



Developmental Checklist for Infants & Toddlers (Ages 0-2)

*Note: Please note that there is a range in which many of these milestones are achieved. Please do not be alarmed if your child does not meet the milestone at the exact month under which the skill is listed. However, if there is more than a 1-2 month delay, it is recommended that you contact our office to discuss the need for further assessment.

In addition to the developmental milestones listed below, warning signs to look for include:

- | | |
|---|---|
| <input type="checkbox"/> Poor muscle tone | <input type="checkbox"/> Dislikes car rides or becomes car sick |
| <input type="checkbox"/> Under-responsiveness to pain | <input type="checkbox"/> Needs to be driven in car to calm down |
| <input type="checkbox"/> Difficulty tolerating a prone position (lying on tummy) | <input type="checkbox"/> Easily startles |
| <input type="checkbox"/> Dislikes baths | <input type="checkbox"/> Strong need for routine, poor flexibility |
| <input type="checkbox"/> Resists being held; dislikes being cuddled | <input type="checkbox"/> Repetitive in play, plays the same things over and over, limited play skills |
| <input type="checkbox"/> Picky eater | <input type="checkbox"/> Failure to explore |
| <input type="checkbox"/> Shows discomfort getting hands messy | <input type="checkbox"/> Difficulty with transitions—between toys/activities, between environments |
| <input type="checkbox"/> Appears uncomfortable with swinging | |
| <input type="checkbox"/> Dislikes rocking | |
| <input type="checkbox"/> Inability to settle down; sleep difficulties | |
| <input type="checkbox"/> Difficulty being consoled, poor self-soothing, unusually fussy | |
- **Please also refer to the Behavioral Manifestations of Sensory Processing Problems checklist for more information.**

At 4 months, typical developmental milestones include:

- | | |
|--|--|
| <input type="checkbox"/> Lifts and turns head from side to side while lying on stomach | <input type="checkbox"/> Watches a toy (ex. rattle) move from side to side while lying on back |
| <input type="checkbox"/> Holds head up and looks around when lying on stomach | <input type="checkbox"/> Holds head steady when in sitting position |
| <input type="checkbox"/> Uses arms to raise head and chest off floor while lying on stomach | <input type="checkbox"/> Sits up when provided with support |
| <input type="checkbox"/> Brings both hands simultaneously to midline of chest or face when lying on back | <input type="checkbox"/> Grasps a rattle or toy when placed in hand |
| <input type="checkbox"/> Maintains head in midline while on tummy or back | <input type="checkbox"/> Responds to a smile with a smile |
| <input type="checkbox"/> No longer exhibit signs of head lag when pulled to sit | <input type="checkbox"/> Makes eye contact or looks at your mouth when talking face-to-face |

At 6 months, typical developmental milestones include:

- | | |
|---|---|
| <input type="checkbox"/> Sits independently | <input type="checkbox"/> Looks for a toy if dropped |
| <input type="checkbox"/> Stands while holding hands | <input type="checkbox"/> Tries to get toys out of reach |
| <input type="checkbox"/> Creeps forward on tummy using arms | <input type="checkbox"/> Looks at and manipulates objects in hand |
| <input type="checkbox"/> Grasps a cube | <input type="checkbox"/> Smiles at own reflection in the mirror |
| <input type="checkbox"/> Opens hand in anticipation of contact with a toy or other object | <input type="checkbox"/> Orients towards sounds |
| | <input type="checkbox"/> Responds differently to familiar individuals and strangers |

At 9 months, typical developmental milestones include:

- | | |
|--|---|
| <input type="checkbox"/> Comes up on all fours | <input type="checkbox"/> Uses speech and/or non-crying sounds to express pleasure/displeasure |
| <input type="checkbox"/> Creeps forward on hands and knees | <input type="checkbox"/> Babbles with long and short groups of sounds, as if "talking" |
| <input type="checkbox"/> Crawls | <input type="checkbox"/> Plays games like peek-a-boo |
| <input type="checkbox"/> Pulls self to standing | <input type="checkbox"/> Recognizes own name |
| <input type="checkbox"/> Transfers a cube from one hand to the other | |
| <input type="checkbox"/> Holds own bottle | |

At 12 months, typical developmental milestones include:

- Stands up from a sitting position
- Reaches down to retrieve a fallen toy
- Cruises using furniture for support or walk while holding hands
- Walks independently
- Picks up a Cheerio (or similar item) between the thumb and index finger
- Grasps two small items simultaneously
- Removes pegs from a pegboard
- Finger feeds self
- Removes own socks
- Holds a toy on a string
- Corrals a ball when sitting
- Uses one or two words, like "mama," "dada," or "bye bye"
- Imitates various sounds
- Claps hands
- Pats pictures in a book

At 18 months, typical developmental milestones include:

- Walks up stairs with assistance (2 feet on each step)
- Moves around a familiar room and explore the environment
- Attempts to imitate kicking a stationary ball
- Scribbles with crayons
- Stacks blocks
- Holds a toy with one hand while the other plays with it
- Enjoys pushing or pulling toys while walking
- Sleeps through the night
- Spoon feeds self
- Drinks from a cup (may spill)
- Uses a straw
- Cooperates with dressing and undressing
- Uses single words or short phrases such as "more" or "all done"
- Points to a few body parts when asked
- Plays alone for short periods
- Seeks reassurance or attention from parent/caregiver when playing on his/her own

At 24 months, typical developmental milestones include:

- Carries objects while walking
- Jumps with both feet off the floor
- Moves in and out of various positions (ex. crawl, climb, cruise, walk) to explore and get desired objects
- Stands on one foot briefly
- Imitates throwing a small ball
- Spontaneously names pictures in a book
- Turns pages in a book
- Inserts shapes into matching slots
- Imitates vertical strokes
- Uses a fork
- Washes hands with help
- Removes a jacket independently
- Follows a series of related commands, such as "Pick up the ball and give it to me"
- Helps clean up
- Asserts independence with tasks, refuses help
- Engages in pretend play
- Plays with other children
- Enjoys playing with new toys in a variety of ways