



0-21 MONTHS

# MILESTONE CHECKLIST



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# WELCOME TO OUR MILESTONE CHECKLIST

TALKING ABOUT DEVELOPMENT AND MILESTONES CAN MAKE YOUR HEART RACE. **I KNOW WHAT IT'S LIKE TO BE CONCERNED THAT YOUR BABY IS NOT HITTING MILESTONES ON TIME.** I ALSO KNOW WHAT IT'S LIKE TO SEEK HELP EARLY AND WATCH A BABY CATCH UP.

WE KNOW THAT **UP TO 50% OF BABIES WHO ARE SUSPECTED OR KNOWN TO HAVE A DEVELOPMENTAL DELAY** DO NOT CATCH UP WITHOUT EARLY INTERVENTION. SO, IF WE CAN IDENTIFY THAT A LITTLE ONE NEEDS SOME HELP, WE SHOULD GET THEM THAT HELP!

**MILESTONES ARE NOT MEANT TO BE SCARY, THEY ARE MEANT TO EDUCATE AND EMPOWER.** WHEN WE KNOW BETTER, WE CAN DO BETTER. USE THESE CHECKLISTS TO "CHECK AND SEE" WHERE YOUR LITTLE ONE IS, SO YOU CAN BEST SUPPORT THEM AS THEY LEARN AND GROW!



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# 3-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Smiles purposefully in response to caregiver.  
Initiates smiles and returns them
- ☐ Looks to make eye contact with caregiver.  
e.g., You say, "Hi, baby!" they say a sound or coo back.
- ☐ Shows an interest in people more than objects and looks to interact with them.
- ☐ Responds and attempts to imitate facial expressions.  
e.g., Blowing raspberries, sticking out tongue.
- ☐ Vocalizes and coos when caregiver talks to baby.  
e.g., "ga," vowel sounds, sounds made in back of throat.

# 6-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Enjoys social games and playful interactions with the caregiver.  
e.g.. Looks in anticipation of Peek-a-boo.
- ☐ Takes turns vocalizing.  
e.g.. You say "Hi, baby!" They say a sound or coo back.
- ☐ Turns toward someone talking to them and looks for people talking in the room
- ☐ Produces coos, vowel sounds, yells, squeals, and shrieks.  
Yay for our ear drums!
- ☐ Produces Consonant-Vowel (CV) syllable shapes with /p, b, m/ sounds spontaneously.  
e.g., "ba, ma, pa"

# 9-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Produces/imitates reduplicated babbles and oral sounds like raspberries.  
"ba ba ba, ma ma ma".
- ☐ Understands a few routine words and phrases.  
You say "time for bath," baby looks in anticipation.
- ☐ Imitates some simple actions.  
Shaking a rattle, or you pet the stuffed doggy and say "pet pet," they imitate the action of petting.
- ☐ Child shifts attention between an activity/item and caregiver to share in that activity.  
Baby looks at you and the train while playing.
- ☐ Responds to name by looking/vocalizing.
- ☐ Communicates with vocalizations, eye contact, and some early gestures.  
Baby reaches for items, pushes things away.

# 12-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Babbles with a variety of consonant and vowel sounds.  
"ga, ma, ba, da"
- ☐ Produces early gestures like waving, clapping, and pointing.
- ☐ Understands about 50 words and familiar phrases.
- ☐ Imitates simple actions.  
Stomping feet, turning pages, putting items in a basket.
- ☐ Follows along with routines and nursery songs.
- ☐ Says one true word by end of 12 months.  
Examples: "Ba" for ball "Mama" "Da" for dog "Hi"



# 15-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Says 5–10 words/word approximations.  
"Ba" for ball counts!
- ☐ Babbles in sentence-like strands with adult intonation.  
"baa goo gah ma!"
- ☐ Uses 10 or more gestures independently.  
Waves, points, claps, reaches to be picked up, smacks lips to eat.
- ☐ Frequently imitates sounds in play.  
Moo, urrm, aww, choo choo!
- ☐ Uses gestures, signs, and verbal communication for a variety of social interactions.  
Greet others, makes requests, labels, protests.
- ☐ Follows one-step directions with adult help & prompts.  
Ex: "give it to me," "come here"

# 18-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Says 10–50 words.  
10 being the minimum (90% of kids) and 50 being the average (50% of kids)
- ☐ Speech is ~ 25% intelligible.  
You understand them about a quarter of the time.
- ☐ Imitates simple words frequently and learns new words daily/weekly.  
Ex: ball, mama, dada, up. boo!
- ☐ Points to identify common vocabulary including body parts.
- ☐ Follows one-step directions independently.  
Ex: "Go get me a diaper please!"
- ☐ Follows two-step directions with models and prompts.  
Ex: "Pick it up and put it in the basket!"



# 21-MONTH-OLD CHECKLIST



## SPEECH & LANGUAGE

- ☐ Takes turns during conversations and engages in adult-like dialogue.  
*Vocalizations are mixed with words to create utterances.*
- ☐ Tries to assist with taking off and putting on clothing.
- ☐ Imitates housework activities and uses objects together in play.
- ☐ Identifies a handful of body parts and clothing items on self.
- ☐ Understands many action words.  
*"Sit down, come here, kick the ball"*
- ☐ Imitates two-word phrases and uses single words frequently.

# YOU GOT THIS!

WHAT TO DO IF YOU NOTICE YOUR LITTLE ONE IS NOT DOING SOMETHING ON THE CHECKLIST:

1

## **TRY AT HOME FIRST**

EXPOSE YOUR LITTLE ONE TO WHAT THEY ARE MISSING AND SEE IF THEY CAN LEARN IT. IF YOU HAVEN'T EXPOSED THEM TO IT, THEY LIKELY WON'T BE ABLE TO DO IT!

2

## **CONTACT A PROFESSIONAL**

IF YOU'VE TRIED TO MODEL THE CONCEPTS OR PROMPT YOUR LITTLE ONE TO ENGAGE IN THE ACTIVITIES LISTED AND YOU ARE STILL CONCERNED, TALK TO A PROFESSIONAL AND CONTACT YOUR LOCAL EARLY INTERVENTION.

3

## **CONTINUE TO SUPPORT**

TRY THE TIPS LISTED IN ON OUR BLOGS AND ON INSTAGRAM AND SUPPORT YOUR CHILD AS THEY NEED IT UNTIL YOU CAN TALK TO A PROFESSIONAL.



# FINAL NOTES TO REMEMBER

**YOUR LITTLE ONE  
IS NOT DEFINED BY MILESTONES.**

WHILE THESE ARE GREAT TO KEEP IN MIND, THEY  
ARE NOT THE END-ALL-BE-ALL. LOOK AT YOUR  
CHILD'S DEVELOPMENT AS A WHOLE AND IF YOU  
FEEL THAT THEY COULD USE EXTRA SUPPORT  
OR HELP IN AN AREA, TRUST YOUR GUT, AND  
GET THEM THE HELP THAT THEY NEED.  
KNOWLEDGE IS POWER.

WHEN WE KNOW BETTER, WE DO BETTER.  
THERE IS NOTHING WRONG WITH NEEDING  
HELP. YOU'RE DOING A GREAT JOB!  
REMEMBER TO TELL YOURSELF THAT.



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