



Developmental Milestones Checklist

Birth Through 5 Years — A Parent's Guide

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1 Early Milestones (0–12 Months)

Every child develops at their own pace, but milestones give us helpful guideposts. Use this checklist to track your child's progress and know when to ask questions.

2–4 Months

- Coos and makes gurgling sounds
- Holds head up during tummy time
- Watches faces closely, follows objects
- Begins to smile at people
- Reaches for toys with one hand

6–9 Months

- Responds to own name
- Rolls over in both directions
- Sits without support
- Picks up things with pincer grasp
- Babbles ("mamama", "bababa")

9–12 Months

- Understands "no"
- Pulls up to stand, begins cruising
- Says "mama" and "dada"
- Uses simple gestures (waving)
- Finds hidden objects easily

Red Flags (0–12mo)

- Doesn't respond to loud sounds
- Can't hold head up by 4 months
- Doesn't babble by 9 months
- Can't sit with help by 9 months
- Doesn't bear weight on legs by 12mo

Pro Tip from Our Therapists

This is not a diagnostic tool. It's a resource to help you stay informed.

If you notice your child isn't meeting several milestones, consider a free consultation.





2 Toddler Milestones (1–3 Years)

18 Months

- Says several single words
- Walks alone, may run
- Scribbles on own
- Points to show interest
- Stacks at least 2 blocks

24 Months

- Uses 2-word phrases
- Kicks a ball, begins to run
- Sorts shapes and colors
- Vocabulary of 50+ words
- Shows increasing independence

3 Years

- Follows 2–3 step instructions
- Speaks clearly enough for strangers to understand
- Climbs well, pedals a tricycle
- Builds towers of 6+ blocks, copies a circle
- Takes turns in games, shows concern for others

! Doesn't use 2-word phrases by 24 months

! Can't walk by 18 months or falls frequently

! Doesn't understand simple instructions

! Loses skills they once had (at any age)



3 Preschool Milestones (3–5 Years)

4 Years

- Sings songs or says poems from memory
- Uses sentences of 5–6 words
- Hops on one foot, catches a ball
- Draws a person with 2–4 body parts
- Enjoys make-believe and role-playing

5 Years

- Speaks clearly, tells simple stories
- Uses future tense
- Stands on one foot for 10+ seconds
- Prints some letters and numbers
- Can tell real from make-believe

4 What to Do If You Have Concerns



Trust your instincts

You know your child best. If something doesn't feel right, it's always worth exploring. Parents are often the first to notice developmental differences.



Talk to your pediatrician

Share your specific observations and concerns. Ask for a developmental screening if one hasn't been done at a recent well-child visit.



Contact us for a free consultation

Our experienced therapists can help you understand whether an evaluation would be beneficial. Early intervention leads to the best outcomes.



Noor
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Get Started

We're Here to Help

Book a free 15-minute phone consultation with an experienced therapist.

(630) 965-1232 | noorpediatrictherapy.com/get-started