

# Developmental Checklist

Here are some milestones you can expect for children from birth to age three. If you have concerns about how your child is growing and learning, or recognize the red flags, call The Warren Center at 972-490-9055.

## 0 - 3 Months

- Smiles and begins cooing sounds
- Kicks legs and waves arms
- Moves head side to side and lifts head when on stomach
- Bats a toy-reflexively
- Turns head towards a familiar voice and listens

## 4 - 6 Months

- Turns head to follow object/watches object
- Reaches for a toy and touches it purposefully
- Moves toy from one hand to another
- Reaches for feet when on back
- Rolls from stomach to back
- Sits with assistance
- Lifts chest with arms when on stomach
- Bears some weight on legs when held
- Begins to hold bottle
- Mouths fingers
- Laughs and squeals
- Begins to know own name
- Rises arms to be held
- Refuses food when full

## 6 - 9 Months

- Shows pleasure and many other recognizable emotions
- Crawls, sits independently and pulls to stand
- Initiates social interaction
- Plays simple games such as peek-a-boo, pat-a-cake...
- Tries to reach for bottles, toys, pacifiers, even if hidden
- Bangs toys and objects together and explores them
- Feeds self simple finger foods
- Babbles-consonants/vowel sounds
- Imitates kissing and coughing

## 9 - 12 Months

- Begins to walk with support
- Rolls ball, picks up crayon, marks paper
- Takes objects in and out of containers
- Drinks from cup with help
- Shy with strangers/affectionate with family
- Uses a few simple words (mama, dada)
- Responds to simple requests ("come here")
- Gestures-points, waves bye-bye and shakes head "yes-no"

## Red Flags birth to 12 months

- Unable to roll, crawl or sit up independently
- Poor quality in motor skills
- Excessive ear infections
- Irritable and/or inconsolable

## 1 - 2 year olds

- Pulls up onto furniture, cruises, and eventually walks independently
- Begins with 1 – 2 words and increases to 15 words
- Feeds self with fingers and drinks from a cup
- Imitates activities and actions
- Explores drawers and cabinets
- Carries or hugs items (dolls, teddy bears)
- Finds hidden toys

## Red Flags 1 - 2 year olds

- Not walking or movements are of poor quality
- Does not use words to communicate uses only gestures
- Does not enjoy pat-a-cake or peek-a-boo games
- Does not play with toys, only bangs them together
- Does not use pretend play
- Dislikes hugging, cuddling, kissing or holding
- Bored or uninterested in conversations

## 2 - 3 year olds

- Runs, hops and rides tricycles
- Feeds self using utensils
- Uses 2-5 word sentences
- Names at least one color correctly
- Understands taking turns
- Builds tall block towers and likes to scribble

## Red Flags 2 - 3 year olds

- Motor skills of poor quality, clumsy
- Unable to throw or kick a ball
- Unable to climb stairs or to hop
- Speech is unintelligible or lacking speech
- Lack of eye contact and/or doesn't smile
- Withdraws from play with others
- Hurts self or others
- Does not use at least 200 words

## The Warren Center

The Warren Center is a nonprofit agency providing professional evaluations, therapy services and support to children with developmental delays and disabilities. Our services include speech therapy, occupational and physical therapy, developmental services, nutrition as well as family education and support.