### Growth and Developmental Milestones

**Birth—2 months**

**Physical Development**
- Barely lifts head to clear surface
- Keeps hands tightly fisted

**Speech Development**
- Coos and makes grunting sounds
- Babble

**Social Development**
- Sleeps a lot
- Cries a lot
- May have erratic sleeping and feeding patterns
- Quiet in response to parent’s face and voice

---

**2 months**

**Physical Development**
- Lifts head while lying on stomach
- Has smooth motions
- Relaxes fist, unfolds fingers
- Wags hands and kicks feet when on back

**Speech Development**
- Coos and gurgles increasingly, especially when talked to
- Cries differently for different needs

**Social Development**
- Begins to smile, show excitement and distress
- Turns to familiar voices
- Quiets when bucked
- Enjoys being tickled
- Maintains brief eye contact while being fed
- May suck thumb or finger to quiet self

---

**4 months**

**Physical Development**
- Can see across room
- Sits erect when supported
- Rolls over from tummy to back
- Reaches for toys
- Holds objects
- Reaches for feet and brings them to mouth
- Turns head to localized sounds
- Follows people with eyes

---

**7 months**

**Physical Development**
- Sits up by self for a short time
- Holds toys and feeds self pieces of food
- Stands when held, takes some of the weight on own legs
- Reaches for objects, transfers them from hand to hand
- Begins teething, which may disturb sleep

**Speech Development**
- Combines vowel sounds
- Imitates sounds
- Responds to “no” and own name
- Uses body language to initiate interaction

**Social Development**
- Plays alone
- Plays stronger with people and toys
- Enjoys other children
- Grows more responsive to sound
- Withdraws from strangers, clings to family caregivers

---

**10 months**

**Physical Development**
- Crawls using different crawling styles
- Crawls over objects
- May stand leaning against an object
- Picks up small objects with thumb and fingers

**Speech Development**
- Says “no,” “bye-bye,” “dada,” and “mama”
- Uses voice to get attention

---

**12 months**

**Physical Development**
- Begins to change from a crawl to a tottering walk with legs wide apart
- Feeds self finger foods
- May begin to use a spoon
- Squats

**Speech Development**
- Uses “Dada” and “Mama” to refer to specific persons
- May have a vocabulary of 3 to 10 “real” words
- Adds gestures to own body language

**Social Development**
- Loves an audience
- Scribbles with crayons
- Has more variety in play
- Enjoys puzzles and games
- Plays with dolls and stuffed animals
- Points to objects in books and identifies them
- Understands simple words and phrases like “Come to Daddy.”

---

**15 months**

**Physical Development**
- Stands and walks alone
- Uses a spoon to feed self
- Picks up things from a walking position

**Speech Development**
- Uses simple words and phrases
- Says some words spoken by parents
36 months

Physical Development
• Runs and jumps
• Jumps in place
• Walks backward
• Peddles tricycle

Speech Development
• Talks in short sentences, uses plurals
• Sings short songs
• Language is understood by others besides parents
• Says own name
• Increasingly uses “no”
• Announces fears and dislikes

Social Development
• Feeds self well with spoon and fork
• Drinks from a straw
• Strings large beads
• Dresses self well
• Begins to identify gender roles
• Explores environment outside of home
• Takes things apart and put them together again
• Handles a cup well
• Takes things apart and puts them together again

Tips for Parents

• Babies learn to talk when they hear others, talk, sing, and read to your baby.
• Babies like physical contact, touch, rock, and hold your baby.
• Babies sense tension. Responds to your baby’s cries quickly and tenderly. Be sensitive when talking to your baby and to others in his presence.
• Nature stimulates babies’ interest in the outside environment. Take frequent outdoor walks with your baby. The fresh air is also helpful.
• Provide toys that are appropriate for your child’s age and development. Mobiles, colorful boxes, push/pull toys, large blocks, big balls and musical instruments are all good ideas.
• Handle your baby with care. Babies and young children should NEVER be shaken!

18 months

Physical Development
• Runs stably
• Uses whole arm when playing ball
• Eats self; eats with a spoon, tries a fork
• Takes off shoes, hat, mittens
• Loves to lug lug, dump, push, and pull
• Goes up and down stairs without help

Speech Development
• Knows names of toys
• Uses personal pronouns

Social Development
• Loves to explore
• Often refuses foods

24 months

Physical Development
• Undresses self (large items such as pajamas)
• Begins to kick
• Handles a cup well
• Takes things apart and puts them together again

Speech Development
• Speaks more clearly
• Replaces “baby” language with short sentences
• Likes to talk to self
• Repeats words others say

Social Development
• Identifies with surroundings
• Enjoys helping Mommy and Daddy
• May enjoy cleaning up after playing
• Is very active
• May have periodic temper tantrums
• May point to named body parts