
MILESTONE CHECKLIST

Newborn to 5 years



- How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children (75% or more) can do by a certain age.
- Check the milestones your child has reached at the **end** of the age
- Note: These are summaries from each area of development as it is impossible to include every single aspect of development and skills.
- If you are concerned about anything, please check in with your GP, Paediatrician, Maternal Child Health Nurse and they will make appropriate referrals.
- You may also check in directly with a Physiotherapist, Occupational Therapist, Speech Pathologist or Psychologist.



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Age	Gross Motor	Communication	Social Emotional	Cognition Fine Motor Self-Care
2 months	<ul style="list-style-type: none"> • Holds head up when on tummy • Moves both arms and both legs 	<ul style="list-style-type: none"> • Making sounds • Reacts to loud sounds • More vocal, gurgling and making single vowel sounds like 'a' or 'o'. 	<ul style="list-style-type: none"> • Calms down when spoken to or picked up • Looks at your face • Happy when walking to them, talking or smiling • Social smile 6-8 weeks 	<ul style="list-style-type: none"> • Looks at toy/face for several seconds • Holding objects in the palm of 2 hands • Opens hands briefly
4 months	<ul style="list-style-type: none"> • Holds head steady without support when held • Holds a toy when you put it in hand • Swipes at toys • Pushes up onto elbows/forearms when on tummy 	<ul style="list-style-type: none"> • Making sounds like "oooo" and "ahh" (cooing) • Turns head to sound of voice 	<ul style="list-style-type: none"> • Smiles on his own to get your attention • Chuckles (not yet a full laugh) when you try to make her laugh • Looks at you, moves, or makes sounds to get or keep your attention 	<ul style="list-style-type: none"> • If hungry, opens mouth when seeing breast or bottle • Looks at hands with interest • Brings hands to midline
6 months	<ul style="list-style-type: none"> • Rolls from tummy to back • Pushes up with straight arms when on tummy • Leans on hands to support self when sitting • Taking weight through legs in supported standing 	<ul style="list-style-type: none"> • Takes turns making sounds with you • Blows "raspberries" (sticks tongue out and blows) • Makes squealing noises 	<ul style="list-style-type: none"> • Knows familiar people • Likes to look at self in a mirror • Laughs • Imitating gestures- Responds to facial expressions. • Pat their own image in the mirror 	<ul style="list-style-type: none"> • Reaching and grasping objects • Puts things in mouth to explore objects • Closes lips to show they're done with food
9 months	<ul style="list-style-type: none"> • Gets to a sitting position independently • Moves objects between hands • Rolls both ways • Sits independently • Crawling/bottom shuffling (5-13 months) 	<ul style="list-style-type: none"> • Makes a lot of different sounds like "mamamama" and "bababababa" • Lifts arms up to be picked up • Looks when you call name 	<ul style="list-style-type: none"> • Is shy, clingy, or fearful around strangers • Shows several facial expressions, like happy, sad, angry, and surprised • Reacts when you leave (looks, reaches for you, or cries) • Smiles or laughs when you play peek-a-boo 	<ul style="list-style-type: none"> • Transferring objects from one hand to the other. • Banging 2 cubes held in hands, both objects together in the body's mid-line. • Looks for objects when out of sight
12 months	<ul style="list-style-type: none"> • Crawling or bottom shuffling • Pulling to stand (7-12 months) • Walking or cruising (9-18 months) 	<ul style="list-style-type: none"> • Waves "bye-bye" (9-12 months) • Calls a parent "mama" or "dada" or another special name (9-12 months) • Understands "no" (pauses briefly or stops when you say it) (9-12 months) 	<ul style="list-style-type: none"> • Plays games with you, like pat-a-cake • Joint attention between parent (6-12 months) • Put something into a container, like a block in a cup 	<ul style="list-style-type: none"> • Puts something in a container, like a block in a cup • Looks for things they see you hide, like a toy under a blanket • May also point to body parts or familiar people when you name them



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Age

Gross Motor

Communication

Social
Emotional

Cognition
Fine Motor
Self-Care

18 months

- Walks independently
- Climbing on and off couch/chair without help

- Saying 10 words or more
- Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."

- Moves away from you, but looks to make sure you are close by
- Points to show you something interesting
- Helps you dress them by pushing arm through sleeve or lifting up foot

- Copies you doing chores
- Simple play: e.g pushing a toy car
- Imaginative play
- Scribbles
- Drinks from a cup without a lid and may spill sometimes

2 years

- Kicks a ball with both sides
- Runs
- Walks (not climbs) up a few stairs with or without support
- Might use one hand more than the other

- Saying 50 words and more
- Putting at least 2 words together
- Points to at least two body parts when asked
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Uses switches, knobs, or buttons on a toy
- Plays with more than one toy at the same time, like putting toy food on a toy plate

3 years

- Runs without falling
- Ascends stairs with 1 foot per step without help
- May descend 1 or 2 feet to step
- Pedals a tricycle
- Jumps 2 feet together forward and off step
- Throws small ball

- Saying 250 words or more
- Will express emotions
- Will verbalise their desires/feelings (e.g. "I want a drink")
- Begins to obey and respect simple rules
- Uses or plans story-line
- Has an awareness of a parent's approval or disapproval of their actions

- Calms down within 10 minutes after you leave them, like at a childcare drop off
- Notices other children and joins them to play
- Plays alongside others but will not play together with them

- Draws a circle, when you show him how
- Avoids touching hot objects, like a stove, when you warn her
- Strings items together, like large beads or macaroni
- Puts on some clothes by themselves, like loose pants or a jacket
- Uses a fork

4 years

- Catches a large ball most of the time
- Runs well (still not mature pattern)
- Hops 3 times on preferred foot
- Stand on one foot for 2-5 seconds (equal on both sides)
- Jumps with 2 feet- lands with control
- Throws ball overhead (poor direction)

- Says sentences with four or more words
- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during their day, like "I played soccer."
- Answers simple questions like "What is a coat for?"

- Takes turns with other children
- Plays with 2 or 3 children in a group
- Play themes expand beyond personal experience (e.g. fireman rescuing people)
- Talks about their feelings
- Feels shame when caught doing the wrong thing

- Names a few colors of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts
- Taking turns
- Playing with 2 or 3 children in a group

5 years

- Hops on one foot 5 times
- Runs without falling- good coordination
- Ascends and descends stairs
- Uses playground equipment independently
- Stands on 1 leg, 10 seconds either foot
- Catches medium sized ball with hands

- Tells a story heard or made up with at least two events. E.g a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell them
- Keeps a conversation going with more than three back-and-forth exchanges

- Follows rules or takes turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating
- Developing friendships

- Dressing, feeding without difficulty
- Writes some letters in name
- Pays attention for 5-10 mins during activities
- Coping in noisy environments
- Does buttons