

# Developmental Milestones From Birth to Age 3

The milestones listed below are typical for young children. **Please remember that every child is unique—growing and developing at different rates.** 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.

For more information or to make a referral to the EI Program, call your local CFC office. For the number in your area, call (800) 323-4769.

## 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 on their faces

## 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

## 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

## 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

## At age 2, most children can . . .

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

## 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

**Source:** Illinois Department of Human Services, Bureau of Early Intervention  
<http://www.dhs.state.il.us/page.aspx?item=30321>