



What's typical in child development?

Developmental milestones help track a child's progress

While all children develop at different rates, developmental milestones are a great way to track a child's progress as they grow. Developmental milestones measure typical achievements at various ages of a child's life, which can help parents and caregivers determine if a child is on track in development.

Help Me Grow offers information on developmental milestones for ages birth through 5. When a child is younger, developmental milestones are focused more on motor skills and movement – for example, at **6 months**, is the child rolling over in both directions or beginning to sit with little help?

At **9 months**, caregivers should look for improvement in motor skills, simple speech like mama and dada, and responding to his or her name. At each age there should be progression in both speech and motor skills. Some common milestones with each age until 5 years include:

- **12 months:** Pulling to stand up, showing preference for certain people or toys, using simple gestures such as waving goodbye
- **18 months:** Walking alone, saying three or more single words, scribbling with a crayon or pencil, showing interest in other children
- **2 years:** Kicking a ball forward, pointing to things when named, using two or three words together
- **3 years:** Building with blocks, creating a tower up to 6 blocks, showing concern and affection for others, playing make believe
- **4 years:** Copying simple shapes, understanding the concept of same and different, playing cooperatively with other children
- **5 years:** Speaking clearly in sentences of five or more words, counting 10 or more objects, wanting to please friends and wanting to be like friends

Help Me Grow's developmental wheel is a great tool for childcare providers to use and share with parents and guardians. The wheel offers both developmental milestones and actions for parents and caregivers to take to encourage their child's development.

For more information about developmental milestones, visit helpmegrowmn.org. To request developmental wheels, contact Kathy McKay at (651)728-0400 or kathy.mckay@metroecu.org.

Portions of this content, developed by Help Me Grow Minnesota, may have previously appeared elsewhere.

