

### North Central Indiana First Steps

Allen, Adams, Grant, Huntington, Miami, Wabash, Wells Counties  
201 East Rudisill Blvd. Suite 108 Fort Wayne, IN 46806  
Phone: (260) 444-2994 Fax: (260) 444-4314

### North East Indiana First Steps

DeKalb, Elkhart, Fulton, Kosciusko, LaGrange, Marshall, Noble,  
St. Joseph, Steuben, Whitley Counties  
700 E Beardsley Ave. Suite 14A Elkhart, IN 46514  
Phone: (574) 263-2813 Fax: (574) 293-2300



Website: [www.indianafirststeps.org](http://www.indianafirststeps.org)

#### 1-2 MONTHS

- ☐ LIFTS HEAD WHEN ON BELLY
- ☐ KICKS LEGS & WAVES ARMS
- ☐ FOLLOWS MOVING THINGS WITH EYES
- ☐ LOOKS AT FACES
- ☐ REACTS TO LOUD NOISES
- ☐ SMILES AT FACES

#### 3-4 MONTHS

- ☐ HOLDS HEAD UP
- ☐ PUTS HANDS TOGETHER
- ☐ GRABS TOY WHEN GIVEN IT
- ☐ FOLLOWS A LIGHT SIDE TO SIDE
- ☐ COOS & MAKES NOISES
- ☐ LOOKS TOWARD VOICES

#### 5-6 MONTHS

- ☐ SITS WITH SOME HELP
- ☐ ROLLS OVER
- ☐ REACHES OUT FOR TOYS
- ☐ BRINGS THINGS TO MOUTH
- ☐ MAKES 4 DIFFERENT SOUNDS: PA/MA/DUH/GEE
- ☐ LOOKS TOWARD A BELL
- ☐ LOOKS AT PEOPLE

#### 7-9 MONTHS

- ☐ SITS WELL WITHOUT HELP
- ☐ STANDS HOLDING ON
- ☐ FEEDS SELF WITH FINGERS
- ☐ MOVES TOYS FROM HAND TO HAND
- ☐ REPEATS SOUND: I.E. DADADA/BYBYBY
- ☐ PLAYS PATTY CAKE AND PEEK-A-BOO
- ☐ FUSSES WHEN PARENT LEAVES

#### 10-12 MONTHS

- ☐ PULLS SELF-UP TO WALK
- ☐ WALKS HOLDING ON TO FURNITURE
- ☐ POINTS WITH FIRST FINGERS
- ☐ THROWS A BALL
- ☐ SAYS MAMA/DADA FOR PARENT
- ☐ UNDERSTANDS SIMPLE DIRECTIONS: COME HERE
- ☐ PLAYS AWAY FROM PARENTS, BUT CHECKS BACK

#### 12-18 MONTHS

- ☐ WALKS WELL WITHOUT HELP
- ☐ CRAWLS UP STAIRS
- ☐ DRINKS FROM A CUP
- ☐ SCRIBBLES WITH A CRAYON
- ☐ SAYS 10-25 WORDS
- ☐ POINTS TO WHAT SHE/HE WANTS

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#### 18-24 MONTHS

- ☐ KICKS A BALL
- ☐ PICKS UP A TOY WHILE STANDING
- ☐ USES A SPOON
- ☐ TAKES OFF SHOES AND SOCKS
- ☐ USES SOME 2 WORD SENTENCES
- ☐ KNOWS 3 BODY PARTS

#### 24-36 MONTHS

- ☐ JUMPS UP & DOWN
- ☐ RUNS & CLIMBS
- ☐ PUTS CLOTHES ON & OFF
- ☐ FEEDS SELF WITH SPOON & FORK
- ☐ SPEAKS IN SIMPLE SENTENCES
- ☐ FOLLOWS 2 STEP DIRECTIONS LIKE: TAKE OFF SHOES & PUT THEM AWAY
- ☐ QUICKLY SMILES
- ☐ TALKS ABOUT FEELINGS; ME MAD

#### 36-48 MONTHS

- ☐ STANDS ON 1 FOOT
- ☐ STACKS 6 BLOCKS
- ☐ WALKS UP STAIRS CHANGING FEET
- ☐ POURS MILK FROM CARTON USING BOTH HANDS
- ☐ ENJOYS PRETEND PLAY WITH OTHERS
- ☐ USES CLEAR SPEECH\*

\* AT AGE 3-4, A CHILD SHOULD BE 75% UNDERSTOOD;

\*AT AGE 4 SPEECH SHOULD BE 90% CLEAR.

**PARENTS CAN ALSO DOWNLOAD THE  
FREE “CDC MILESTONE TRACKER”  
APP FROM ANY APP STORE!**