### Milestones by Age

#### Birth to 3 Months - *Does your child...*
- Lift their head/chest when on their stomach
- Move their arms and legs easily
- Follow your movements by turning their head side to side
- Easily take a bottle or breast and suck well
- Startle or cry at sudden loud noises
- Look at you, watch your face
- Make gurgling or cooing sounds
- Turn their head toward sounds
- Pick up a toy placed within reach
- Reach for a toy
- Touching them together
- Play with their own hands by touching them together
- Quiet easily when comforted

#### 3 to 6 Months - *Does your child...*
- Play with feet when on their back
- Lift their head/chest with their weight on hands when on their stomach
- Hold their head upright and steady without support
- Roll from stomach to back and back to stomach
- Play with their own hands by touching them together
- Reach for a toy
- Pick up a toy placed within reach
- Turn their head toward sounds
- Make lots of different sounds
- Laugh out loud
- Try to show likes and dislikes

#### 6 to 12 Months - *Does your child...*
- Pull themselves to stand with some help
- Sit without help while playing with toys
- Transfer objects from one hand to the other
- Feed themselves finger food
- Imitate waving bye-bye
- Let you know their needs with motions and sounds
- Copy speech sounds (“ba-ba”, “ga-ga”)
- Take turns while playing with adult (actions, sounds or facial expressions)
- Let you know they understand a simple question (“Do you want some more?”)
- Know parents from strangers

#### 12 to 18 Months - *Does your child...*
- Walk alone
- Pick up small objects (raisin size)
- Put objects in and dump from containers
- Put one object on top of another
- Feed themselves finger food
- Say two or three different words in addition to “Mama” or “Dada”
- Ask for things using words
- Hold and drink from a cup with some spilling
- Point to several things or pictures when named

#### 18 months to 2 years - *Does your child...*
- Walk up/down stairs with their hand held
- Scribble
- Move their body in time to music
- Put two words together (“more juice”)
- Begin to ask questions (“Juice?” “Bye-bye?”)
- Feed themselves a sandwich, taking bites
- Take off socks and shoes
- Look at story book pictures with an adult
- Make simple choices among toys (puzzles or trucks)
- Copy another child’s play (pouring sand, throwing ball)

#### 2 to 3 years - *Does your child...*
- Walk well, run, stop, step up, and squat down
- Stack 3 or more objects
- Use the spoon and cup all by themselves
- Follow two-step directions (“Get the book and put it on the table”)
- Name five to six of their body parts
- Take part in simple conversation
- Answer simple “what” and “what do” questions (“What do you want for lunch?”)
- Point to or name objects when told their use (“What do you drink with?”)
- Help with simple tasks (picking up toys)
- Use some word endings (“s” or “ing”) after age two
- Follow verbal directions
- Maintain a moderate volume on the TV or radio
- Listen to stories, records or TV without difficulty
- Speak so most people can understand (if older than 2.5 years)
- Come to you when called from another room (after 2 years)

#### Vision

*Does your child...*
- Make eye contact (look at your eyes)
- Follow moving objects with their eyes
- Walk or crawl without frequently bumping into objects
- Look at people and things using both eyes
- Hold objects at normal distance (after 6 months)
- Walk or crawl smoothly across shadows or areas that look different (carpet, tile)
- Look at people and things without eyes crossing or squinting (after 9 months)
- Have eyes that are clear, not red or watery

#### Hearing

*Does your child...*
- Show awareness of home noises (phone, door knock, TV)
- Use a voice that’s not too loud or soft
- Play with toys that make a noise (rattle, bells)
- Imitate sounds (after 1 year)
- Use some word endings (“s” or “ing”) after age two
- Follow verbal directions
- Maintain a moderate volume on the TV or radio
- Listen to stories, records or TV without difficulty
- Speak so most people can understand (if older than 2.5 years)
- Come to you when called from another room (after 2 years)
Do you have concerns about your child's development?

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Contact us for a referral to an Early Supports for Infants and Toddlers (ESIT) provider near you.

IMPORTANT: Use the chart inside this brochure as a quick way to help you keep track of your child's vision, hearing and development. It is not intended to be a developmental test, evaluation or assessment.

Early Support for Infants and Toddlers (ESIT) can improve your child's school success for years to come.

Want to learn more about ESIT? Scan the QR code or contact us using the information below.

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