

Indicators of Normal Development

Age	Skills or Abilities Awareness and Thinking	Communication	Movement	Social	Self-help
Birth - 3 months	Responds to new sounds Follows movement of hands with eyes Looks at object and people	Coos and makes sounds Smiles at mother's voice	Waves hands and feet Grasps objects Watches movement of own hands	Enjoys being tickled and held. Makes brief eye contact during feeding	Opens mouth to bottle or breast and sucks
3-6 months	Recognizes mother Reaches for things	Turns head to sounds and voices Begins babbling Imitates sounds Varies cry	Lifts head and chest Bangs objects in play	Notifies strangers and new places Expresses pleasure or displeasure Likes physical play	Eats baby food from spoon Reaches for and holds bottle
6-9 months	Imitates simple gestures Responds to name	Makes nonsense syllables like gaga Uses voice to get attention	Crawls Stands by holding on to things Claps hands Moves objects from one hand to the other	Plays peek-a-boo Enjoys other children Understands social signals like smiles or harsh tones	Chews Drink from a cup with help
9-12 months	Plays simple games Moves to reach desired objects Looks at pictures in books	Waves bye-bye Stops when told "no" Imitates new words	Walks holding on to furniture Deliberately lets go of an object Makes marks with a pencil or crayon	Laughs aloud during play Shows preference for one toy over another Responds to adult's change in mood	Feeds self with fingers. Drinks from cup
12-18 months	Imitates unfamiliar sounds and gestures Points to a desired object	Shakes head to mean "no" Begins using words Follows simple commands	Creeps upstairs and downstairs Walks alone Stacks blocks	Repeats a performance laughed at Shows emotions like fear or anger Returns a kiss or hug	Moves to help in dressing Indicates wet diaper
18-24 months	Identifies parts of own body Attends to nursery rhymes Points to pictures in books	Uses two words to describe actions Refers to self by name	Jumps in place Pushes and pulls objects Turns pages of book one by one Uses fingers and thumb	Cries a bit when parents leave Becomes easily frustrated Pays attention to other children	Zips Removes clothes without help Unwraps things
24-36 months	Matches shapes and objects Enjoys picture books Recognizes self in mirror Counts to ten	Joins in songs and rhythm Uses three-word phrases Uses simple pronouns Follows two instructions at a time	Kicks and throws ball Runs and jumps Draws straight lines Strings beads	Pretends and plays make believe Avoids dangerous situations Initiates play Attempts to take turns	Feeds self with spoon Uses toilet with some help

Adapted from "Growth and Development Milestones," Maryland Infants and Toddlers Program, Baltimore, MD, 1995.