets objects go voluntarily
- Pokes with index finger
- Tries to imitate scribbling

### Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range:

- Does not crawl/does not sit independently by 9 months of age
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported by 12 months of age
- Does not search for objects that are hidden while he or she watches
- Says no single words ("mama" or "dada")
- Does not learn to use gestures, such as waving or shaking head
- Does not point to objects or pictures
- Does not respond to name
- Does not make eye contact
- Experiences a dramatic loss of skills he or she once had

## 12 Months – 24 Months

### SOCIAL

- Imitates behavior of other, especially adults and older children
- More aware of self as separate from others
- More excited about company of other children
- Points to ask for something or to get help
- Engages with others for play
- Helps dress and undress self

### EMOTIONAL

- Demonstrates increasing independence
- Begins to show defiant behavior particularly with adults with whom they feel comfortable
- Separation anxiety increases toward midyear then fades

### COGNITIVE

- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins make-believe play

### LANGUAGE

- Points to object or picture when it's named for him
- Uses the names of familiar people, objects, and body parts ("What's that?" "Who's that?")
- Uses six to ten words other than names (by 15 to 18 months)
- Uses two to four word sentences
- Follows a verbal command without a gesture
- Repeats words overheard in conversation
- Speaks in jargon
- Identifies at least two body parts

### Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of possible developmental delay for this age range:

- Does not seem to respond to loud sounds.
- Does not notice hands by 2 months
- Does not follow moving objects with eyes by 2 to 3 months
- Does not grasp and hold objects by 3 months
- Does not smile at people by 3 months
- Cannot support head well by 3 months
- Does not reach for and grasp toys by 3 to 4 months
- Does not babble by 3 to 4 months
- Does not bring objects to mouth by 4 months
- Begins babbling, but does not try to imitate any of your sounds by 4 months
- Does not push down with legs when feet are placed on a firm surface by four months
- Has trouble moving one or both eyes in all directions
- Crosses eyes most of the time (occasional crossing of the eyes is normal in these first months)
- Does not pay attentions to new faces or seems frightened by new faces or surroundings