

Developmental Milestones



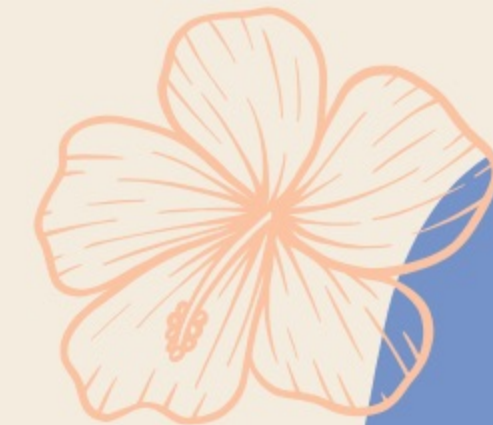
Hali'a Therapeutics

Holistic Infant Development & Feeding
Maternal Pelvic Floor Therapy

www.HaliaOT.com | (541) 313-4153

0-3 Months

Adjust for prematurity



Cognitive	Language	Social Emotional	Fine Motor	Gross Motor	Feeding	Reflexes
<ul style="list-style-type: none"><input type="checkbox"/> visually tracking slow moving objects<input type="checkbox"/> pays attention to faces<input type="checkbox"/> mouths toys<input type="checkbox"/> inspects own hands<input type="checkbox"/> Tracks black and white or brightly colored objects 180* on tummy<input type="checkbox"/> Calm during car rides<input type="checkbox"/> Enjoys bath time	<ul style="list-style-type: none"><input type="checkbox"/> coos/vocalizes with sounds other than crying<input type="checkbox"/> turns head towards sounds<input type="checkbox"/> cries when uncomfortable or hungry<input type="checkbox"/> startles at loud sounds	<ul style="list-style-type: none"><input type="checkbox"/> begins to smile socially<input type="checkbox"/> prefers to look at familiar faces<input type="checkbox"/> recognizes familiar faces and objects<input type="checkbox"/> stops crying when comforted<input type="checkbox"/> begins to make eye contact with caregiver<input type="checkbox"/> enjoys a variety of movements	<ul style="list-style-type: none"><input type="checkbox"/> grasps a small toy when placed in hand<input type="checkbox"/> When laying on back reaches for toy at chest<input type="checkbox"/> brings both hands to mouth<input type="checkbox"/> brings both hands to midline and starts to have midline alignment<input type="checkbox"/> keeps hands open 50% of time (2-3 mo)	<ul style="list-style-type: none"><input type="checkbox"/> turns head and tracks equally in both directions<input type="checkbox"/> rolls from side to back and tolerates sidelying position<input type="checkbox"/> chin tuck present when laying on back or pulling to sit (by 8-10 weeks)<input type="checkbox"/> holds head up in tummy time (by 2 months)<input type="checkbox"/> Pushes up on forearms in tummy time<input type="checkbox"/> Moves arms and legs off of surface when excited	<ul style="list-style-type: none"><input type="checkbox"/> phasic bite present<input type="checkbox"/> lip seal around breast/bottle<input type="checkbox"/> peristalsis (wave-like movement) present<input type="checkbox"/> tongue cups around nipple<input type="checkbox"/> feeding comfortably from breast and bottle	<ul style="list-style-type: none"><input type="checkbox"/> stepping & moro reflex integrated ~2 months

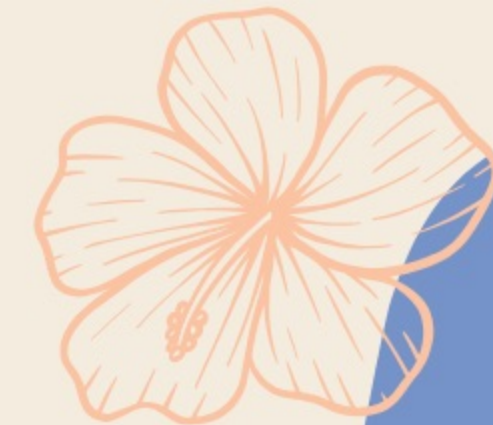


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4-5 Months

Adjust for prematurity



Cognitive	Language	Social Emotional	Fine Motor	Gross Motor	Feeding	Reflexes
<ul style="list-style-type: none"> <input type="checkbox"/> intentionally drops an object to watch it fall <input type="checkbox"/> recognizes familiar people and things at a distance <input type="checkbox"/> uses hands and eyes together - see toy + reach for it <input type="checkbox"/> responds to affection 	<ul style="list-style-type: none"> <input type="checkbox"/> beginning to make consonant sounds (m's & b's) <input type="checkbox"/> babbles with expression and copies sounds <input type="checkbox"/> laughs out loud <input type="checkbox"/> vocalizes pleasure and displeasure 	<ul style="list-style-type: none"> <input type="checkbox"/> may begin to suck thumb or bring paci to mouth <input type="checkbox"/> smiles spontaneously at people <input type="checkbox"/> copies some movements and facial expressions <input type="checkbox"/> enjoys engaging with people <input type="checkbox"/> turns head towards someone talking 	<ul style="list-style-type: none"> <input type="checkbox"/> reaches for and holds onto toys <input type="checkbox"/> grasps and pulls toys closer <input type="checkbox"/> hand to hand transfer of objects <input type="checkbox"/> bangs 2 objects together 	<ul style="list-style-type: none"> <input type="checkbox"/> brings feet and hands to mouth to play <input type="checkbox"/> good head control and can maintain head at midline <input type="checkbox"/> pushes through hands, straightens arms during tummy time <input type="checkbox"/> rolls back to side and rolls tummy to back <input type="checkbox"/> supported sitting and prop sitting <input type="checkbox"/> accepts weight when supported standing 	<ul style="list-style-type: none"> <input type="checkbox"/> tongue begins to protrude and retract (in & out) 	<ul style="list-style-type: none"> <input type="checkbox"/> rooting reflex integrated ~4 months <input type="checkbox"/> sucking reflex integrated ~4 months <input type="checkbox"/> moro reflex (startle) integrated by 4 months. <input type="checkbox"/> may notice landau reflex (swimming baby) developing



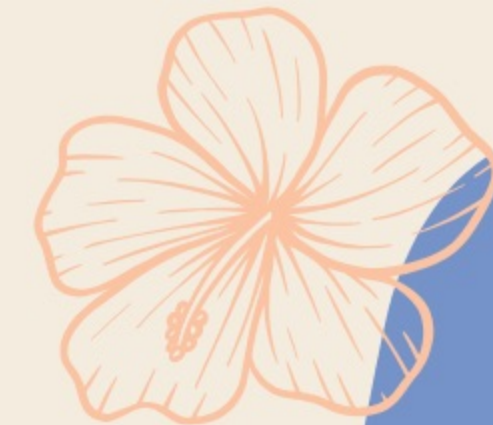
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6-7 Months

Adjust for prematurity



Cognitive	Language	Social Emotional	Fine Motor	Gross Motor	Feeding	Reflexes
<ul style="list-style-type: none"><input type="checkbox"/> recognizes familiar people and things at a distance<input type="checkbox"/> uses hands and eyes together - sees a toy and reaches for it<input type="checkbox"/> emerging imitation of familiar actions (clapping)<input type="checkbox"/> emerging object permanence	<ul style="list-style-type: none"><input type="checkbox"/> pitch + intonation vary<input type="checkbox"/> back and forth vocalization and babbling (oh, ah, eh)<input type="checkbox"/> responds with appropriate gestures to "up", "bye bye", etc<input type="checkbox"/> uses word for caregiver/parent discriminantly<input type="checkbox"/> emerging gesture with eye gaze/hand	<ul style="list-style-type: none"><input type="checkbox"/> initiates social contact<input type="checkbox"/> smiles and pats own image in mirror<input type="checkbox"/> interacts differently with strangers and caregivers<input type="checkbox"/> may be clingy/afraid of strangers<input type="checkbox"/> has favorite toys<input type="checkbox"/> Starts to play peek-a-boo<input type="checkbox"/> raises hands to be picked up	<ul style="list-style-type: none"><input type="checkbox"/> claps hands<input type="checkbox"/> tries to pull socks off<input type="checkbox"/> begins to grasp small objects in pincer grasp<input type="checkbox"/> crumples paper in palms<input type="checkbox"/> pokes with index finger	<ul style="list-style-type: none"><input type="checkbox"/> rolls back to tummy (without arching)<input type="checkbox"/> pivots side to side on belly<input type="checkbox"/> catches self from falling with open hand into side-sit<input type="checkbox"/> independent sitting and side-sitting<input type="checkbox"/> able to hold and play with a toy in sitting<input type="checkbox"/> supported sitting and prop sitting<input type="checkbox"/> reaches/pivots for toys	<ul style="list-style-type: none"><input type="checkbox"/> equal lateralization of tongue<input type="checkbox"/> munching on food and non-food items<input type="checkbox"/> brings spoon to mouth with both hands<input type="checkbox"/> beginning practice with straw and open cup<input type="checkbox"/> shows interest in food<input type="checkbox"/> moves purees food from front to back of mouth<input type="checkbox"/> feeds self finger foods<input type="checkbox"/> emerging diagonal chew	<ul style="list-style-type: none"><input type="checkbox"/> palmar reflex integrated ~5-6 mo<input type="checkbox"/> tonic neck reflex integrates ~5-7 mo<input type="checkbox"/> may notice landau reflex (swimming baby)



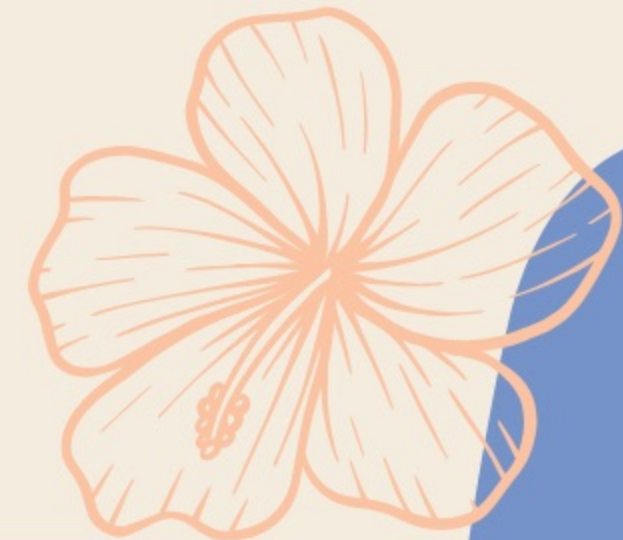
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8-9 Months

Adjust for prematurity



Social Emotional	Language	Fine Motor	Gross Motor	Feeding	Reflexes
<ul style="list-style-type: none"><input type="checkbox"/> start to imitate "peek-a-boo" or "So big" games to begin working on receptive language<input type="checkbox"/> finds object that is partially hidden<input type="checkbox"/> responds differently to children vs adults	<ul style="list-style-type: none"><input type="checkbox"/> understands a few words responds to verbal routines ("up", "bye, bye")<input type="checkbox"/> communicates with both sounds and actions/body language<input type="checkbox"/> responds to name with sound or by turning head	<ul style="list-style-type: none"><input type="checkbox"/> claps hands<input type="checkbox"/> pulls socks off<input type="checkbox"/> puts objects in openings and takes out of containers<input type="checkbox"/> bangs drum in imitation<input type="checkbox"/> helps turn pages of board books	<ul style="list-style-type: none"><input type="checkbox"/> army crawling<input type="checkbox"/> pushing up to hands & knees, rocking on hands & knees<input type="checkbox"/> playing on knees<input type="checkbox"/> pulls up with hands on table, may bounce in standing<input type="checkbox"/> transitions sitting/laying </> tummy	<ul style="list-style-type: none"><input type="checkbox"/> active lip movements<input type="checkbox"/> solidified diagonal chew<input type="checkbox"/> can drink from straw cup with help<input type="checkbox"/> shows strong reaction to new smells and tastes	<ul style="list-style-type: none"><input type="checkbox"/> no longer seeing landau reflex (swimming baby)<input type="checkbox"/> May see symmetrical tonic neck reflex (STNR) - arms bend and legs extend when head is down & arms straighten and legs bent when head is tilted backwards - crawling preparation (6-9 mo)



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9-10 Months

Adjust for prematurity

Gross Motor

- ☐ crawling symmetrically on hands & knees
- ☐ pulls to stand on furniture
- ☐ can stay in standing holding on
- ☐ transitions from sitting to tummy and tummy to sitting
- ☐ turn onto belly to slide off couch safely

Feeding

- ☐ clears food from spoon easily
- ☐ working on biting and pulling soft solids
- ☐ can drink from straw cup with very minimal help
- ☐ improved lip closure

Reflexes

- ☐ plantar reflex integrated ~ 9-12mo

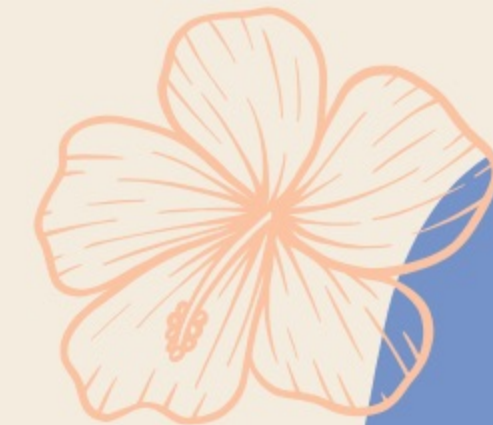


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10-12 Months

Adjust for prematurity



Cognitive

- ☐ looks at the correct picture or thing when named
- ☐ follows simple directions - "give me"
- ☐ removes ring from ring stack toy
- ☐ understands object permanence
- ☐ finds hidden things easily

Language

- ☐ attempts to imitate words you say
- ☐ follows simple commands like "no" or "put in"
- ☐ says frequently used words like "up", "all done" signs ok
- ☐ exclamations like, "uh oh"
- ☐ recognizes own name

Social Emotional

- ☐ repeats activity that elicits positive response from others
- ☐ brings toys to share with caregiver
- ☐ shows fear in some situations
- ☐ cries when caregiver leaves
- ☐ begins to play interactive social games – bye-bye, peek-a-boo, where is chloe?

Fine Motor

- ☐ releases objects voluntarily
- ☐ puts objects in containers
- ☐ uses pincer grasp
- ☐ scribbles spontaneously
- ☐ uses both hands freely; may show emerging preference

Gross Motor

- ☐ pulls to stand independently and cruises along furniture
- ☐ at supportive surface, squats to retrieve toy
- ☐ crawls over parents legs and/or low obstacles & up stairs
- ☐ stands independently for 3-5 seconds
- ☐ may take a few steps without holding on
- ☐ walking behind a push toy

Feeding

- ☐ emerging rotary chew
- ☐ controlled sustained bite with soft solids
- ☐ volitional tongue lateralization

Reflexes

- ☐ all reflexes should be integrated by 12 months!



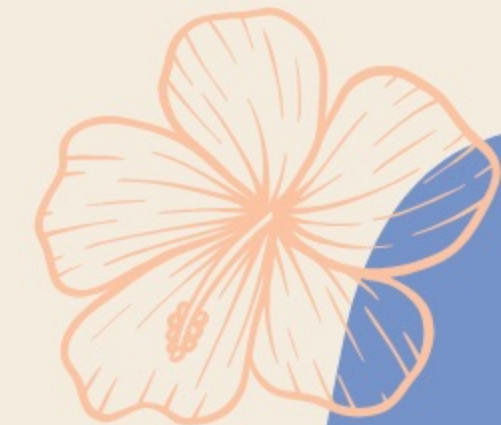
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12-18 Months

Adjust for prematurity



Cognitive	Language	Social Emotional	Fine Motor	Gross Motor	Feeding
<ul style="list-style-type: none"><input type="checkbox"/> pretend play begins<input type="checkbox"/> copies other children while playing<input type="checkbox"/> tries to use things the "correct" way (i.e. phone, book, pushing a car)<input type="checkbox"/> independent play, checks in to see if caregiver is still present<input type="checkbox"/> copies chores that you perform around the house	<ul style="list-style-type: none"><input type="checkbox"/> understands about 50 words<input type="checkbox"/> starts to point to body parts<input type="checkbox"/> imitates simple words<input type="checkbox"/> has several true words and uses added intonation with true words (jargoning)<input type="checkbox"/> knows names of family members<input type="checkbox"/> points to ask for help<input type="checkbox"/> follows one step directions	<ul style="list-style-type: none"><input type="checkbox"/> claps when excited<input type="checkbox"/> shows you an object that they like<input type="checkbox"/> shows affection (hugs, cuddle, kisses)<input type="checkbox"/> repeats activity that elicits positive response	<ul style="list-style-type: none"><input type="checkbox"/> turns pages of a board book independently<input type="checkbox"/> can toss a ball towards caregiver<input type="checkbox"/> starts to stack blocks<input type="checkbox"/> scribble with crayons<input type="checkbox"/> helps to get dressed<input type="checkbox"/> cooperates with handwashing, tries to wash independently	<ul style="list-style-type: none"><input type="checkbox"/> independent steps<input type="checkbox"/> squats during play<input type="checkbox"/> can push toy walker on wheels<input type="checkbox"/> can navigate around obstacles w/ push walker<input type="checkbox"/> climbs on and off couch independently<input type="checkbox"/> creeps backwards down stairs	<ul style="list-style-type: none"><input type="checkbox"/> able to self feed using fingers<input type="checkbox"/> rotary chewing established<input type="checkbox"/> stirs with spoon<input type="checkbox"/> can use straw<input type="checkbox"/> jaw-lip-tongue dissociation



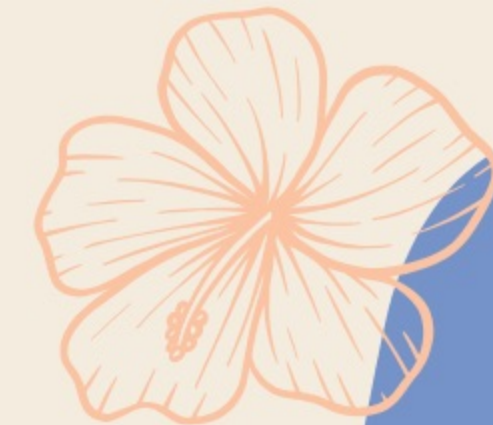
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18-24 month

Adjust for prematurity



Cognitive

- ☐ points to simple pictures
- ☐ carry's out a play sequence (feeds a baby doll and puts it to bed)
- ☐ tries to use switches, knobs and buttons on toys
- ☐ begins identifying similar colors and shapes
- ☐ inserts shapes into matching slots

Language

- ☐ has 10-50 words
- ☐ understands at least 50 words
- ☐ begins two-word sentence combining, imitates two word phrases
- ☐ able to retrieve an object from another room
- ☐ can name two playmates, family members
- ☐ follows two step directions
- ☐ identifies familiar items (foods, body parts, clothing)
- ☐ takes turn in conversations

Social Emotional

- ☐ enjoys social interactions with other children their own age
- ☐ knows when another child is upset or hurt
- ☐ looks to others for cues on how to react in a situation
- ☐ shows pride in accomplishment
- ☐ asks for assistance when having a hard time

Fine Motor

- ☐ advancing coloring skills
- ☐ turns pages of book one page at a time
- ☐ imitates scribbling
- ☐ imitates drawing line down
- ☐ emerging circle scribbles

Gross Motor

- ☐ begins running
- ☐ ascend/descends stairs with support
- ☐ jumping, one foot off the ground at a time
- ☐ kicks balls
- ☐ can walk backwards
- ☐ throws a ball overhand with relative accuracy

Feeding

- ☐ eats with a spoon
- ☐ chews with lips closed
- ☐ sweeps food from lips
- ☐
- ☐
- ☐

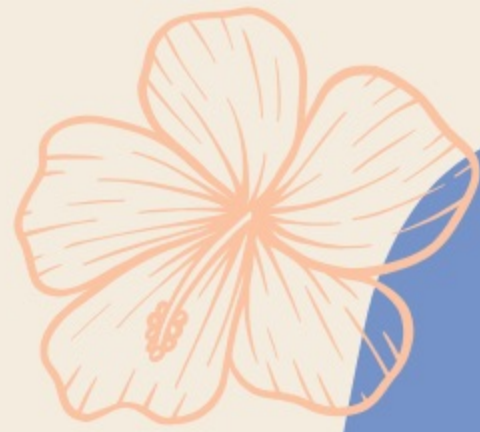


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24-36 months

Adjust for prematurity



Cognitive	Language	Social Emotional	Fine Motor	Gross Motor	Feeding	Self-Cares
<ul style="list-style-type: none"><input type="checkbox"/> names items in a book when you point to them<input type="checkbox"/> simple problem solving skills: standing on a stool to reach something<input type="checkbox"/> completes an inset puzzle<input type="checkbox"/> can communicate their age	<ul style="list-style-type: none"><input type="checkbox"/> knows own name<input type="checkbox"/> knows some colors<input type="checkbox"/> uses 3-5 word sentences<input type="checkbox"/> repeats some songs<input type="checkbox"/> speech is clear, easily understood by others<input type="checkbox"/> following 2-3 step commands,<input type="checkbox"/> answering yes/no questions<input type="checkbox"/> whispers	<ul style="list-style-type: none"><input type="checkbox"/> plays with other children for a few minutes<input type="checkbox"/> "look at me" to show you what they are doing<input type="checkbox"/> follows simple routines when instructed i.e. "it's time to clean up"<input type="checkbox"/> looks at people when speaking with them	<ul style="list-style-type: none"><input type="checkbox"/> helps to dress/undress<input type="checkbox"/> strings beads<input type="checkbox"/> snips with scissors<input type="checkbox"/> imitates vertical and horizontal lines<input type="checkbox"/> imitates circle drawing<input type="checkbox"/> holds crayon with thumb and fingers<input type="checkbox"/> rolls, pounds and squeezes clay	<ul style="list-style-type: none"><input type="checkbox"/> able to jump with both feet off the ground<input type="checkbox"/> ascend/descend stairs alternating feet (with or without support)<input type="checkbox"/> improved running (fewer falls)<input type="checkbox"/> able to jump off bottom step<input type="checkbox"/> improved ball skills (throw, catch, kick)	<ul style="list-style-type: none"><input type="checkbox"/> can feed self with utensils<input type="checkbox"/> tongue tip elevation with swallow	<ul style="list-style-type: none"><input type="checkbox"/> starts showing signs of toileting interest and readiness<input type="checkbox"/> begins reading bodily cues for toileting (interoception)



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When to seek support



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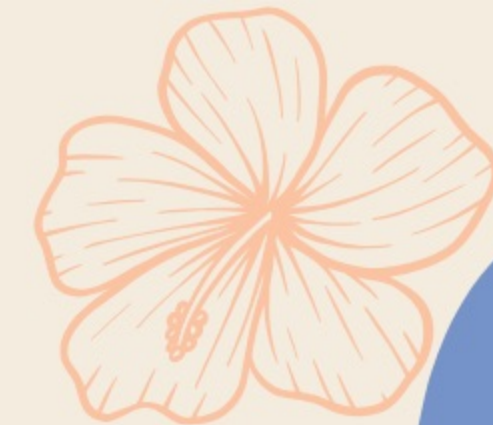


If there is a voice in your head wondering about something, seek out support!

0-3 month	3-6 month	7-9 month	10-12 month	12-18 month	18-24 month	24-36 month
<input type="checkbox"/> feeding challenges, open mouth breathing or gassy/colicky <input type="checkbox"/> painful latch <input type="checkbox"/> clicking/leaking <input type="checkbox"/> head turn preference <input type="checkbox"/> flat spot on head <input type="checkbox"/> difficulty tracking object <input type="checkbox"/> uncomfortable during floor play/tummy time <input type="checkbox"/> early rolling <input type="checkbox"/> stiff legs with little/no movement <input type="checkbox"/> No response to noises	<input type="checkbox"/> baby is not rolling both directions <input type="checkbox"/> baby is sleeping with mouth open <input type="checkbox"/> head turn preference <input type="checkbox"/> flat spot on head <input type="checkbox"/> sits with rounded back <input type="checkbox"/> hands always stay fisted <input type="checkbox"/> no big smiles or other warm expressions by 6 months <input type="checkbox"/> No vowel sounds <input type="checkbox"/> baby is not able to sit upright ~30 seconds <input type="checkbox"/> introduction to solids <input type="checkbox"/> Arches back & stiff legs in pull to sit	<input type="checkbox"/> baby is not rolling both directions <input type="checkbox"/> baby has an asymmetrical crawl (one leg up, butt scoot etc.) <input type="checkbox"/> challenges with solid food / feeding skills <input type="checkbox"/> difficulty calming or self consoling <input type="checkbox"/> any asymmetrical movements <input type="checkbox"/> Unable to free hands for playing in sitting after ~ 7 months of age <input type="checkbox"/> No imitation or sounds, smiles, or other facial expressions by 9 months	<input type="checkbox"/> baby is not crawling symmetrically on hands and knees <input type="checkbox"/> baby is not babbling <input type="checkbox"/> any asymmetrical movements <input type="checkbox"/> strong handedness preference before 3 years old <input type="checkbox"/> Motor activities below age level expectations	<input type="checkbox"/> baby has not taken independent steps(15mo) <input type="checkbox"/> Motor activities below age level expectations <input type="checkbox"/> Increased stiffness, arching, floppiness, decreased strength <input type="checkbox"/> lack of eye contact <input type="checkbox"/> baby does not have words by 16 months <input type="checkbox"/> prefers to sit in "W" position (80% of time) <input type="checkbox"/> walking on toes majority of the time (>70% of time)	<input type="checkbox"/> Motor activities below age level expectations <input type="checkbox"/> no two word phrases by 24 months <input type="checkbox"/> very clumsy, increased falls compared to peers <input type="checkbox"/> doesn't react or notice pain as expected <input type="checkbox"/> Hyper/hyposensitivity to environmental input (sight, sound, touch, movement)	<input type="checkbox"/> Motor activities below age level expectations <input type="checkbox"/> very clumsy, increased falls compared to peers <input type="checkbox"/> Hyper/hyposensitivity to environmental input (sight, sound, touch, movement) <input type="checkbox"/> any significant change (regression) of babbling, speech, social or motor skills at any age



About Jess & Hali'a Therapeutics



Jess
Founder
OT & Lactation

I'm a holistic Occupational Therapist, International Board Certified Lactation Consultant, and Pelvic Floor Therapist specializing in infant development and feeding as well as pregnancy and postpartum. I have worked with newborns through adulthood, but found my niche in the 24 mos and under crowd I focus on babies with feeding troubles, milestone delays, Tethered Oral Tissues, Torticollis, and Plagiocephaly.

I take a holistic approach and believe you can't treat the child without including and empowering the family. Knowledge is empowering, so please take what is helpful for you from this, and leave the rest. Please remember that development is multidimensional and every baby is unique. But if your gut is talking to you and you're not where to turn, I'm here!

None of the material here is medical advice. please reach out to your local OT/PT/SLP for an evaluation or reach out to our team for a virtual consultation if you have concerns about your little one's development.

www.HaliaOT.com | [@Haliatherapeutics](https://www.instagram.com/Haliatherapeutics) | Jess@HaliaOT.COM

