

1 to 3 months

♥ Watch me Grow ♥



Language	Motor	Social Emotional	Intellectual
Turn towards direction of sound	Unclenches hands & uses them to bat at objects	Purposefully smiles	Observes environment with increasing interest
Turn head towards a familiar voice	Push with legs	Is excited when seeing or hearing caregivers	Studies own hands
Starts cooing	Lift head during tummy time & move it from side to side	Calms by sucking	Tracks objects and people 180 degrees
Makes sounds with own saliva	Bring both hands together	Uses crying to show caregiver of needs	Uses hands to bat at objects
Takes turns with caregiver in making sounds	Hold head steady when being held at a shoulder	Can imitate some facial expressions	Grasps objects

3 to 5 months

♥ Watch me Grow ♥



Language	Motor	Social Emotional	Intellectual
React to own name	Rolls from stomach to back	Laugh/Giggle	Put objects in mouth to explore
Makes sounds with mouth	Sits supported	Happy with interacting with family	Bats at objects with hands and feet
Makes sounds like: aah, eee, ooo	On tummy, lifts head and chest using forearms	Responds to caregivers by smiling & vocalizing	Studies people or objects for 1 minute or more
Practices sounds when alone	Kicks at objects by stretching legs	Stops crying when caregiver approaches	Investigates objects with hands and fingers
Can locate sounds in environment	Turns from back to stomach	Learns to fall asleep by self	Responds to sounds

5 to 8 months



♥ Watch me Grow ♥

Language	Motor	Social Emotional	Intellectual
Listens closely to voices and sounds	Stand while holding on	Plays alone for short time periods	Explores everything in mouth
Babbles using: ba, pa, ma, na, da	Sits without support	Has predictable eating and sleeping times	Throws, drops and bangs objects
Babbles using repeated syllables (ma, ma, ma)	Bangs 2 objects. Drops, shakes and throws objects	Upset when caregiver leaves the room	Looks for dropped or partially hidden objects
Squeals loudly	Using raking motion to pick up small objects. Transfers objects from 1 hand to another	Shows both excitement and frustration	Reaches into container to get objects
Understand few words (such as mama, dada or bye-bye)	Roll, scoots or drags body to get places	Enjoys social games and is happy most of the time	Looks at pictures in book for a short time

8 to 14 months



♥ Watch me Grow ♥

Language	Motor	Social Emotional	Intellectual
Responds to simple requests and the word "no" sometimes	Crawls on hands and knees, climbs stairs and other low objects	Plays imitative games (pat-a-cake)	Remembers location of hidden toy
"Talks" to self in mirror. Vocalizes to music	Turns stiff pages in a book. Uses index finger to point	Finger feeds self	Can place a round shape into a round hole
Can point to familiar named pictures in books	Pulls to standing and cruises. Throws ball without control	Is proud of own accomplishments	Imitates the use of objects
Understands 10-15 frequently used words/ says a few words (such as mama/dada)	Lowers self to sitting position, Walks with help, then alone	Shows affection and annoyance	Repeats activities with have interesting effects (knocking blocks)
Jabbers often	Uses pincer grasp, makes marks with crayon and builds a tower of 2 blocks	Shows caregiver when help is needed	Examines small objects

14-24 months



♥ Watch me Grow ♥

Language	Motor	Social Emotional	Intellectual
Follows one-step directions	Walks backwards	Says NO often	Places round, square & triangle in shape sorter
	Runs	Gives up bottle	
Combines 2 words	Throws a small ball forward	Imitates adult behaviors	Knows 3 animal sounds
Has fifty word vocabulary	Climbs	Makes Choices	Explores cabinets/drawers
Speaks clearly half of the time	Scribbles spontaneously	Feeds/care for doll/animal	Finds detail in favorite book or object
	Pours	Feeds self with spoon	
Uses jargon- phrases with a few recognizable words.	Kick large ball forward	Removes socks, hat and shoes (laces undone)	Overcomes simple obstacles (use chair to reach)
	Carries large object while walking		
Names 3 pictures	Walks up stairs holding rail	Holds & drinks from open cup (some spilling)	Take things apart/try to put them back together
Points to 6 body parts	Straddle and ride a ride-on toy		

24-36 months

♥ Watch me Grow ♥



Language	Motor	Social Emotional	Intellectual
Follows two-step directions	Catches large ball	Uses words 'me' or 'mine'	Engages in pretend play
	Balances on 1 foot	Expresses emotions with words	Names one color
Names 8 pictures	Builds a tower of 6 cubes	Follows 3-5 simple rules	Remembers events/places
Names 3 body parts	Imitates a vertical line	Interacts with other children	Matches identical pictures
Tells name	Snips with scissors	Initiates own play	Sorts by 1 attribute
Carries on short conversation Answers questions	Pincer grasp when using crayon	Takes turns (with guidance)	Points to little/big upon request
Use 4 word sentences	Screws & unscrews	Brushes teeth with help	Completes simple puzzles
Has 200+ vocabulary Uses 2 prepositions Uses pronouns (I, you, we)	Jumps up (both feet off floor)	Washes/dries own hands	Understands meaning of 'two'
Uses verbs and past tense Asks 'W' questions	Walks up and down stairs (alternating feet)	Undresses/dresses with help	Nests/stacks toys of graduated sizes