

Milestones: Birth to Three Years

Children grow, learn and develop at different rates. One may walk earlier than another, while another might talk first. Often, these differences will even out over time. But, some children will need extra help meeting these milestones. Look for signs that your infant or toddler might need extra help. If you suspect that your child does have difficulty, the earlier you get help, the better. Here's what you can expect your child to be doing, from birth to age three:

At three months of age most babies:	At six months of age most babies:	At twelve months of age most babies:
<ul style="list-style-type: none"> • turn their heads toward bright colors and lights • move both eyes in the same direction together • recognize bottle or breast • react to sudden sounds or voices • make cooing sounds • make fists with both hands • grasp toys or hair • wiggle and kick with arms and legs • lift head and chest when on stomach • smile 	<ul style="list-style-type: none"> • follow moving objects with their eye • turn toward the source of normal sound • reach for objects and pick them up • switch toys from one hand to the other • play with their toes • help hold the bottle during feeding • recognize familiar faces • babble 	<ul style="list-style-type: none"> • sit without support • pull to a standing position • crawl • drink from a cup • play peek-a-boo and patty cake • wave bye-bye • hold out their arms and legs while being dressed • put objects in a container • stack two blocks • know five or six words
<p>If your child is having difficulty doing some of these things, it may put your mind at ease to talk to someone about it. Talk with your doctor or call 1-800-EarlyOn for more information.</p>		
At one year of age most children:	At two years of age most children:	At three years of age most children:
<ul style="list-style-type: none"> • like to pull, push and dump things • follow simple directions ("Bring the ball") • pull off shoes, socks and mittens • like to look at pictures • feed themselves • make marks on paper with crayons • walk without help • step off a low object and keep balance 	<ul style="list-style-type: none"> • use two-to-three-word sentences • say names of toys • recognize familiar pictures • carry something while walking • feed themselves with a spoon • play independently • turn 2-3 pages at a time • like to imitate their parent • identify hair, eyes, ears and nose by pointing • build a tower of four blocks • show affection 	<ul style="list-style-type: none"> • walk up steps (alternating feet) • ride a tricycle • put on their shoes • open door • turn one page at a time • play with other children for a few minutes • repeat common rhymes • use three-to-five-word sentences • name at least one color correctly • are toilet trained

Adapted from the New York State Department of Health's "Early Help Makes a Difference" Webpage.



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