

Development varies tremendously for each child. These are broad guidelines for child development, but they can be helpful in understanding what to expect. If you have questions or concerns about your child meeting age-appropriate developmental milestones, please talk with your child's physician or contact KidsCare Therapy at **(214) 575-2999** www.KidsCareTherapy.com

Age	Feeding/Self-care	Speech/Social/Play	Fine Motor	Gross Motor
1 month	<ul style="list-style-type: none"> ○ 8 meals (feeds every 3 hours) ○ Approximately 19 oz of formula/breast milk/day ○ 3-4 naps/day 	<ul style="list-style-type: none"> ○ Sees black/white patterns ○ Focuses on objects ○ Responds to loud noises 	<ul style="list-style-type: none"> ○ Reflexive grasp ○ Turns head toward cheek rub 	<ul style="list-style-type: none"> ○ Moves head from left to right ○ Lifts head when held at shoulders
2 months	<ul style="list-style-type: none"> ○ 6-8 meals (feeds every 3-4 hours) ○ Approximately 22 oz of formula/breast milk/day ○ 3 naps/day 	<ul style="list-style-type: none"> ○ Eye gaze ○ Social smile ○ Cooing: ooh/aah ○ Makes happy noises 	<ul style="list-style-type: none"> ○ Tracks object ○ Inspects own hands ○ Grasps object ○ Swipes at toy 	<ul style="list-style-type: none"> ○ Turns side to back ○ Tries to hold head up
4 months	<ul style="list-style-type: none"> ○ 5-6 meals ○ Approximately 32-40 oz of formula/breast milk/day ○ Maybe cereal (2 Tbsp) ○ 2 naps /day 	<ul style="list-style-type: none"> ○ Laughs ○ Recognizes familiar voices ○ Demands social attention 	<ul style="list-style-type: none"> ○ Uses hands and mouth to explore ○ Follows people visually ○ Extends straight arm to toy 	<ul style="list-style-type: none"> ○ Lifts head and chest up while on stomach ○ Turns head and eyes to sound
6 months	<ul style="list-style-type: none"> ○ 4-5 meals ○ Approximately 24-32 oz of formula/breast milk/day ○ Introduce rice/oat/barley cereal (2-4 Tbsp/ 3 times per day) ○ Places both hands on bottle ○ Increased drool (teething) ○ 2 naps/day 	<ul style="list-style-type: none"> ○ Babbling ○ Separation anxiety ○ Smiles at self in mirror ○ Plays peek-a-boo 	<ul style="list-style-type: none"> ○ Reaches and grasps object ○ Bangs object on surface ○ Clasps hands ○ Bears weight on hands when on tummy 	<ul style="list-style-type: none"> ○ Brings feet to mouth ○ Sits with some support ○ Bears weight on legs in supported stand ○ Holds head in line with body with pull to sit ○ Rolls from stomach to back
9 months	<ul style="list-style-type: none"> ○ 4-5 Meals ○ Approximately 24-32 oz of formula/breast milk/day/ increasing the amount of baby food (baby food: stage 1 & 2) ○ Finger feeds (cracker) ○ 2 naps/day 	<ul style="list-style-type: none"> ○ Says: "Dada/Mama" ○ Likes/dislikes for people/ objects/places ○ Imitates gestures and sounds ○ Points to desired objects ○ Plays pat-a-cake 	<ul style="list-style-type: none"> ○ Transfers object hand to hand ○ Retains 2 objects; one in each hand ○ Rakes to pick up small objects ○ Claps ○ Waves bye 	<ul style="list-style-type: none"> ○ Rolls from back to stomach ○ Sits independently ○ Crawls ○ Pulls to stand
12 months	<ul style="list-style-type: none"> ○ 20 oz of whole milk/day ○ Solid food (baby food: stage 3 and table foods) ○ 3-4 meals/day ○ 2 naps/ day ○ Extends arms/legs to dress ○ Pulls socks off 	<ul style="list-style-type: none"> ○ Understands "no" ○ Points to objects to identify ○ Has 3-5 words ○ Enjoys board books with simple pictures ○ Imitative play ○ Observes other children 	<ul style="list-style-type: none"> ○ Uses finger & thumb to pick up small objects ○ Finds hidden object ○ Takes objects out ○ Puts objects in ○ Pokes or points using 1 finger 	<ul style="list-style-type: none"> ○ Creeps ○ Stands independently ○ Takes steps towards walking

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Remember, all babies are individuals and meet certain milestones at their own pace. These are development guidelines to assist you in making an educated decision about growth and development

Age	Feeding/Self-care	Speech/Social/Play	Fine Motor	Gross Motor
15 months	<ul style="list-style-type: none"> ○ Normal Diet ○ 1 nap/day 	<ul style="list-style-type: none"> ○ Favorite words are "no" and "me/mine" ○ Says "hi/bye" ○ Follows commands (ex: give me a kiss) ○ Desires interactions from adults 	<ul style="list-style-type: none"> ○ Stacks 2 blocks ○ Pulls string to get toy ○ Bangs objects together ○ Scribbles ○ Enjoys messy play 	<ul style="list-style-type: none"> ○ Walks without support ○ Climbs ○ Squats for object, then stands ○ Flings objects ○ Corrals ball in sitting
18 months	<ul style="list-style-type: none"> ○ Normal diet ○ 1 nap/day ○ Indicates when wet or soiled 	<ul style="list-style-type: none"> ○ Attempts to produce running speech (often unclear) ○ Knows body parts ○ Has 5-10 words ○ Makes animal sounds ○ Requests "more" ○ Enjoys looking at photos ○ Imitates adult routines 	<ul style="list-style-type: none"> ○ Holds object with 1 hand, manipulates with other ○ Inserts 2 or more shapes in sorter or formboard 	<ul style="list-style-type: none"> ○ Uses riding toys ○ Tries walking up/downs stairs holding rail or hand ○ Begins to run ○ Throws ball
2 years	<ul style="list-style-type: none"> ○ Normal diet ○ Uses spoon ○ Drinks from cup ○ 1 nap/day ○ Turns doorknob ○ Unzips 	<ul style="list-style-type: none"> ○ 2 words together ○ Has 50 words ○ Asks "What's that?" ○ Takes turns ○ Names body parts ○ Uses pronouns (I, me, you) ○ Requests items by name ○ Understands (big/little) ○ Answers "where" questions ○ Speech is intelligible to familiar caregivers ○ Enjoys listening to stories ○ Plays beside other children 	<ul style="list-style-type: none"> ○ Connects large popbeads ○ Imitates vertical line ○ Turns pages of book ○ Activates mechanical toy ○ Uses tools in play 	<ul style="list-style-type: none"> ○ Kicks ball ○ Goes up/down slide ○ Jumps with one-two feet ○ Runs
3 years	<ul style="list-style-type: none"> ○ Normal diet ○ Uses fork ○ Washes hands ○ Potty trained for daytime ○ Undresses self 	<ul style="list-style-type: none"> ○ 3-5 word sentences ○ Asks "Why" questions ○ Carries on conversations ○ Tells age/ show with fingers ○ Speech is clearer ○ Tells short stories ○ Follows directions 	<ul style="list-style-type: none"> ○ Completes simple 3-5 piece puzzle ○ Sorts/matches colors & shapes ○ Sequences ring stacker ○ Copies circle ○ Snips with safety scissors ○ Strings beads 	<ul style="list-style-type: none"> ○ Stands on one foot briefly ○ Catches a large ball ○ Throws a ball ○ Jumps with 2 feet ○ Rides a tricycle ○ Imitates simple body movements ○ Rough and tumble play
4 years	<ul style="list-style-type: none"> ○ Normal diet ○ Turns faucet on/off ○ Unbuttons/buttons ○ Puts shoes on correct feet 	<ul style="list-style-type: none"> ○ Recalls events and language exploding ○ Names colors ○ Knows full name ○ Knows nursery rhymes ○ Asks and answers questions 	<ul style="list-style-type: none"> ○ Cuts line ○ Laces through holes ○ Draws a cross ○ Imitates block designs ○ Adult-like pencil grasp 	<ul style="list-style-type: none"> ○ Hops on either foot ○ Performs a somersault ○ Runs with controlled movements ○ Gallops
5 years	<ul style="list-style-type: none"> ○ Normal diet ○ Brushes own teeth ○ Dresses self independently ○ Begins to tie shoes 	<ul style="list-style-type: none"> ○ Knows songs and simple games ○ Follows directions ○ Cooperative play ○ Games with rules 	<ul style="list-style-type: none"> ○ Uses preferred hand ○ Draws square ○ Colors in lines ○ Cuts out shapes ○ Completes 12-15 piece puzzle ○ Traces letters ○ Begins to write name 	<ul style="list-style-type: none"> ○ Throws ball to hit a target ○ Bounces and catches a ball ○ Rides a bicycle with training wheels ○ Skips

If you suspect delays in feeding, speech, and social skills, please contact us for a speech therapy evaluation.
 If you suspect delays in self-care, play, and fine motor skills, please contact us for an occupational therapy evaluation.
 If you suspect delays in gross and fine motor skills, please contact us for a physical therapy evaluation.