# Developmental Milestones Checklist *

**Child’s Name** ___________________________ **DOB** ___________________________

### 2 - 4 Weeks
- [ ] Responds to sounds by startling, blinking, crying, quieting, or breathing
- [ ] Looks at face and follows with eyes
- [ ] Responds to parent’s face and voice
- [ ] Moves arms, legs, and head
- [ ] On stomach, lifts head momentarily
- [ ] Flexed posture
- [ ] Can sleep for three or four hours at a time
- [ ] Can stay awake for one hour or longer
- [ ] When crying, can be consoled most of the time, by being spoken to or held

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

### 2 Months
- [ ] Coos and vocalizes reciprocally
- [ ] Pays attention to voices, other sounds, sights
- [ ] Smiles responsively
- [ ] Shows pleasure with parents
- [ ] Lifts head, neck, and upper chest with support of forearms while on stomach
- [ ] Has some control in upright position

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

### 4 Months
- [ ] Babbles and coos
- [ ] Smiles, laughs, and squeals
- [ ] On stomach, holds head erect and raises body on hands
- [ ] Rolls over from stomach to back
- [ ] Opens hands, holds own hands, grasps rattle
- [ ] Good head control
- [ ] Reaches for and bats objects
- [ ] Recognizes parent’s voice and touch

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

### 6 Months
- [ ] Babbles reciprocally
- [ ] Says “dada” or “baba”
- [ ] When pulled to sit, has no head lag
- [ ] Sits with support
- [ ] Stands when placed
- [ ] Grasps and mouths objects
- [ ] Shows differential recognition of parents
- [ ] Transfers cubes from hand to hand
- [ ] Rakes in small objects
- [ ] Self-comforts
- [ ] Smiles, laughs, squeals, imitates razzing noise
- [ ] Turns to sound
- [ ] May have first tooth

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

### 9 Months
- [ ] Responds to own name
- [ ] Understands a few words
- [ ] Babble
- [ ] Crawls, creep, or scoots
- [ ] Sits unsupported
- [ ] Poles with fingers, shakes, hangs, throws, drops objects
- [ ] Plays peek-a-boo or pat-a-cake
- [ ] Feeds self with fingers
- [ ] May show anxiety with strangers

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

Reference: Bright Futures

*Note: This resource is not a standardized, validated screening tool.*
# Developmental Milestones Checklist *

**Child’s Name __________________________ DOB ________________**

**12 Months**
- Pulls to stand, cruises, and may take a few steps alone
- Plays pat-a-cake, peek-a-boo, or so-big
- Points
- Bangs blocks together
- Says 2-4 words, imitates vocalizations
- Drinks from cup
- Looks for dropped or hidden objects
- Waves "ye-by"e
- Feeds self

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

**15 Months**
- Says 3-6 words
- Can point to a body part
- Understands simple commands
- Walks well
- Stoops
- Climbs stairs
- Stacks two blocks
- Feeds self with fingers
- Drinks from cup
- Listens to story
- Tells what he/she wants by pulling, pointing, or grunting

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

**18 Months**
- Walks backward
- Throws ball
- Says 15 – 20 words
- Imitates words
- Uses two-word phrases
- Stacks three blocks
- Uses a spoon and cup
- Listens to a story, looking at pictures and naming objects
- Shows affection, kisses
- Follows simple directions
- Points to some body parts
- Scribbles
- Pulls a toy along the ground

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

**24 Months**
- Goes up and down stairs one step at a time
- Kicks ball
- Stacks five blocks
- Uses at least 20 words, two-word phrases
- Follows two-step commands
- Imitates adults

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

**3 Years**
- Jumps
- Kicks ball
- Rides tricycle
- Knows name, age, and sex
- Copies circle, cross

<table>
<thead>
<tr>
<th>Date</th>
<th>Signature</th>
</tr>
</thead>
</table>

Reference: Bright Futures

*Note: This resource is not a standardized, validated screening tool.*
# Developmental Milestones Checklist *

**Child's Name** ____________________________  **DOB** ____________________________

## 4 Years
- ☐ Sings a song
- ☐ Draws person with three parts
- ☐ Distinguishes fantasy and reality
- ☐ Gives first and last name
- ☐ Builds 10 block tower
- ☐ Hops on one foot
- ☐ Throws overhand ball

**Date** ____________________________  **Signature** ____________________________

## 5 Years
- ☐ Dresses self without help
- ☐ Learns address and phone number
- ☐ Can count on fingers
- ☐ Copies triangle or square
- ☐ Draws person with head, arms and legs
- ☐ Recognizes most letters and can print some
- ☐ Plays make-believe

**Date** ____________________________  **Signature** ____________________________

## 6 Years
- ☐ Ties his/her own shoes
- ☐ Dresses self completely without help
- ☐ Catches a small bouncing ball, such as a tennis ball, with only one hand
- ☐ Can tell age correctly
- ☐ Repeats at least four numbers in a proper sequence
- ☐ Skips on both feet

**Date** ____________________________  **Signature** ____________________________

## 7-10 Years
- ☐ School adjustment
- ☐ School performance
- ☐ Family
- ☐ Friends
- ☐ Activities outside of school

**Date** ____________________________  **Signature** ____________________________

## 11-21 Years
- ☐ Sexual development and behaviors (abstinence, STD prevention, BC)
- ☐ Tobacco/Alcohol/Substance/Anabolic steroid use/avoidance
- ☐ Body image and dieting patterns
- ☐ Emotional, physical and sexual abuse
- ☐ Emotional (Depression, Anxiety)
- ☐ School/Work problems
- ☐ Peer relationships
- ☐ Family relationships

**Date** ____________________________  **Signature** ____________________________

Reference: Bright Futures

*Note: This resource is not a standardized, validated screening tool.*