

Developmental Milestone Cheat Sheet

Milestones by Age

2–4 months: Lifts head, smiles socially, coos.

6 months: Rolls both ways, reaches/grabs, babbles.

9 months: Sits well, transfers objects, responds to name.

12 months: Pulls to stand, a few words, waves, points.

15–18 months: Walks independently, 6+ words, imitates.

24 months: 2-word phrases, runs, follows 2-step commands.

Red Flags

- No social smile by 2 months
- Not sitting by 9 months
- No words by 15 months
- Not walking by 18 months
- No 2-word phrases by 24 months
- Loss of skills at any age (regression)

When to Seek Help

- Milestones significantly behind typical ranges
- Concerns in multiple domains
- Any parental gut feeling that something isn't right

What Matters Most

Steady progress, engagement, and gaining new skills are more important than exact timing.

Guidance

Talk to your pediatrician or Early Intervention for any concerns. Evaluations never hurt—and often reassure.