

## CDC Developmental Milestones – Ages 1 through 5

Age	Social/Emotional	Language/Communication	Cognition	Physical
<b>1 year</b>	<ul style="list-style-type: none"> <li>Plays games such as “peek-a-boo” and “pat-a-cake”</li> </ul>	<ul style="list-style-type: none"> <li>Waves “bye-bye”</li> <li>Calls a parent “mama” or “dada” or another special name</li> <li>Understands “no” (pauses briefly or stops when you say it)</li> </ul>	<ul style="list-style-type: none"> <li>Puts things in a container, like a block in a cup</li> <li>Looks for things he sees you hide, like a toy under a blanket</li> </ul>	<ul style="list-style-type: none"> <li>Pulls to stand</li> <li>Walks, holding on to furniture</li> <li>Drinks from a cup without a lid, as you hold it</li> <li>Picks things up between thumb and pointer finger, like small bits of food</li> </ul>
<b>1 ½ years</b>	<ul style="list-style-type: none"> <li>Moves away from you, but looks to make sure you are close by</li> <li>Points to show you something interesting</li> <li>Puts hands out for you to wash them</li> <li>Looks at a few pages in a book with you</li> <li>Helps you dress him by pushing arm through sleeve or lifting up foot</li> </ul>	<ul style="list-style-type: none"> <li>Tries to say three or more words besides ‘mama” or “dada”</li> <li>Follows one-step directions without any gestures, like giving you the toy when you say “give it to me”</li> </ul>	<ul style="list-style-type: none"> <li>Copies you doing chores, like sweeping with a broom</li> <li>Plays with toys in a simple way, like pushing a toy car</li> </ul>	<ul style="list-style-type: none"> <li>Walks without holding on to anyone or anything</li> <li>Scribbles</li> <li>Drinks from a cup without a lid and may spill sometimes</li> <li>Feeds herself with her fingers</li> <li>Tries to eat with a spoon</li> <li>Climbs on and off a couch or chair without help</li> </ul>
<b>2 years</b>	<ul style="list-style-type: none"> <li>Notices when others are hurt or upset, like pausing or looking sad when someone is crying</li> <li>Looks at your face to see how to react in a new situation</li> </ul>	<ul style="list-style-type: none"> <li>Points to things or pictures when you ask, like “Where is the bear?”</li> <li>Says at least two words together, like “more milk”</li> <li>Points to at least two body parts when you ask him to show you</li> <li>Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes</li> </ul>	<ul style="list-style-type: none"> <li>Holds something in one hand while using the other hand; for example, holding a container and taking the lid off</li> <li>Tries to use switches, knobs, or buttons on a toy</li> <li>Plays with more than one toy at the same time, like putting toy food on a toy plate</li> </ul>	<ul style="list-style-type: none"> <li>Kicks a ball</li> <li>Runs</li> <li>Walks (not climbs) up a few stairs with or without help</li> <li>Eats with a spoon</li> </ul>

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<b>2 ½ years</b>	<ul style="list-style-type: none"> <li>Plays next to other children and sometimes plays with them</li> <li>Shows you what she can do by saying, “look at me!”</li> <li>Follows simple routines when told, like helping to pick up toys when you say, “it’s clean-up time.”</li> </ul>	<ul style="list-style-type: none"> <li>Says about 50 words</li> <li>Says two or more words together, with one action word, like “doggie run”</li> <li>Names things in a book when you point and ask, “what is this?”</li> <li>Says words like “I”, “me”, or “we”</li> </ul>	<ul style="list-style-type: none"> <li>Uses things to pretend, like feeding a block to a doll as if it were food</li> <li>Shows simple problem-solving skills, like standing on a small stool to reach something</li> <li>Follows two-step instructions like “Put the toy down and close the door”</li> <li>Shows he knows at least one color, like pointing to a red crayon when you ask, “Which one is red?”</li> </ul>	<ul style="list-style-type: none"> <li>Uses hands to twist things, like turning doorknobs or unscrewing lids</li> <li>Takes some clothes off by himself, like loose pants or an open jacket</li> <li>Jumps off the ground with both feet</li> <li>Turns book pages, one at a time, when you read to her</li> </ul>
<b>3 years</b>	<ul style="list-style-type: none"> <li>Calms down within 10 minutes after you leave her, like at a childcare drop off</li> <li>Notices other children and joins them to play</li> </ul>	<ul style="list-style-type: none"> <li>Talks with you in conversation using at least two back-and-forth exchanges</li> <li>Asks “who,” “what”, “where” and “why” questions, like “Where is mommy/daddy?”</li> <li>Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”</li> <li>Says first name when asked</li> <li>Talks well enough for others to understand most of the time</li> </ul>	<ul style="list-style-type: none"> <li>Draws a circle, when you show him how</li> <li>Avoids touching hot objects, like a stove, when you warn her</li> </ul>	<ul style="list-style-type: none"> <li>Strings items together, like large beads or macaroni</li> <li>Puts on some clothes by himself, like loose pants or a jacket</li> <li>Uses a fork</li> </ul>
<b>4 years</b>	<ul style="list-style-type: none"> <li>Pretends to be something else during play (teacher, superhero, dog)</li> <li>Asks to go play with children if none are around, like “Can I go play with Alex?”</li> <li>Comforts other who are hurt or sad, like hugging a crying friend</li> <li>Avoids danger, like not jumping from tall heights at the playground</li> <li>Likes to be a “helper”</li> <li>Changes behavior based on where she is (place of worship, library, playground)</li> </ul>	<ul style="list-style-type: none"> <li>Says sentences with four or more words</li> <li>Says some words from a song, story, or nursery rhyme</li> <li>Talks about at least one thing that happened during his day, like “I played soccer.”</li> <li>Answers simple questions like “What is a coat for?” or “What is a crayon for?”</li> </ul>	<ul style="list-style-type: none"> <li>Names a few colors of items</li> <li>Tells what comes next in a well-known story</li> <li>Draws a person with three or more body parts</li> </ul>	<ul style="list-style-type: none"> <li>Catches a large ball most of the time</li> <li>Serves himself food or pours water, with adult supervision</li> <li>Unbuttons some buttons</li> <li>Holds crayon or pencil between fingers and thumb (not a fist)</li> </ul>

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<b>5 years</b>	<ul style="list-style-type: none"><li>• Follows rules or takes turns when playing games with other children</li><li>• Sings, dances, or acts for you</li><li>• Does simple chores at home, like matching socks or clearing the table after dinner</li></ul>	<ul style="list-style-type: none"><li>• Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it</li><li>• Answers questions about a book or story after you read or tell it to him</li><li>• Keeps a conversation going with more than three back-and-forth exchanges</li><li>• Uses or recognizes simple rhymes (bat-cat, ball-tall)</li></ul>	<ul style="list-style-type: none"><li>• Counts 10</li><li>• Names some numbers between 1 and 5 when you point to them</li><li>• Uses words about time, like “yesterday,” “tomorrow,” “morning,” or “night”</li><li>• Pays attention for 5 to 10 minutes during activities. For example: during story time or making arts and crafts (Screen time does not count)</li><li>• Writes some letters in her name</li><li>• Names some letters when you point to them</li></ul>	<ul style="list-style-type: none"><li>• Buttons some buttons</li><li>• Hops on one foot</li></ul>
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