



[Home](#) → [Medical Encyclopedia](#) → Developmental milestones record

URL of this page: //medlineplus.gov/ency/article/002002.htm

Developmental milestones record

Developmental milestones are behaviors or physical skills seen in infants and children as they grow and develop. Rolling over, crawling, walking, and talking are all considered milestones. The milestones are different for each age range.

There is a normal range in which a child may reach each milestone. For example, walking may begin as early as 8 months in some children. Others walk as late as 18 months and it is still considered normal.

One of the reasons for well-child visits to your child's health care provider in the early years is to follow your child's development. Most parents also watch for different milestones. Talk to your child's provider if you have concerns about your child's development.

Closely watching a checklist or calendar of developmental milestones may trouble parents if their child is not developing normally. At the same time, milestones can help to identify a child who needs a more detailed evaluation than may be possible at well child visits. Research has shown that the sooner the developmental services are started, the better the outcome. Examples of developmental services include: speech therapy, physical therapy, and developmental preschool.

Below is a general list of some of the things you might see children doing at different ages. These are not precise guidelines. There are many different normal paces and patterns of development.

Infant -- birth to 1 year

- Able to drink from a cup
- Able to sit alone, without support
- Babbles
- Displays social smile
- Gets first tooth
- Plays peek-a-boo
- Pulls self to standing position
- Rolls over by self
- Says mama and dada, using terms appropriately
- Understands "No" and will stop activity in response

- Walks while holding on to furniture or other support

Toddler -- 1 to 3 years

- Able to feed self neatly, with minimal spilling
- Able to draw a line (when shown one)
- Able to run, pivot, and walk backward
- Able to say first and last name
- Able to walk up and down stairs
- Begins pedaling tricycle
- Can name pictures of common objects and point to body parts
- Dresses self with only a little bit of help
- Imitates speech of others, repeats word back
- Learns to share toys (without adult direction)
- Learns to take turns (if directed) while playing with other children
- Masters walking
- Recognizes and labels colors appropriately
- Recognizes differences between males and females
- Uses more words and understands simple commands
- Uses spoon to feed themself

Preschooler -- 3 to 6 years

- Able to draw a circle and square
- Able to draw stick figures with 2 to 3 features for people
- Able to skip
- Balances better, may begin to ride a bicycle
- Begins to recognize written words, reading skills start
- Catches a bounced ball
- Enjoys doing most things independently, without help
- Enjoys rhymes and word play
- Hops on one foot
- Rides tricycle well
- Starts school
- Understands size concepts
- Understands time concepts

School-age child -- 6 to 12 years

- Begins gaining skills for team sports such as soccer, T-ball, or other team sports
- Begins to lose baby teeth and get permanent teeth
- Girls begin to show growth of armpit and pubic hair, breast development
- Menarche (first menstrual period) may occur in girls
- Peer recognition begins to become important
- Reading skills develop further
- Routines important for daytime activities
- Understands and is able to follow several directions in a row

Adolescent -- 12 to 18 years

- Adult height, weight, sexual maturity
- Boys show growth of armpit, chest, and pubic hair; voice changes; and testicles/penis enlarge
- Girls show growth of armpit and pubic hair; breasts develop; menstrual periods start
- Peer acceptance and recognition is of vital importance
- Understands abstract concepts

Related topics include:

- Developmental milestones record - 2 months
- Developmental milestones record - 4 months
- Developmental milestones record - 6 months
- Developmental milestones record - 9 months
- Developmental milestones record - 12 months
- Developmental milestones record - 18 months
- Developmental milestones record - 2 years
- Developmental milestones record - 3 years
- Developmental milestones record - 4 years
- Developmental milestones record - 5 years

Alternative Names

Growth milestones for children; Normal childhood growth milestones; Childhood growth milestones

References

Ball JW, Dains JE, Flynn JA, Solomon BS, Stewart RW. The health record. In: Ball JW, Dains JE, Flynn JA, Solomon BS, Stewart RW, eds. *Siedel's Guide to Physical Examination*. 10th ed. St Louis, MO: Elsevier; 2023:chap 5.

Centers for Disease Control and Prevention website. Learn the signs. Act early. CDC's Developmental Milestones. www.cdc.gov/ncbddd/actearly/milestones/index.html [<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>]. Updated May 8, 2024. Accessed December 26, 2024.

Gordon-Lipkin E, Lipkin PH. Developmental and behavioral surveillance and screening. In: Kliegman RM, St. Geme JW, Blum NJ, et al, eds. *Nelson Textbook of Pediatrics*. 22nd ed. Philadelphia, PA: Elsevier; 2025:chap 28.

Healthychildren.org website. Milestones matter: Your child's growth & development by age 5.

www.healthychildren.org/English/family-life/health-management/Pages/Milestones-Matter.aspx [<https://www.healthychildren.org/English/family-life/health-management/Pages/Milestones-Matter.aspx>]

. Updated March 21, 2023. Accessed December 26, 2024.

Review Date 1/1/2025

Updated by: Charles I. Schwartz, MD, FAAP, Clinical Assistant Professor of Pediatrics, Perelman School of Medicine at the University of Pennsylvania, General Pediatrician at PennCare for Kids, Phoenixville, PA. Also reviewed by David C. Dugdale, MD, Medical Director, Brenda Conaway, Editorial Director, and the A.D.A.M. Editorial team.

Learn how to cite this page



Health Content
Provider
06/01/2028

A.D.A.M., Inc. is accredited by URAC, for Health Content Provider (www.urac.org). URAC's [accreditation program](#) is an independent audit to verify that A.D.A.M. follows rigorous standards of quality and accountability. A.D.A.M. is among the first to achieve this important distinction for online health information and services. Learn more about A.D.A.M.'s [editorial policy](#), [editorial process](#), and [privacy policy](#).

The information provided herein should not be used during any medical emergency or for the diagnosis or treatment of any medical condition. A licensed medical professional should be consulted for diagnosis and treatment of any and all medical conditions. Links to other sites are provided for information only – they do not constitute endorsements of those other sites. No warranty of any kind, either expressed or implied, is made as to the accuracy, reliability, timeliness, or correctness of any translations made by a third-party service of the information provided herein into any other language. © 1997-2025 A.D.A.M., a business unit of Ebix, Inc. Any duplication or distribution of the information contained herein is strictly prohibited.



National Library of Medicine 8600 Rockville Pike, Bethesda, MD 20894 U.S. Department of Health and Human Services

National Institutes of Health