

# Normal Childhood Development Milestones

Age	Physical Development	Motor Development	Cognitive Development	Language Development	Social Development
<b>0 - 1 Year</b>	<p>Puts everything in mouth</p> <p><b>4 months</b> sits with support</p> <p><b>8 months</b> stand</p> <p><b>9 months</b> crawls &amp; fear of falling</p> <p><b>12 months</b> pincer grasp</p>	<p><b>4 weeks</b> follow objects to mid line</p> <p>Grasp toys with one hand</p> <p><b>5 months</b> feet in mouth</p> <p>Rattles and bangs</p> <p><b>6 months</b> passes toys from one hand to other</p>	<p>Sensation and movement Schemas</p> <p>Assimilation &amp; accommodation</p>	<p><b>4 months</b> laughs aloud</p> <p><b>8 months</b> repetitive responding</p> <p><b>10 months</b> ma-ma, da-da</p>	<p>Parents are the central figure</p> <p>Issues of trust are key</p> <p><b>9 months</b> stranger anxiety, exploratory and solitary play</p> <p><b>10 months</b> pat-a-cake, peek-a-boo</p>
<b>1 - 2 Years</b>	<p><b>13 months</b> walks</p> <p><b>18 months</b> right or left handed</p> <p><b>18 months</b> climbs stairs alone</p>	<p>Kicks &amp; throws ball</p> <p>Pats pictures on book</p> <p><b>18 months</b> stacks 3 cubes</p>	<p>Achieves object permanence</p>	<p>Telegraphic sentences</p> <p>2-word sentences</p> <p>250-word vocabulary</p>	<p>Dependent on parent</p> <p>Favorite word is No</p> <p>Imitates</p>
<b>2 - 3 Years</b>	<p>High activity level</p> <p>Walks backwards</p> <p>Unscrews jar and turn door knob</p> <p>Scribbles with crayon</p>	<p><b>30 months</b> on tiptoes</p> <p>Throws ball</p> <p><b>24 months</b> stacks 6 cubes</p> <p><b>3 years</b> draws circles</p>	<p>A world of objects</p> <p>Can use symbols</p> <p>Transition objects</p> <p>Strong ego</p> <p>Concrete use of objects</p>	<p>Great variation in timing</p> <p>Language development</p> <p>Parents understand more</p>	<p>Selfish &amp; self centered</p> <p>Imitates mannerisms &amp; activities</p> <p>May be aggressive</p>
<b>3 - 4 Years</b>	<p>Rides tricycle</p> <p>Goes up stairs with alternative feet</p> <p>Toilet train both bladder &amp; bowels</p> <p>Draws recognizable figures</p>	<p>Catches ball with arms</p> <p><b>3 years</b> stacks 9 cubes</p> <p>Cuts paper with scissors</p> <p>Unbuttons buttons</p> <p><b>4 years</b> draws cross</p>		<p>Complete sentences</p> <p>Uses 900 words</p> <p>Understands 4x</p> <p>Understand by strangers</p> <p>Recognizes common objects in pictures</p>	<p>Fixed gender identity</p> <p>Sex specific play</p> <p>Takes turns</p> <p>Knows full names and gender</p>

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<b>4 - 5 Years</b>	Hops on one foot Goes up stairs with alternative feet	Likes to groom self <b>4 ½ years</b> draws rectangles	Counts & points to 3 objects Repeats 4 digits Names color	Can tell stories Uses plurals Uses prepositions Compound sentences	Imitates adults Curiosity about sex Nightmares & fear of monster Imaginary friends
<b>5 - 6 Years</b>	Brain is 75% of adult weight Complete toilet control	Draws squares, recognizable man (head, body limbs) Dresses and undresses self Catches ball with 2 hands	Counts 10 objects correctly	Asks the meaning of words Abstract words elusive	Important to conform to peers Romantic feelings Oedipal phase
<b>6 - 12 Years</b>	Girls are petite and boys heavier <b>11 years</b> permanent teeth Motor skills are refined	Rides bicycle Prints letters Gain athletic skills Increased coordination <b>6 years</b> draws triangle <b>7 years</b> draws diamonds	Abstract from objects Achieves the law of conversation Adherence to logic Seriation No hypotheticals Mnemonic strategies Sense of right and wrong	Shift from ego to social speech Decline of incomplete sentences <b>12 years</b> 50,000 word vocabulary	Rules of the game is key Organized sport Being team members Separation of sexes Sexual feeling not apparent Demonstrating competence
<b>12 + Years</b>	Growth spurt <b>10 years+</b> sexual maturity Develops primary and secondary sexual characteristics		Abstract from abstractions Problem solving Can handle hypotheticals Deals with past, present & future	Adopts personal speech patterns Communication becomes focus of relationships	