

Children's Developmental Milestones

Milestones can be useful to give you a general idea of what you can expect as your baby grows and learns. They are also useful for giving you ideas about which activities will support your child's development.

Remember, milestones are average guides not rules. No two babies are the same, not even identical twins and each child will achieve their goals at their own pace.

0-3 months:

- Holds head up for a short time
- Turns head towards lights
- Smiles, cries and coos
- Listens to voices and responds to sounds
- Makes eye contact
- Interested in their hands
- Recognises faces



3-6 months:

- Lifts head when lying on tummy
- Rolls from back to front
- Laughs and giggles
- Sits with support
- Can bear weight on their legs when held in standing position
- Enjoys playing with their hands and feet

6-9 Months:

- Mimicks sounds
- Rolls over
- Sits without support
- Pulls objects towards them
- Passes items from hand to hand
- Enjoys dropping and throwing things
- Says 'mama', 'dada', babbles



9-12 months:

- Crawls
- Pulls self to standing
- Looks for things that are hidden from sight
- Waves goodbye
- Uses pincher grip
- Stands while holding on
- Knows who to call Mama and Dada
- Plays peek-a-boo
- Stands unsupported for short periods of time

12-18 months:

- Understands simple instructions
- Starts walking
- Says about 6-20 words
- Copies the actions of others
- Points and uses a range of gestures
- Can bend over without falling
- Eats with fingers
- Likes to empty containers
- Plays with balls
- Turns pages of their books and 'reads' them
- Like ride on toys
- Forms attachments to favourite toy or blanket
- Displays temper tantrums
- Scribbles
- Uses simple sentences of a few words



18-24 months:

- Has a range of 20 to 50 words and understands approximately 200
- Can learn approximately 10 words a day
- Enjoys being chased and running
- Displays loving behaviour to others
- Uses forks and spoons
- Enjoys helping with daily chores and activities
- 'Feeds' toys
- Can undress themselves
- Walks upstairs
- Decides where to put things
- Kicks a ball
- Names pictures in books

24-30 months:

- Climbs and jumps
- Starts to use sentences
- Uses I, me, you
- Names body parts
- Can be understood half of the time
- Can stack around 6 blocks
- Tries hard to be independent
- Displays self-care activities - brushes teeth, washes and dries hands
- Can draw lines



30-36 months:

- Plays imagination based games
- Throws and catches a ball
- Asks lots of questions and holds simple conversations
- Loves having favourite stories told over and over
- Draws a circle
- Can name colours, friends, things and actions
- Knows what objects are used for

3-4 years:

- Start to use the toilet
- Plays with other children and not just next to them
- Can stand and walk on tip toes
- Eats well with cutlery
- Talks in full sentences and can tell you how old they are
- Display a sense of humour
- Enjoy drawing and imaginative play
- Can cooperate with others