

# Milestones Matter! The Developmental Journey

Check off the milestones and check-ups.



☐ New Born Checkup

☐ 6 Week Checkup

**4 Months**

☐ 14 Week Checkup

☐ Looks at your face

☐ Holds head steady

☐ Brings hands to mouth

**6 Months**

☐ 6 Month Checkup

☐ Begins to sit without support

☐ Likes to play with others, especially parents

☐ Responds to own name

☐ Strings vowels together when babbling (ah, eh, oh)

☐ 9 Month Checkup

☐ Uses simple gestures such as shaking head for "no" or waving "bye bye"

☐ Copies gestures

**12 Months (1 Year)**

☐ 12 Month Checkup

☐ Responds to simple spoken requests

☐ Says "mama" and "dada"

☐ Pulls up to stand

**18 Months (1.5 Years)**

☐ 18 Month Checkup

☐ Says several single words

☐ Walks alone

☐ Knows what ordinary thing are for. For example, telephone, brush, spoon.

☐ Plays simple pretend, such as feeding a doll

☐ Points to show others something interesting

**24 Months (2 Years)**

☐ 24 Month Checkup

☐ Follow simple instructions

☐ Kicks a ball

☐ Says sentences with 2 to 4 words

☐ Gets excited when with other children

☐ Points to things or pictures when they're named

☐ Copies adults and friends (like running when other children run)

**3 Years**

☐ 36 Month Checkup

☐ Carries on a conversation using 2 - 3 sentences

☐ Climbs well

☐ Plays make-believe with dolls, animals and people

☐ Shows affection for friends without prompting

**4 Years**

☐ 4.5 Year Checkup

☐ Would rather play with other children than alone

☐ Tell stories

☐ 5 Years Checkup

☐ Draws a person with 2 to 4 body parts

☐ Plays cooperatively

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