

INFANT + TODDLER MILESTONES AND CONCERNS

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2(-ish) Months - 2½ years

Important Milestones

Possible Concerns

2^{ish} MONTHS

- Seems to recognize parents + caregivers
- Begins to smile
- Notices and turns toward noises
- Begins to notice and move own hands
- Watches moving objects
- Starts to calm down/soothe easier
- Fusses when bored (want more entertainment)
- Can lift head while on tummy 1-2 seconds

- Any missed milestones
- Unable to comfort (excessively fussy)
- Frequently arches body OR is frequently limp
- Can only turn head to 1 side
- Sleeping at night for less than 4 hour intervals

6^{ish} MONTHS

- Enjoys back and forth play (peek-a-boo, etc.)
- Lifts arms toward preferred person
- Producing varied vocalizations, babbling
- Reacts to music (babbles and/or dances)
- Can move head around when sitting with help
- Can roll from tummy to back + back to side
- Can reach out and grab something they dropped
- Mouths/munches on solid foods

- Any missed milestones
- Becomes very upset, gags frequently
- Head is bobbing or tilted when sitting
- Can only roll 1 direction
- Playing with all toys/objects less than 1 minute
- Sleeping less than 14.5 hours per 24 hours

8-9 MONTHS

- Plays with a non-electronic toy for 2-3 minutes
- Imitates simple activities (banging, swaying, etc.)
- Looks toward family members when named
- Begins to wave bye-bye
- Babbles double consonants ("baba", "dada", etc.)
- Sits without support for around 10 minutes
- Can crawl backwards, beginning forward
- Picks up small (cheerio size) items with each hand

- Any missed milestones
- Limited interest in back and forth play
- Begins to show excessive, prolonged fear to familiar activities/sounds (vacuum, hair washing, phone ringing, animal, doll, other)
-Some new fear/awareness is expected

12^{ish} MONTHS

- Feeds self with fingers
- Moves (crawls) to get desired objects
- Uses both hands to make a toy work
- Responds to "no" and "come here"
- Says "mama" or "dada" meaningfully
- Can crawl confidently, begins to walk with help
- Can stand alone for at least 3 seconds
- Chews food well and interested in spoon
- Greets others (says "hi" and "bye")

- Any missed milestones
- Frequently on toes when standing
- Bangs head when upset
- Frequent gagging
- Scoots or hops when crawling (need both hands and knees on floor, Tummy off floor)
- Very little laughing during silly play interactions

18 MONTHS

- Enjoys messy activities
- Enjoys looking at books
- Beginning to play pretend (eat toy food, etc.)
- Can point to 3+ animal pictures when named
- Says 15+ words independently (not imitating)
- Can walk across the room independently
- Can bend and pick up toy off floor without falling
- Can scribble with a crayon
- Expects usual routines and rituals
- Begins to take clothes/shoes off
- Can use spoon to scoop and put in mouth

- Any missed milestones
- Avoids touching messy things
- Knees are locked when walking
- Unable to function if routine changes
- Biting during strong emotions (even happy)
- Tantrums occur more than 6 times per day and last over 8 minutes
- Rigid, repetitive play (will not try something new with toy)
- Quickly gives up and becomes very frustrated with full tantrum

2 YEARS

- Explores with paint, play doh, coloring
- Tries to solve problems (gets ball under couch)
- Explores how to make toys fit inside/together
- Knows most body parts
- Can follow most directions (put your toy on the bed)
- Tells what happened when asked (wheel off!)
- Enjoys and joins in songs + rhymes
- Can imitate scribbling lines and circles
- Given up bottle
- Enjoys playing near other kids, watches them

- Any missed milestones
- Any previously listed concerns
- Excessive need climb up or run into things
- Strong aversion to hugs or other touch
- At least half of walking/running is up on toes
- Difficulty napping or sleeping through night
- Extreme reactions to common noises like vacuum, group singing (covers ears, screams)
- Always worried OR almost no concern about their environment

2½ YEARS

- Participates in make-believe (plays house, doctor)
- Recognizes people in pictures
- Can match 3+ shapes, colors
- Can sit and listen to stories for 10 minutes
- Uses 50+ words independently
- Dresses self with some assistance
- Can wash hands (turn on water, get soap, dry)
- Begins to interact and play with peers
- Becomes careful with fragile items

- Any missed milestones
- Any previously listed concerns
- Very sensitive to OR barely notices pain
- Cannot put socks or shoes on foot
- Spends more time frustrated than happy
- Unable to sit and eat at meal time
- Very fearful or timid (will not try new things)
- Frequently aggressive toward other children
- Complains about clothing or shoes being too tight or itchy