









Developmental Milestones for Toddlers

Age	 Cognitive (learning, thinking, problem-solving)	 Social and emotional (skills with others)	 Physical development (movement and muscles)
<p>12 months</p>	<ul style="list-style-type: none"> • Responds to simple spoken requests • Uses simple gestures like shaking head “no” or waving “bye-bye” • Says “mama”, “dada” and exclamations like “uh-oh” • Explores things in new ways, like shaking, banging, throwing • Finds hidden things easily • Looks at pictures when named • Copies gestures • Starts to drink from a cup • Bangs two things together • Puts things in and out of containers • Pokes with index finger • Follows simple directions, such as “pick up the block” 	<ul style="list-style-type: none"> • Is shy or nervous with strangers • Cries when family leaves • Has favorite things and people • Shows fear in some situations • Hands you a book when she wants to hear a story • Repeats sounds or actions to get attention 	<ul style="list-style-type: none"> • Pulls up to stand, walks holding onto furniture (cruising) • May take a few steps without holding on • May stand alone
<p>18 months</p>	<ul style="list-style-type: none"> • Knows what common things are, such as spoon, brush, telephone • Points to get attention from others • Points to one body part • Scribbles • Can follow one-step directions, such as sits when told to sit 	<ul style="list-style-type: none"> • Likes to hand things to others during play • May have temper tantrums • May be afraid of strangers • Shows affection to familiar people • Plays simple pretend activities, such as feeding a doll • Points to show what he wants • Explores alone but with familiar person nearby 	<ul style="list-style-type: none"> • Walks alone • May walk up steps and run • Pulls toys while walking • Can help undress himself • Drinks from a cup • Can hold spoon to eat

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Age	 Cognitive (learning, thinking, problem-solving)	 Social and emotional (skills with others)	 Physical development (movement and muscles)
<p>2 years</p>	<ul style="list-style-type: none"> • Points to things or pictures when named • Points to eyes, ears, nose when asked • Says sentences with 2 to 4 words • Begins to sort shapes and colors • Completes sentences and rhymes in familiar books • Plays simple pretend games • Builds towers of 4 or more blocks • Follows two-step directions, such as pick up the paper and put it on the table 	<ul style="list-style-type: none"> • Plays beside other children more than with them • Gets excited when with other children • Shows more independence • Shows more defiant behavior (doing what she has been told not to) 	<ul style="list-style-type: none"> • Stands on tiptoes • Kicks a ball forward • Begins to run • Walks up and down stairs while holding on • Climbs without help • Throws ball overhead • Makes or copies straight lines and circles • Bends over without falling • Opens cabinets, drawers, and boxes • Shows interest in toilet learning
<p>3 years</p>	<ul style="list-style-type: none"> • Plays make-believe with dolls, animals, and people • Can put together a puzzle with 3 or 4 pieces • Turns book pages one at a time • Builds towers of 6 or more blocks • Can work with buttons, levers, and moving parts • Plays pretend with dolls, animals, and people • Understands meaning of “two” 	<ul style="list-style-type: none"> • Enjoys helping with simple chores • Takes turns during play • Shows concern for crying friend • Likes to play alone or near other children • Will play with another child for a short time • Understands the idea of “mine,” “his,” and “hers” • Shows wide range of emotions 	<ul style="list-style-type: none"> • Can dress himself with help • Can feed herself using a small spoon and fork • Can stand, balance, and hop on one foot • Jumps with both feet • Can pedal a tricycle • Walks up and down stairs, one foot on each step • Uses toilet (some help may be needed)

References

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