

Checklist for Growing Children

Most children should be able to do the following at these ages or soon thereafter.

<p style="text-align: center;">3 months</p> <p>turn their heads toward bright colors and lights move both eyes in the same direction together recognize bottle or breast react to sudden sounds or voices make cooing sounds make fists with both hands grasp toys or hair wiggle and kick with arms and legs lift head and chest when on stomach smile</p>	<p style="text-align: center;">6 months</p> <p>follow moving objects with their eyes turn toward the source of normal sound reach for objects and pick them up switch toys from one hand to the other play with their toes help hold the bottle during feeding recognize familiar faces babble</p>	<p style="text-align: center;">12 months</p> <p>sit without support pull to a standing position crawl drink from a cup play peek-a-boo and patty cake wave bye-bye hold out their arms and legs when being dressed put objects in a container stack two blocks know five or six words</p>
<p style="text-align: center;">1½ years</p> <p>like to pull, push and dump things follow simple instructions ("Bring the ball.") pull off shoes, socks and mittens like to look at pictures feed themselves make marks on paper with crayons walk without help step off a low object and keep balance</p>	<p style="text-align: center;">2 years</p> <p>use two-to-three word sentences say names of toys recognize familiar pictures carry something while walking feed themselves with a spoon play independently turn 2-3 pages at a time like to imitate their parent identify hair, eyes, ears and nose by pointing build a tower of four blocks show affection</p>	<p style="text-align: center;">3 years</p> <p>walk up steps (alternating feet) ride a tricycle put on their shoes open door turn one page at a time play with other children for a few minutes repeat common rhymes use three-to-five word sentences name at least one color correctly are toilet trained</p>