



# Developmental Milestones Guide

## Birth – 5 Years

Children grow and develop at their own pace, but developmental milestones can help parents understand typical skill progression in communication, motor development, and daily activities. This guide highlights common milestones from birth through age five and can help you identify when additional support may be helpful.

### ***Birth – 6 Months***

- Smiles and responds to familiar voices
- Babbles and makes sounds
- Rolls over and begins to sit with support
- Brings hands and objects to mouth
- Shows interest in faces and interaction

### ***6 – 12 Months***

- Responds to name
- Begins using gestures such as waving or pointing
- Crawls or scoots
- Pulls to stand
- Explores objects with hands and mouth

## **12 – 18 Months**

- Says first words such as mama or dada
- Understands simple directions
- Walks independently
- Uses gestures to communicate
- Begins using objects appropriately such as a cup or spoon

## **18 – 24 Months**

- Uses 20–50 or more words
- Begins combining two words together
- Runs and climbs
- Begins pretend play
- Shows increasing independence

## **2 – 3 Years**

- Uses short phrases and simple sentences
- Follows two step directions
- Jumps with both feet
- Begins interactive play with others
- Improves fine motor skills such as stacking blocks

## **3 – 4 Years**

- Speaks in longer sentences
- Asks many questions
- Runs, climbs, and jumps with coordination
- Draws simple shapes

- Participates in cooperative play

### **4 – 5 Years**

- Speaks clearly enough for most people to understand
- Tells simple stories
- Hops, skips, and balances
- Uses scissors and begins writing letters
- Shows independence with self care tasks

### ***When to Consider Seeking Support***

If your child is not meeting several milestones, seems significantly behind peers, loses previously learned skills, or you have concerns about communication, motor development, feeding, sensory regulation, or daily routines, it may be helpful to speak with a pediatric therapy professional. Early support can make a meaningful difference in a child's development.

### ***Services We Offer***

- Pediatric Speech Therapy
- Pediatric Occupational Therapy
- Pediatric Physical Therapy
- Early Intervention Services
- School-Based Therapy Services
- Feeding Therapy
- Developmental Evaluations

### ***Questions or Ready to Schedule an Evaluation?***

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