

Look What I Can Do

This chart will guide you through your child's growth and development during his or her most important years. And it will let you know what to expect as your child grows older.

The milestones listed below are typical for young children. **Please remember that every child is unique — growing and developing in different ways.** Most of the time, differences between children of the same age are nothing to worry about. But for one child in 10, the difference can be related to a developmental delay.

If you have questions or concerns about your child's growth and development, call 1-800-323-GROW. We can provide you with answers and keep your child reaching for the stars.

1

At age 1 month,
most children can...

- ✦ Raise their heads slightly when lying on their stomachs
- ✦ Briefly watch objects
- ✦ Make "noise in throat" sounds
- ✦ Pull away from a cloth or blanket in their faces

2

At age 2 months,
most children can...

- ✦ Hold their heads erect (bobbing when supported in sitting position)
- ✦ Roll part way to the side
- ✦ Occasionally imitate or respond to a smiling person
- ✦ Make sounds of discomfort

3

At age 3 months,
most children can...

- ✦ Lift their heads and chests when lying on their stomachs
- ✦ Show vigorous body movement
- ✦ Follow a moving person with their eyes
- ✦ Recognize a bottle or breast
- ✦ Smile when someone speaks to them

4

At age 4 months,
most children can...

- ✦ Support their own heads
- ✦ Roll from their fronts to their backs
- ✦ Take an object held near their hand
- ✦ Enjoy play
- ✦ Vocalize when someone speaks to them

6

At age 6 months,
most children can...

- ✦ Sit with minimal support
- ✦ Roll from their backs to their stomachs
- ✦ Turn to locate and identify sounds
- ✦ Transfer objects from hand to hand and from hand to mouth
- ✦ Respond to friendly speech with a smile or coo

9

At age 9 months,
most children can...

- ✦ Sit without aid and change position
- ✦ Crawl
- ✦ Respond to their names
- ✦ Say "mama" and "dada"
- ✦ Respond to familiar people

12

At age 12 months,
most children can...

- ✦ Pull themselves up to stand and may step with support
- ✦ Pick things up with a thumb and one finger
- ✦ Nod their heads to signal "yes"
- ✦ Give affection
- ✦ Say two or three words

51"

50"

49"

48"
Feet

47"

46"

45"

44"

43"

42"

41"

40"

39"

38"

37"

36"
Feet

35"

34"

33"

32"

31"

30"

29"

28"

27"

26"

25"

24"
Feet

23"

22"

21"

20"

19"

18"

17"

15

At age 15 months,
most children can...

- ✦ Walk without support
- ✦ Vocalize and make their voices go up and down
- ✦ Do some self-feeding
- ✦ Drink from a cup held by someone
- ✦ Use four or five words

18

At age 18 months,
most children can...

- ✦ Walk (maybe run a bit)
- ✦ Climb up or down one stair
- ✦ Mark on paper with crayons
- ✦ Use five to 10 words
- ✦ Pull toys that have wheels
- ✦ Understand simple directions

2

At age 2,
most children can...

- ✦ Hand over toys upon request
- ✦ Kick a large ball
- ✦ Turn pages in a book
- ✦ Ask for items by name
- ✦ Recognize a familiar picture and know it is upside down
- ✦ Use two or three words together, such as "more juice"

3

At age 3,
most children can...

- ✦ Walk up stairs while holding the railing
- ✦ Stand momentarily on one foot
- ✦ Open doors
- ✦ Unbutton large buttons
- ✦ Verbalize toilet needs
- ✦ Stack objects of different sizes

4

At age 4,
most children can...

- ✦ Hop in place
- ✦ Throw balls from above their heads
- ✦ Tell that they are a boy or a girl
- ✦ Say their last name and age
- ✦ Point to six basic colors when asked
- ✦ Ride a tricycle
- ✦ Wash their hands by themselves
- ✦ Copy a circle
- ✦ Begin to play with other children
- ✦ Respond verbally to "Hi" and "How are you?"

5

At age 5,
most children can...

- ✦ Run on their tiptoes
- ✦ Recognize their names in print
- ✦ Play cooperatively with others
- ✦ Put their shoes on the correct feet
- ✦ Understand "yesterday" and "tomorrow"
- ✦ Use sentences with correct grammar, such as "May I go to the store?" or "I want a big cookie."



Look What I Can Do

Early Intervention For Young Children With Developmental Delays

**The Sooner We Start,
The Farther They'll Go.**

**1-800-323-GROW
Voice and TTY**

Mount this chart so that the first measuring line is 17 inches from the floor.

This publication is part of **Look What I Can Do**, a public awareness campaign of the Illinois Department of Human Services and the Illinois State Board of Education.

To order Public Awareness materials call 1-800-851-6197