

# CDC Developmental Milestones 2022

<p><b>2 MONTHS</b></p> <p><b>Social:</b> Looks at your face; Seems happy to see you; Smiles when you talk to or smile at him; Calms down when spoken to or picked up</p> <p><b>Language:</b> Makes sounds other than crying; Reacts to loud sounds</p> <p><b>Cognitive:</b> Looks at you as you move; Looks at a toy for several seconds</p> <p><b>Motor:</b> Holds head up when on tummy; Moves both arms and both legs; Opens hands briefly</p>	<p><b>4 MONTHS</b></p> <p><b>Social:</b> Smiles to get attention; Chuckles, Tries to keep attention with gaze, movement or sounds</p> <p><b>Language:</b> Cooing; Makes sounds back; Turns to sound of your voice</p> <p><b>Cognitive:</b> Opens mouth when hungry and sees bottle/breast; Looks at hands</p> <p><b>Motor:</b> Holds head steady without support; Holds toy; Uses arm to swing at toys; Brings hands to mouth; Pushes up to forearms when on tummy</p>	<p><b>6 MONTHS</b></p> <p><b>Social:</b> Knows familiar people; Likes to look in mirror; Laughs</p> <p><b>Language:</b> Takes turns making sounds; Blows “raspberries”; Squeals</p> <p><b>Cognitive:</b> Puts things in mouth; Reaches to grab toy; Closes lips to show does not want more food</p> <p><b>Motor:</b> Rolls from front to back; Pushes up with straight arms; Leans on hands when sitting</p>	<p><b>9 MONTHS</b></p> <p><b>Social:</b> Shy around strangers; Looks when name is called; Smiles or laughs at peek-a-boo; shows several facial expressions, Reacts when you leave</p> <p><b>Language:</b> Babbles; Lifts arms to be picked up</p> <p><b>Cognitive:</b> Looks for objects when dropped out of site; Bangs things together</p> <p><b>Motor:</b> Gets to sitting; Sits without support; Uses fingers to rake food; Moves things from one hand to another</p>
<p><b>12 MONTHS</b></p> <p><b>Social:</b> Plays pat-a-cake or other simple game</p> <p><b>Language:</b> Waves “bye-bye”; Calls caregiver by a name “mama” “dada”; Understands “no”</p> <p><b>Cognitive:</b> Puts something in a container; Looks for things he sees you hide</p> <p><b>Motor:</b> Pulls to stand; Walks holding on; Drinks from a cup when you hold it; Pincer grasp</p>	<p><b>15 MONTHS</b></p> <p><b>Social:</b> Shows you an object, Claps when excited, Hugs toy, Shows affection; Copies other children while playing</p> <p><b>Language:</b> Tries 1 or 2 words other than “mama” or “dada”; Looks at familiar object when you name it; Follows a command with words and gestures; Points</p> <p><b>Cognitive:</b> Stacks 2 objects; Tries to use things in the right way (phone,cup)</p> <p><b>Motor:</b> Takes a few steps on his own, Uses fingers to feed self</p>	<p><b>18 MONTHS</b></p> <p><b>Social:</b> Moves away but checks you are close; Points, Puts hands out to be washed; Helps with dressing; Looks at book with you</p> <p><b>Language:</b> Tries to say 3+ words besides “mama” or “dada”; Follows 1 step direction with words only</p> <p><b>Cognitive:</b> Copies you doing chores; Plays with toys like pushing toy cars</p> <p><b>Motor:</b> Walks without holding on; Scribbles; Drinks from a cup; Feeds self with fingers; Tries to use a spoon; Climbs on and off couch or chair without help</p>	<p><b>24 MONTHS</b></p> <p><b>Social:</b> Notices when others are hurt; Looks at your face to see your reactions</p> <p><b>Language:</b> Points in a book; Combines 2 words; Points to 2 body parts; More gestures than waving and pointing</p> <p><b>Cognitive:</b> Tries to use switches, knobs, buttons on toys; Plays with 2 toys at same time; Holds something in one hand and uses the other (takes lid off container)</p> <p><b>Motor:</b> Kicks ball; Runs; Walks up a few stairs; Eats with a spoon</p>

<p><b>30 MONTHS</b></p> <p><b>Social:</b> Parallel play, Asks you to look at her, Follows simple routines</p> <p><b>Language:</b> 50 words; Uses action words in 2+ word phrases; Names things in a book; Uses I, me, we</p> <p><b>Cognitive:</b> Uses things to pretend; Uses simple problem solving; Follows 2 step instructions; Knows one color</p> <p><b>Motor:</b> Twists things like doorknobs; Takes off some clothes by himself; Jumps with both feet; Turns book pages</p>	<p><b>3 YEARS</b></p> <p><b>Social:</b> Joins other children in play; Calms within 10 minutes after you leave like at daycare drop-off</p> <p><b>Language:</b> Asks who, what, where, when or why questions; Can name an action in a book; Says first name when asked; Others understand speech most of the time; Two back-and-forth exchanges in conversation</p> <p><b>Cognitive:</b> Draws a circle; Avoids touching hot objects when warned</p> <p><b>Motor:</b> Strings items; Puts on some clothes by self; Uses a fork</p>	<p><b>4 YEARS</b></p> <p><b>Social:</b> Pretends in play; Avoids danger like not jumping from heights at playground; Likes to be a “helper”; Different behavior for different settings; Asks to play with other children, comforts others who are hurt or sad</p> <p><b>Language:</b> Answers simple questions about the use of objects; Sentences with 4+ words, says words from a song, story, or rhyme, talks about something that happened during his day</p> <p><b>Cognitive:</b> Names a few colors; Draws a person with 3 body parts; tells what comes next in a well-known story</p> <p><b>Motor:</b> Catches a large ball most of the time; Serves himself food or pours water with help; Unbuttons some buttons; Holds crayon with fingers and thumb</p>	<p><b>5 YEARS</b></p> <p><b>Social:</b> Follows rules or takes turns; Can do simple chores; Sings, dances, or acts for you</p> <p><b>Language:</b> Tells a story; Answers questions about a story; Rhymes; Three back-and-forth exchanges in conversation</p> <p><b>Cognitive:</b> Counts to 10; Names some numbers when pointed to; Uses words about time; Writes some letters in her name; Names some letters when pointed to; Pays attention for 5-10 min during activities (not screens)</p> <p><b>Motor:</b> Buttons some buttons; Hops on 1 foot</p>
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