

## Developmental Milestones

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### Editor's note

This is a list of traditional developmental milestones. The ranges are based on several published sources. Milestones in general should not be used as a sole indicator of normal or abnormal development. If a parent or caregiver is concerned about a child's development, further study is recommended.

Since the sequence of developmental milestones is a frequently asked question, we are including this chart for reference.

| Gross Motor                         | Mean age  | Normal Range   |
|-------------------------------------|-----------|----------------|
| In prone head up only               | 1 month   | 0 to 3 months  |
| Head steady at shoulder             | 2 months  | 1 to 4 months  |
| In prone head up to chest           | 2 months  | 1 to 4 months  |
| In prone head up to forearms        | 3 months  | 2 to 5 months  |
| In prone head up with extended arms | 4 months  | 3 to 6 months  |
| Rolling front to back               | 4 months  | 3 to 6 months  |
| Rolling back to front               | 5 months  | 4 to 7 months  |
| Sitting with support                | 5 months  | 4 to 7 months  |
| Sitting independently               | 6 months  | 5 to 9 months  |
| Creeping on tummy                   | 7 months  | 5 to 10 months |
| Crawling hands and knees            | 8 months  | 6 to 11 months |
| Pulls to a stand                    | 9 months  | 6 to 12 months |
| Cruises                             | 11 months | 9 to 14 months |
| Walking                             | 12 months | 9 to 17 months |

|                                     |           |                 |
|-------------------------------------|-----------|-----------------|
| Running                             | 15 months | 13 to 20 months |
| Jump on two feet                    | 24 months | 17 to 34 months |
| Kicks Ball                          | 24 months | 18 to 30 months |
| Climbs stairs with alternating feet | 30 months | 28 to 36 months |
| Peddles tricycle                    | 36 months | 30 to 48 months |
| Fine Motor/Adaptive                 | Mean      | Normal Range    |
| Unfisted                            | 3 months  | 0 to 4 months   |
| Bats at objects                     | 3 months  | 2 to 5 months   |
| Objects to midline                  | 4 months  | 3 to 6 months   |
| Transfers objects                   | 5 months  | 4 to 7 months   |
| Raking grasp                        | 7 months  | 5 to 10 months  |
| Finger feeds                        | 7 months  | 5 to 10 months  |
| Primitive pincer                    | 8 months  | 6 to 10 months  |
| Neat pincer                         | 9 months  | 7 to 10 months  |
| Voluntary release                   | 12 months | 10 to 15 months |
| Helps with dressing                 | 12 months | 10 to 16 months |
| Spoon feeds                         | 15 months | 12 to 18 months |
| Uses cup open/sippy                 | 15 months | 10 to 18 months |
| Imitates housework                  | 18 months | 14 to 24 months |
| Handedness                          | 24 months | 18 to 30 months |
| Helps with undressing               | 24 months | 22 to 30 months |
| Undresses self                      | 36 months | 30 to 40 months |
| Toilet training                     |           | 24 to 36 months |

| Social/Emotional                | Mean      | Normal Range    |
|---------------------------------|-----------|-----------------|
| Social smile                    | 5-6 weeks | 1 to 3 months   |
| Object permanence               | 9 months  | 6 to 12 months  |
| Stranger anxiety                | 9 months  | 6 to 12 months  |
| Affective sharing               | 10 months | 9 to 18 months  |
| Uses mother as secure base      | 12 months | 9 to 18 months  |
| Separation distress             | 12 months | 9 to 24 months  |
| Independence                    | 18 months | 12 to 36 months |
| Parallel play                   | 24 months | 12 to 30 months |
| Associative play                | 30 months | 24 to 48 months |
| Cooperative play                | 36 months | 24 to 48 months |
| Language                        | Mean      | Normal Range    |
| Cooing                          | 3 months  | 1 to 4 months   |
| Laugh                           | 4 months  | 3 to 6 months   |
| Turns to voice                  | 4 months  | 3 to 6 months   |
| Razzing                         | 5 months  | 4 to 8 months   |
| Babbling                        | 6 months  | 5 to 9 months   |
| Dada/mama non-specifically      | 8 months  | 6 to 10 months  |
| Gesture games                   | 9 months  | 7 to 12 months  |
| Understands no,                 | 10 months | 9 to 18 months  |
| Mama/dada specifically          | 10 months | 9 to 14 month   |
| One step command with a gesture | 12 months | 10 to 16 months |

|                                  |           |                 |
|----------------------------------|-----------|-----------------|
| Immature jargonizing             | 13 months | 10 to 18 months |
| One step command w/out a gesture | 15 months | 12 to 20 months |
| Points to body parts             | 18 months | 12 to 24 months |
| Mature jargonizing               | 18 months | 16 to 24 months |
| Puts two words together          | 24 months | 20 to 30 months |
| Pronouns inappropriately         | 24 months | 22 to 30 months |
| Two step command                 | 24 months | 22 to 30 months |
| States first name                | 34 months | 30 to 40 months |
| Pronouns appropriately           | 36 months | 30 to 42 months |

**First published: 11/21/2005**