

Look what I can do!




0-3 Months





Look What I Can Do!

Birth to 3 months

Social and Emotional	Language/Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical Development
<ul style="list-style-type: none"> • I smile • I briefly calm himself • I look around 	<ul style="list-style-type: none"> • I coo and make gurgling sounds • I turn my head if I hear sounds • I groan • I cry to tell you I need something 	<ul style="list-style-type: none"> • I sleep (20-22 hours). But when I am awake I pay attention to faces • I begin to follow things with my eyes and recognize people even if they are far away 	<ul style="list-style-type: none"> • I hold my head up and begin to push up when you put me on my tummy • I move my arms and legs 
<p>Talk with my doctor if I:</p> <p>Don't watch things as they move and I don't smile at people</p>	<p>Talk with my doctor if I:</p> <p>Don't respond to loud sounds</p>	<p>Talk with my doctor if I:</p> <p>Don't bring my hands to my mouth</p>	<p>Talk with my doctor if I:</p> <p>I can't hold my head up when I'm on tummy</p>
<p>Screen Time: Video Chatting Only</p>			

Milestones were adapted from the Center of Disease Control (2010)
© DVR 2012

Part of Social-Emotional and Self-Regulation Handbook© DVR 2012, Updated 2016

Look what I can do!

4-6 Months





Look What I Can Do!

4-6 months

Social and Emotional	Language  Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical
<ul style="list-style-type: none"> I smile spontaneously and respond to people being happy or sad  I play and I might cry when you stop playing I copy movements and facial expressions I know familiar faces and begin to know if someone is a stranger I like to look at myself in a mirror 	<ul style="list-style-type: none"> I babble and copy sounds I hear- stringing vowels “ah”, “eh” “oh” I cry in different ways to show hunger, pain, or being tired I respond by making sounds when I hear my name I like taking turns talking  <ul style="list-style-type: none"> I make sounds to let you know if I am happy or sad I say consonant sounds (jabbering with “m,” “b”) 	<ul style="list-style-type: none"> I respond to affection and recognize familiar adults I show curiosity and reach for toys and bring them to my mouth  I use hands and eyes together, such as seeing a toy and reaching for it  I follow things with my eyes from side to side I begin to pass things from one hand to the other and I sleep 10-12 hours 	<ul style="list-style-type: none"> I hold my head steady and I push down on my legs when my feet are on a hard surface. I might bounce I roll over (tummy to back) and sometimes I sit  I hold a toy and shake it When I am lying on my tummy I push up  I rock back and forth when I am on crawling position
<p>Talk with my doctor if I: Don't show affection and don't laugh or make squealing sounds</p>	<p>Talk with my doctor if I : Don't respond to sounds around me and I don't make sounds (“ah”, “eh”, “oh”)</p>	<p>Talk with my doctor if I: Don't try to get things that are in reach and I have difficulty bringing things to my mouth</p>	<p>Talk with my doctor if I: Don't roll over, seem very stiff, with tight muscles or seem very floppy</p>

Milestones were adapted from the Center of Disease Control (2010)
Part of Social-Emotional and Self-Regulation Handbook© DVR 2012, Updated 2016



Screen Time: Video Chatting Only

Look what I can do!






7-9 Months





Look What I Can Do!

7-9 months

Social and Emotional	Language/Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical Development
<ul style="list-style-type: none"> I know familiar faces and begin to know if someone is a stranger I like to look at myself in a mirror  I may be afraid of strangers I may be clingy with familiar adults  I have a favorite toy 	<ul style="list-style-type: none"> I make a lot of different sounds like “mamamama” and “bababababa” I cry in different ways to show hunger, pain, or being tired I understand “no” I copy sounds and gestures of others  I use fingers to point at things 	<ul style="list-style-type: none"> I respond to affection and recognize familiar adults I watch the path of something as it falls I look for things I see you hide and play peek-a-boo I move things smoothly from one hand to the other and put things in my mouth I pick up things like cereal using my thumb and index finger  	<ul style="list-style-type: none"> I roll over from tummy to back and from my back to tummy I sit and get into sitting position, I rock back and forth when I am on crawling position and crawl  I stand, bounce, stand up holding on I pull myself to a stand
<p>Talk with my doctor if I: Don't laugh or make squealing sounds; Don't play any games involving back-and-forth play</p>	<p>Talk with my doctor if I : Don't babble (“mama”, “baba”, “dada”) or respond to my name</p>	<p>Talk with my doctor if I: Don' recognize familiar people or look where you point or transfer toys from one hand to the other</p>	<p>Talk with my doctor if I: Don't stand or sit</p>



Screen Time: Video Chatting Only

Look what I can do!




10-12 Months





Look What I Can Do!

10-12 months

Social and Emotional	Language/Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical Development
<ul style="list-style-type: none"> I am shy or nervous with strangers and show fear to some situations I cry when you leave I have favorite things and people I play and hand you an objects when I want to play  <ul style="list-style-type: none"> I repeat sounds or actions to get attention I help with dressing 	<ul style="list-style-type: none"> I respond to simple spoken requests I copy and use simple gestures, like shaking my head “no” or waving “bye-bye” I make sounds with changing tone (it starts more like speech) I say “mama” and “dada” and exclamations like “uh-oh!” I try to say words you say 	<ul style="list-style-type: none"> I explore by shaking, banging, throwing things I find hidden things easily I look at the right picture when it’s named I start to use things correctly; for example, I drink from a cup, I pretend to talk on a phone I put things in/out of a containers I follow simple directions like “pick up the toy” 	<ul style="list-style-type: none"> I get into a sitting position without help I pull up to a stand, walk holding on to furniture (“cruising”) I may stand alone I take a few steps without holding on 
<p>Talk with my doctor if I: Don’t learn gestures like waving; shake my head for no</p>	<p>Talk with my doctor if I : Don’t say “mama”, “baba”, “dada” or respond to my name</p>	<p>Talk with my doctor if I: Don’t search for things that I see you hide and I don’t point to things or if I lose skills I once had</p>	<p>Talk with my doctor if I: Don’t crawl, stand or sit</p>

Milestones were adapted from the Center of Disease Control (2010)

Part of Social-Emotional and Self-Regulation Handbook© DVR 2012, Updated 2016



I am not ready for TV. **Screen Time: Video Chatting Only**

Section 2

Look what I can do!




13-24 Months





Look What I Can Do!

13-24 months

Social and Emotional	Language/ Communication	Cognitive (learning, thinking, problem-solving)	Movement/ Physical Development
<ul style="list-style-type: none"> • I like to hand things to others as I play • I may have temper tantrums • I show affection to familiar people but am afraid of strangers • I play simple pretend games, such as feeding a doll • I explore alone but may cling to you, my caregiver in new situations • I point to show others something interesting 	<ul style="list-style-type: none"> • I say several single words • I say “no” and shake head • I point to show someone what I want 	<ul style="list-style-type: none"> • I know what ordinary things are for; like a telephone, brush, spoon • I point to get the attention of others • I show interest in a doll or stuffed animal by pretending to feed • I point to one body part if you ask me “where is your nose” • I scribble on my own • I can follow 1-step verbal instructions without any gestures 	<ul style="list-style-type: none"> • I walk alone • I may walk upstairs and I run • I pull toys while walking • I can help undress myself • I drink from a cup • I can eat with a spoon 
<p>Talk with my doctor if I: Don't copy others or don't notice or mind when a caregiver leaves or returns</p>	<p>Talk with my doctor if I: Don't have at least 6 words or if I don't gain new words</p>	<p>Talk with my doctor if I: Don't know what familiar things are for and I don't point or show things to others or if I lose skills I once had</p>	<p>Talk with my doctor if I: can't walk</p>

Section 2

Look what I can do!



2 years





Look What I Can Do!

2 years

Social and Emotional	Language/Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical Development
<ul style="list-style-type: none"> • I copy others, especially adults and older children • I get excited when I see other children • I want to do things by myself • I show defiant behavior (doing what he has been told not to do) – This is normal mommy don't be upse • I play mainly beside other children, but sometimes include other children 	<ul style="list-style-type: none"> • I point to things or pictures when they are named • I know names of familiar people and body parts • I say sentences with 2 to 4 words • I follow simple instructions • I repeat words that I overhear in conversation • I point to things in a book and pictures like cat, bird, or dog 	<ul style="list-style-type: none"> • I find things even when hidden under two or three covers <ul style="list-style-type: none"> • I sort shapes, colors and build towers of 4 or more blocks • I complete sentences and rhymes in familiar books • I play simple make-believe games • I might use one hand more than the other • I follow two-step instructions such as "Pick up your shoes and put them in the closet." 	<ul style="list-style-type: none"> ▪ I stand, kick a ball and begin to run • I climb onto and down from furniture without help and I walk up and down stairs holding on • I throw a ball overhand • I copy straight lines and circles
<p>Talk with my doctor if I: Don't copy actions and words</p>	<p>Talk with my doctor if I: Don't use 2-word phrases (for example, "drink milk")</p>	<p>Talk with my doctor if I: Don't know what to do with common things, like a brush, phone, fork, spoon; Don't follow simple instructions</p>	<p>Talk with my doctor if I: Don't walk steadily</p>

Milestones were adapted from the Center of Disease Control (2010)
Part of Social-Emotional and Self-Regulation Handbook© DVR 2012, Updated 2016



Screen Time: Limit to 1 hour of high quality programs and watch them with me

Section 2

Look what I can do!





3 years





Look What I Can Do!

3 years

Social and Emotional	Language/Communication	Cognitive (learning, thinking, problem-solving)	Movement/Physical Development
<ul style="list-style-type: none"> ▪ I copy adults and friends and take turns in games • I show affection for friends without prompting and show concerns for a crying friend • I understands the idea of “mine” and “his” or “hers” • I show a wide range of emotions and may get upset with major changes in routine • I separate easily from mom and dad and I dress and undress myself 	<ul style="list-style-type: none"> • I follow instructions with 2 or 3 different steps • I name friend, familiar things and say my first name, age and sex • I understand words like “in,” “on,” and “under” and I say words like “I,” “me,” “we,” and “you” and some plurals (cars, dogs, cats)  <ul style="list-style-type: none"> • I talk well enough for strangers to understand most of the time • I carry on a conversation using 2 to 3 sentences 	<ul style="list-style-type: none"> • I can work toys with buttons, levers, and moving parts and do puzzles with 3 or 4 pieces • I play make-believe with dolls, animals, and people • I can understand what “two” means • I can copy a circle with pencil or crayon and turn book pages one at a time • I build towers of more than 6 blocks and screw and unscrew jar lids or turns door handle 	<ul style="list-style-type: none"> • I can climb well and run easily • I can pedal a tricycle (3-wheel bike) • I walk up and down stairs, one foot on each step 
<p>Talk with your child’s doctor if they do not do one or two of the items mentioned in each column.</p>			



Screen Time: Limit to 1 hour of high quality programs and watch them with me

Milestones were adapted from the Center of Disease Control (2010) motional and Self-Regulation Handbook© DVR 2012, Updated 2016

