

# Infant milestones

No two babies are the same, and all babies grow at their own rates. Milestones are only guidelines, and your baby may be a little ahead or a little behind these ages. Please talk to your baby's health care provider if you have concerns about your baby's growth and development.

If your baby was premature, use your baby's adjusted age as you look at the milestones. To adjust for age, begin counting months from your baby's due date, not the date of birth.

## Birth to 3 months

---

- Nurses or sucks well enough to gain 1 ounce per day;
- Naps and feeds on demand;
- Startles to sounds and is comforted by a familiar voice.

## 3 months:

---

- Smiles back at parent/caregiver;
- Lifts head and chest when on stomach;
- Turns towards bright colors and lights;
- Follows moving toys or faces;
- Moves both eyes in the same direction together;
- Makes sounds (cooing, gurgling, babbling).

## 6 months:

---

- Babbles;
- Turns in the direction of his or her name being called;
- Reaches for objects and picks them up;
- Rolls over;
- Sits by leaning on hands;
- Teeth start to appear.

## 9 months:

---

- Moves toys from hand to hand;
- Reaches for small objects with thumb and fingers;
- Copies sounds and gestures;
- Understands common words such as "juice," "bye-bye."

## 12 months:

---

- Sits without support;
- Says one or two words;
- Drinks from a cup with help;
- May pull to a standing position;
- Enjoys peek-a-boo;
- May be afraid of strangers.

## 18 months:

---

- Follows simple directions;
- Walks without help;
- Feeds self at times;
- Steps off a low object and keeps balance;
- Likes to look at pictures;
- Points to one body part;
- Pulls off shoes and socks;
- Continues language development;
- Imitates words.

## 24 months:

---

- Uses two to three words together;
- Identifies body parts by pointing;
- Feeds self with spoon;
- Builds tower of four blocks;
- Listens to simple stories and songs;
- Shows affection and anger.

*continued on next page*

## Infant milestones (continued)

36 months:

- Uses three to five word sentences;
- Plays with other children;
- Walks up steps, alternating feet;
- Names at least one color correctly;
- Answers simple questions;
- Dresses self with help;
- Puts on shoes;
- Expresses emotions.

For more information

### **Bright Futures**

[www.brightfutures.aap.org/  
Family\\_Resources.html](http://www.brightfutures.aap.org/Family_Resources.html)

### **Zero to Three**

[www.zerotothree.org](http://www.zerotothree.org)

### **Centers for Disease Control and Prevention**

[www.cdc.gov/ncbddd/actearly/milestones/](http://www.cdc.gov/ncbddd/actearly/milestones/)

### **Early Intervention**

[www.ode.state.or.us/search/results/?id=252](http://www.ode.state.or.us/search/results/?id=252)

### **Healthychildren.org**

[http://www.healthychildren.org/English/  
ages-stages/baby/Pages/default.aspx](http://www.healthychildren.org/English/ages-stages/baby/Pages/default.aspx)