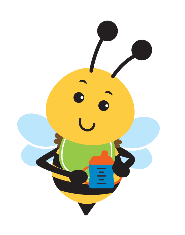
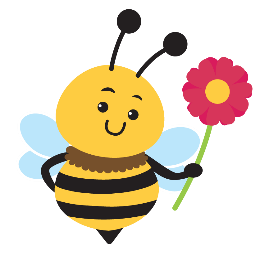
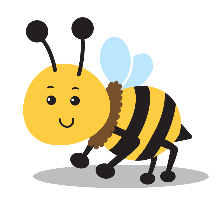
# NC Infant-Toddler Program



**the earlier you know, the better they’ll grow**

## Developmental Milestones

Children grow, learn and develop at different rates. One may walk earlier than another, while another might talk first. Use this chart as one way to check whether your child is meeting developmental milestones during the first three years. Remember that every child is unique. If you have questions or concerns about how your child sees, hears, moves, communicates, learns, plays or interacts with others, talk with your primary care physician or contact your local Children’s Developmental Services Agency (CDSA). Success in your child’s growth and development benefits from EARLY action if you have a concern.

1. **month:** Lifts head when lying on tummy

Stares/looks at faces

Responds to sounds

1. **months:** Makes sounds - coos and gurgles

Follows objects with eyes

Holds head up for short periods of time

Notices his/her hands

1. **months:** Recognizes faces

Holds head steady and upright

Begins to develop a social smile

Can bear weight on legs when feet placed on firm surface

Follows moving objects

1. **months:** Smiles, laughs, and coos when talked to

Rolls over from back to side or stomach

Reaches for and bats objects

Recognizes parent’s voice and touch

1. **months:** Reaches, grasps, and puts objects in mouth

Holds out arms to be held

Plays peek-a-boo

Plays with hands and feet

1. **months:** Sits and stands with support

Rolls over in both directions

Turns towards sounds and voices

Imitates sounds

1. **months:** Responds to other’s expressions of emotion

Uses hands to explore, pat, touch, stroke

Babbles series of sounds

**10 months:** Waves bye-bye

Crawls well on hands and knees Drinks from a cup when cup is held

1. **months:** Passes objects from hand-to-hand

Pulls self up to standing

Starts to crawl or scoot

1. **months:** Says “Ma-ma” or “Da-da” to either parent

Exchanges expressions with you (smile)

Jabbers or combines syllables

Responds to own name

**11 months:** Says “Ma-ma” and “Da-da” to appropriate parent

Walks holding onto furniture

Drinks from cup and picks up small objects

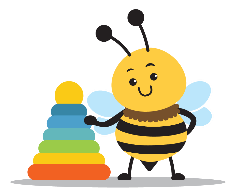
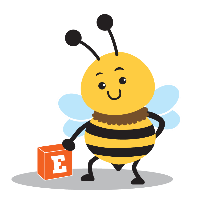
**12 months:** Makes sounds and simple gestures

Uses at least three words

Lets you know what he/she wants and doesn’t want

*Continued on next page* [**www.beearly.nc.gov**](http://www.beearly.nc.gov/)

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## Developmental Milestones

* 1. **months:** Stands well

Bends over to pick up objects and can take a few steps

* 1. **months:** Imitates others’ activities

Plays with a variety of toys like blocks, cars,  
 books, stuffed animals and dolls

Empties containers of contents

* 1. **months:** Plays with a ball

Walks well and can stoop

Listens to stories

Can point to own body parts

* 1. **months:** Turns pages of a book

Forms attachment to a stuffed toy or other object

May have temper tantrums when frustrated

* 1. **months:** Learns the correct way to use common objects  
      like a telephone

Likes pretend games Likes riding toys

* 1. **months:** Can say 10-20 words

Asks for help

Uses single words to make his needs/wants known

Scribbles with a crayon

Shows affection, kisses

Follows simple directions

Can walk backwards

1. **months:** Uses a spoon or fork

Can run

Throws a ball underhand

Enjoys helping around the house

1. **months:** Can undress him/herself

Can understand as many as 200 words

1. **months:** Will combine words like “want

bottle” and “go bye-bye”

Can walk up stairs one step at a time

Sets simple goals like where to put toys

1. **months:** Kicks ball forward

Follows two-step requests like   
 “get the doll and bring it to me”

1. **months:** Can identify simple pictures in a book

Refers to self by name - uses “me/mine”

Can open cabinets and boxes

Uses “hi”, “bye”, and “please” if reminded

**24 months:** Will answer simple questions like   
 “What’s this?”

Names at least six body parts

Uses two- and three-word phrases

Kicks a ball

Goes up and down stairs one step at a time

Takes turns in play with other children

**At two years of age**, toddlers are increasingly more verbal, using two– to three-word phrases and making requests like “more juice.” They have a vocabulary of 50-100 words and understand 250-300 words. They can feed themselves and open cabinets and boxes. They also like to take things apart, explore their surroundings, and imitate their parents and other children. Common socio-emotional behaviors are showing affection, playing independently, and acting shy around strangers. Two-year-olds can be very determined to have things their way, thus temper tantrums can occur.

**By three years of age,** children may be very independent. Physically, they can walk up and down steps and put on their own shoes. With the verbal ability to say three-to-five-word sentences, they can repeat common rhymes, understand most sentences, and say their names and age. Three-year-olds can play make-believe with toys, animals, and people. They can play simple games with other children, name at least one color correctly, and ride a tricycle. Three-year-olds express a wide range of emotions.

Though exact times for reaching these milestones can vary among children, these milestones can serve as a guide as you watch your child grow and develop.

State of North Carolina | Department of Health and Human Services [www.ncdhhs.gov](http://www.ncdhhs.gov/) Division of Child and Family Well-Being | Early Intervention Section

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