

Social/Emotional Milestones

2 months			
	Calms down when spoken to or picked up	Looks at your face	Seems happy to see you when you walk up to them
	Smiles when you talk to or smile at them	Responds to a gentle touch	
4 months			
	Smiles on their own to get your attention	Chuckles (not yet a full laugh) when you try to make them laugh	Looks at you, moves, or makes sounds to get or keep your attention
	Turn-taking in vocalizations		
6 months			
	Knows familiar people	Likes to look at themselves in the mirror	Laughs
9 months			
	Is shy, clingy, or fearful around strangers	Shows several facial expressions, like happy, sad, angry, and surprised	Looks when you call their name
	Reacts when their parent leaves (looks, reaches for them, cries)	Smiles or laughs when you play peek-a-boo	
12 months			
	Plays games with someone, like pat-a-cake		
15 months			
	Copies other children while playing, like taking toys out of a container when another child does	Shows caregiver an object they like	Claps when excited
	Hugs stuffed doll or toy	Shows affection (hugs, cuddles, or kisses)	
18 months			
	Moves away from parent, but looks to	Points to show one something interesting	Puts hands out for one to wash them

	make sure they are close by		
	Looks at a few pages in a book with you	Helps you dress him by pushing arm through sleeve or lifting up foot	
24 months/2 years			
	Notices when others are hurt or upset, like pausing or looking sad when someone is crying	Looks at your face to see how to react in a new situation	
30 months			
	Plays next to other children and sometimes plays with them	Show you what she can do by saying, "Look at me!"	Follows simple routine when told, like helping to pick up toys when you say, "It's clean-up time."
3 years			
	Calms down within 10 minutes after you leave them, like at a childcare drop off	Notices other children and joins them to play	
4 years			
	Pretends to be something else during play (teacher, superhero, dog)	Asks to go play with children if none are around, like "Can I play with Alex?"	Comforts others who are hurt or sad, like hugging a crying friend
	Avoids danger, like not jumping from tall heights at the playground	Like to be a "helper"	Changes behavior based on where they are (like place of worship, library, playground)
5 years			
	Follows rules or takes turns when playing games with other children	Sings, dances, or acts for you	Does simple chores at home, like matching socks or cleaning the tables after eating

Physical Development of a Child

2 months			
	<u>Holds head up when on tummy</u>	<u>Moves both arms and both legs</u>	<u>Opens hands briefly</u>
	Head lags when pulled into sitting position	Bats at objects	Makes vowel sounds “eh” or “ah”
4 months			
	<u>Holds head steady without support when you are holding them</u>	<u>Holds a toy when you put it in their hand</u>	<u>Uses their arm to swing at toys</u>
	<u>Brings hands to mouth</u>	<u>Pushes up onto elbows/forearms when on tummy</u>	
6 months			
	<u>Rolls from tummy to back</u>	<u>Pushes up with straight arms when on tummy</u>	<u>Leans on hands to support themselves when sitting</u>
9 months			
	<u>Gets to sitting position by themselves</u>	<u>Moves things from one hand to the other hand</u>	<u>Uses fingers to “rake” food towards themselves</u>
	<u>Sits without support</u>		
12 months			
	<u>Pulls up to stand</u>	<u>Walks holding on to furniture</u>	<u>Drinks from a cup without a lid, as you hold it</u>
	<u>Picks things up between thumb and pointer finger, like small bits of food.</u>		
15 months			
	<u>Takes a few steps on their own</u>	<u>Uses fingers to feed themselves some food</u>	
18 months			
	<u>Walks without holding on to anyone or anything</u>	<u>Scribbles</u>	<u>Drinks from a cup without a lid and may spill sometimes</u>
	<u>Feeds themselves with their fingers</u>	<u>Tries to use a spoon</u>	<u>Climbs on and off a couch or chair without help</u>
24 months/2 years			

	<u>Kicks a ball</u>	<u>Runs</u>	<u>Walks (not climb) up a few stairs with or without help</u>
	<u>Eats with a spoon</u>		
30 months			
	<u>Uses hands to twist things, like turning doorknobs or unscrewing lids</u>	<u>Takes some clothes off by themselves, like loose pants or an open jacket</u>	<u>Jumps off the ground with both feet</u>
	<u>Turns book pages, one at a time, when you read to them</u>		
3 years			
	<u>Strings items together, like large beads of macaroni</u>	<u>Puts on some clothes by themselves, like loose pants or a jacket</u>	<u>Uses a fork</u>
4 years			
	<u>Catches a large ball most of the time</u>	<u>Serves themselves food or pours water, with adult supervision</u>	<u>Unbuttons some buttons</u>
	<u>Holds crayon or pencil between fingers and thumb (not a fist)</u>		
5 years			
	<u>Buttons some buttons</u>	<u>Hops on one foot</u>	

Module 1 Cognitive Milestones

2 months			
	<u>Watches you as you move</u>	<u>Looks at a toy for several seconds</u>	
4 months			
	<u>If hungry, opens mouth when they see breast or bottle</u>	<u>Looks at hands with interest</u>	
6 months			
	<u>Puts things in their mouth to explore them</u>	<u>Reaches to grab a toy they want</u>	<u>Closes lips to show they don't want more food</u>
9 months			
	<u>Looks for objects when dropped out of sight</u>	<u>Bangs two things together</u>	
12 months			
	<u>Puts something in a container, like a block in a cup</u>	<u>Looks for things they see you hide, like a toy under a blanket</u>	
15 months			
	<u>Tries to use things the right way, like a phone, cup, or book</u>	<u>Stacks at least two small objects, like blocks</u>	
18 months			
	<u>Copies you doing chores, like sweeping with a broom</u>	<u>Plays with toys in a simple way, like pushing a toy car</u>	
24 months/2 years			
	<u>Holds something in one hand while using the other hand; holding a container and taking the lid off</u>	<u>Tries to use switches, knobs, or buttons on a toy</u>	<u>Plays with more than one toy at the same time, like putting toy food on a toy plate</u>
30 months			
	<u>Uses things to pretend, like feeding a</u>	<u>Show simple problem-solving skills, like standing on</u>	<u>Follows two-step instructions like "Put</u>

	<u>block to a doll as if it were food</u>	<u>a small stool to reach something</u>	<u>the toy down and close the door."</u>
	<u>Show they know at least one color, like pointing to a red crayon when you ask, "Which one is red?"</u>		
3 years			
	<u>Draws a circle, when you show him how</u>	<u>Avoids touching hot objects, like a stove, when you warn them</u>	
4 years			
	<u>Names a few colors of items</u>	<u>Tells what comes next in a well-known story</u>	<u>Draws a person with three or more body parts</u>
5 years			
	<u>Couts to 10</u>	<u>Names some numbers between 1 and 5 when you point them to them</u>	<u>Uses words about time, like "yesterday," "tomorrow," "morning," or "night"</u>
	<u>Pays attention for 5 to 10 minutes during activities. For example, during story time or making an art project (screen time does not count).</u>	<u>Writes some letters in their name</u>	<u>Names some letters when you point to them</u>

Cohort 1 Module 1 Language/Communication Milestones

2 months			
	<u>Makes sounds other than crying</u>	<u>Reacts to loud sounds</u>	
4 months			
	<u>Makes sounds like “oooo” and “aahh” (cooing)</u>	<u>Makes sounds when you talk to them</u>	<u>Turns head towards the sound of your voice</u>
6 months			
	<u>Takes turns making sounds with you</u>	<u>Blows “raspberries” (sticks tongue out and blows)</u>	<u>Makes squealing noises</u>
9 months			
	<u>Makes different sounds like “mama” and “baba”</u>	<u>Lifts arms up to be picked up</u>	
12 months			
	<u>Waves “bye-bye”</u>	<u>Calls a parent “mama” or “dada” or another special name</u>	<u>Understands “no”(pauses briefly or stops when you say it)</u>
15 months			
	<u>Tries to say one or two words besides “mama” or “dada,” like “ba” for ball or “da” for dog</u>	<u>Looks at a familiar object when you name it</u>	<u>Follows directions given with both a gesture and words. For example, he gives you a toy when you hold out your hand and say, “Give me the toy.”</u>
	<u>Points to ask for something or to get help</u>		
18 months			
	<u>Tries to say three or more words besides “mama” and “dada”</u>	<u>Follows one-step direction without any gestures, like giving you the toy when you say, “Give it to me.”</u>	
24 months/2 years			

	<u>Points to things in a book when you ask, like “Where is the bear?”</u>	<u>Says at least two words together, like “More milk.”</u>	<u>Points to at least two body parts when you ask him to show you</u>
	<u>Uses more gestures than just waving and pointing, like blowing a kiss and nodding yes</u>		
30 months			
	<u>Says about 50 words</u>	<u>Says two or more words together, with one action word, like “Doggie run”</u>	<u>Names things in a book when you point and ask, “What is this?”</u>
	<u>Says words like “I,” “me,” or “we”</u>		
3 years			
	<u>Talks in conversation using at least two back-and-forth exchanges</u>	<u>Asks “who,” “what,” “where,” or “why” questions, like “Where is mommy/daddy?”</u>	<u>Says what action is happening in a picture or book when asked, like “running,” “eating,” or playing”</u>
	<u>Says first name, when asked</u>	<u>Talks well enough for others to understand, most of the time</u>	
4 years			
	<u>Says sentences with four or more words</u>	<u>Says some words from a song, story, or nursery rhyme</u>	<u>Talks about at least one thing that happened during his day, like “I played soccer.”</u>
	<u>Answers simple questions like “What is a coat for?” or “What is a crayon for?”</u>		
5 years			
	<u>Tells a story they heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it.</u>	<u>Answers simple questions about a book or story after you read or tell it to him</u>	<u>Keeps a conversation going with more than three back-and-forth exchanges</u>
	<u>Uses or recognizes simple rhymes (bat-cat, ball-tall)</u>		