



# DEVELOPMENTAL MILESTONES 0-5 YEARS







## Learn More About Us!

**We love what we do and we are so passionate about serving and giving back to our tribal communities. Check out one of our videos which shares some of the inspiration behind our organization and why we've made it our mission to making sure culturally competent education, outreach, and services reach Native families.**



# Growing Healthy Native Children and Families

## **The importance of tracking your child's development**

Tracking your child's development is so important to ensure that they are meeting their developmental milestones and to detect early signs of developmental delays. Early detection and intervention are so important for improving a child's skills and abilities throughout their entire lifespan.

## **Know the facts**

American Indian/ Alaskan Natives have the highest rates of Intellectual and Development Disabilities (IDD) out of any other ethnicity in the United States. Statistically, this same population is also the most underserved due to lack of awareness and resources.

## **Raising Awareness**

Acorns to Oak Trees Harley's Hope Project works to raise awareness in tribal communities about intellectual and developmental disabilities (IDD) and the importance of early detection and intervention for children ages 0-3 in particular. Acorns to Oak Trees works to build relationships between Regional Centers and tribal communities and families through sharing its storytelling video with tribal communities across the state to reduce stigma and barriers to accessing services.

This developmental milestone tracker is made possible by the funding Acorns to Oak Trees received from the State Council of Developmental Disabilities Cycle 45 grant.





# Intellectual and Developmental Disability (IDD)

## **What is IDD?**

IDD is defined by delays in intellectual, physical, and social-emotional development.

## **How is IDD diagnosed?**

IDD is diagnosed by a medical provider, but the first steps towards a diagnosis are made by the parent/primary guardian.

In order to identify developmental delays you must first be aware of what the developmental milestones are for your child.

## **What is the treatment?**

Services such as speech therapy, occupational therapy, physical therapy, and early intervention have proven to improve the intellectual, physical, social, and emotional growth and development of children with developmental delays and IDD.

If you believe your child is not meeting the milestones outlined in the tracker, please speak with your medical provider and contact us via our website at [www.acorns2oak.com](http://www.acorns2oak.com).



# 2-6 Months Milestones

AGE	LANGUAGE	GROSS MOTOR & FINE MOTOR	COGNITIVE	SOCIAL/ EMOTIONAL
2 Months	<ul style="list-style-type: none"> <li>• Makes sounds other than crying</li> <li>• Reacts to loud sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Holds head up when laying on tummy</li> <li>• Moves both arms &amp; legs</li> <li>• Opens hands briefly</li> </ul>	<ul style="list-style-type: none"> <li>• Watches you as you move</li> <li>• Looks at toy for several seconds</li> </ul>	<ul style="list-style-type: none"> <li>• Calms down when spoken to or picked up</li> <li>• Looks at your face</li> <li>• Looks happy to see you</li> <li>• Smiles when you talk to him/her</li> </ul>
4 Months	<ul style="list-style-type: none"> <li>• Makes sounds like "ooh", "aahh" (cooing)</li> <li>• Makes sounds back when you talk to him/her</li> <li>• Turns head towards the sound of your voice</li> </ul>	<ul style="list-style-type: none"> <li>• Holds head steady without support when you are holding him/her</li> <li>• Holds a toy placed in their hand</li> <li>• Uses arm to swing at toys</li> <li>• Brings Hands to Mouth</li> <li>• Pushes up onto elbow or forearms when on tummy</li> </ul>	<ul style="list-style-type: none"> <li>• If hungry, opens mouth when he sees breast or bottle</li> <li>• Looks at his/her hands with interest</li> </ul>	<ul style="list-style-type: none"> <li>• Smiles on his own to get your attention</li> <li>• Chuckles when you try to make them laugh</li> <li>• Looks at you, moves, or makes sounds to get or keep your attention</li> </ul>
6 Months	<ul style="list-style-type: none"> <li>• Takes turns making sounds with you</li> <li>• Blows "raspberries" ( sticks tong out and blow)</li> </ul>	<ul style="list-style-type: none"> <li>• Rolls from tummy to back</li> <li>• Pushes up with straight arms when on tummy</li> <li>• Leans on hands to support herself when sitting</li> </ul>	<ul style="list-style-type: none"> <li>• Puts things in his mouth to explore them</li> <li>• Reaches to grab a toy she wants</li> <li>• Closes lips to show she doesn't want more food</li> </ul>	<ul style="list-style-type: none"> <li>• Knows familiar people</li> <li>• likes to look at self in a mirror</li> <li>• Laughs</li> </ul>

# 9-15 Months Milestones

AGE	LANGUAGE/ COMMUNICATION	GROSS MOTOR & FINE MOTOR	COGNITIVE	SOCIAL/ EMOTIONAL
9 Months	<ul style="list-style-type: none"> <li>Makes a lot of different sounds like "mamamama" and "bababababa"</li> <li>Lifts arms up to be picked up</li> </ul>	<ul style="list-style-type: none"> <li>Gets to a sitting position by herself</li> <li>Moves things from one hand to her other hand</li> <li>Uses fingers to "rake" food towards herself</li> <li>Sits without support</li> </ul>	<ul style="list-style-type: none"> <li>Looks for objects when dropped out of sight (like his spoon or toy)</li> <li>Bangs two objects together</li> </ul>	<ul style="list-style-type: none"> <li>Is shy, clingy, or fearful around strangers</li> <li>Shows facial expressions like happy, sad, angry, and surprised</li> <li>Reacts when you leave (looks, reaches for you, or cries)</li> <li>Smiles when you talk to him/her</li> </ul>
12 Months	<ul style="list-style-type: none"> <li>Waves "bye-bye"</li> <li>Calls a parent "mama" or "dada" or another special name</li> <li>Understands "no" (pauses briefly or stops when you say it)</li> </ul>	<ul style="list-style-type: none"> <li>Pulls up to stand</li> <li>Walks, holding on to furniture</li> <li>Drinks from a cup without a lid, as you hold it</li> <li>Picks things up between thumb and pointer finger, like small bits of food</li> </ul>	<ul style="list-style-type: none"> <li>Puts something in a container, like a block in a cup</li> <li>Looks for things he sees you hide, like a toy under a blanket</li> </ul>	<ul style="list-style-type: none"> <li>Plays games with you like pat-a-cake or Peek-a-boo</li> </ul>
15 Months	<ul style="list-style-type: none"> <li>Tries to say one or two words besides "mama" or "dada", like "ba" for ball or "da" for dog</li> <li>Blows "raspberries" (sticks tongue out and blows)</li> </ul>	<ul style="list-style-type: none"> <li>Takes a few steps on his own</li> <li>Uses fingers to feed herself some food</li> </ul>	<ul style="list-style-type: none"> <li>Tries to use things the right way, like a phone, cup, or book</li> <li>Stacks at least two small objects, like blocks</li> </ul>	<ul style="list-style-type: none"> <li>Mimics another child's play like taking a toy out of a container when another child does</li> <li>Shows you an object she likes</li> <li>Claps when excited</li> <li>Hugs stuffed doll or other toy</li> <li>Shows you affection</li> </ul>

# 18 Months - 2 Years Milestones

AGE	LANGUAGE/ COMMUNICATION	GROSS MOTOR & FINE MOTOR	COGNITIVE	SOCIAL/ EMOTIONAL
18 Months	<ul style="list-style-type: none"> <li>• Tries to say three or more words besides "mama" or "dada"</li> <li>• Follows one-step directions without any gestures, like giving you the toy when you say, "Give it to me."</li> </ul>	<ul style="list-style-type: none"> <li>• Walks without holding on to anyone or anything</li> <li>• Scribbles</li> <li>• Drinks from a cup without a lid and may spill at times</li> <li>• Feeds himself with his fingers</li> <li>• Tries to use a spoon</li> <li>• Climbs on and off a couch or chair without help</li> </ul>	<ul style="list-style-type: none"> <li>• Copies you doing chores, like sweeping with a broom</li> <li>• Plays with toys in a simple way, like pushing a toy car</li> </ul>	<ul style="list-style-type: none"> <li>• Moves away from you, but looks to make sure you are close by</li> <li>• Points to show you something interesting</li> <li>• Puts hands out for you to wash them</li> <li>• Looks at a few pages in a book with you</li> <li>• Helps you dress him by pushing arm through sleeve or lifting up foot</li> </ul>
2 Years	<ul style="list-style-type: none"> <li>• Points to things in a book when you ask, like "Where is the bear?"</li> <li>• Says at least two words together, like "More milk."</li> <li>• Points to at least two body parts when you ask him to show you</li> <li>• Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes</li> </ul>	<ul style="list-style-type: none"> <li>• Kicks a ball</li> <li>• Runs</li> <li>• Walks (not climbs) up a few stairs with or without help</li> <li>• Eats with a spoon</li> </ul>	<ul style="list-style-type: none"> <li>• Holds object in one hand while using the other hand; for example, holding a container and taking the lid off</li> <li>• Tries to use switches, knobs, or buttons on a toy</li> <li>• Plays with more than one toy at the same time, like putting toy food on a toy plate</li> </ul>	<ul style="list-style-type: none"> <li>• Notices when others are hurt or upset, like pausing or looking sad when someone is crying</li> <li>• Looks at your face to see how to react in a new situation</li> </ul>

# 30 Months – 3 Years Milestones

AGE	LANGUAGE/ COMMUNICATION	GROSS MOTOR & FINE MOTOR	COGNITIVE	SOCIAL/ EMOTIONAL
30 Months	<ul style="list-style-type: none"> <li>Says about 50 words</li> <li>Says two or more words together, with one action word, like "Doggie run"</li> <li>Names things in a book when you point and ask, "What is this?"</li> <li>Says words like "I," "me," or "we"</li> </ul>	<ul style="list-style-type: none"> <li>Uses hands to twist things, like turning doorknobs or unscrewing lids</li> <li>Takes some clothes off by himself, like loose pants or an open jacket</li> <li>Jumps off the ground with both feet</li> <li>Turns book pages, one at a time, when you read to her</li> </ul>	<ul style="list-style-type: none"> <li>Uses things to pretend, like feeding a block to a doll as if it were food</li> <li>Shows simple problem-solving skills, like standing on a small stool to reach something</li> <li>Follows two-step instructions like "Put the toy down and close the door."</li> <li>Shows he knows at least one color, like pointing to a red crayon when you ask, "Which one is red?"</li> </ul>	<ul style="list-style-type: none"> <li>Plays next to other children and sometimes plays with them</li> <li>Shows you what she can do by saying, "Look at me!"</li> <li>Follows simple routines when told, like helping to pick up toys when you say, "It's clean-up time."</li> </ul>
3 Years	<ul style="list-style-type: none"> <li>Talks with you in conversation using at least two back-and-forth exchanges</li> <li>Asks "who, what, where, or why" questions</li> <li>Identifies actions when asked "Who's running, eating? etc."</li> <li>Says first name, when asked</li> <li>Talks well enough for others to understand, most of the time</li> </ul>	<ul style="list-style-type: none"> <li>Strings items together, like large beads or macaroni</li> <li>Puts on some clothes by himself, like loose pants or a jacket</li> <li>Uses a fork</li> </ul>	<ul style="list-style-type: none"> <li>Draws a circle, when you show him how</li> <li>Avoids touching hot objects, like a stove, when you warn her</li> </ul>	<ul style="list-style-type: none"> <li>Calms down within 10 minutes after you leave her, like at a childcare drop off</li> <li>Notices other children and joins them to play</li> </ul>



# 4 Year - 5 Year Milestones

AGE	LANGUAGE/ COMMUNICATION	GROSS MOTOR & FINE MOTOR	COGNITIVE	SOCIAL/ EMOTIONAL
4 Years	<ul style="list-style-type: none"> <li>• Says sentences of 4 words or more</li> <li>• Talks about things that happened in their day</li> </ul>	<ul style="list-style-type: none"> <li>• Catches large balls when playing</li> <li>• Serves themselves with adult supervision</li> <li>• Holds pencils and crayons more effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Names a few colors</li> <li>• Tells stories</li> <li>• Starts to make more realistic drawings</li> </ul>	<ul style="list-style-type: none"> <li>• Pretends to be something else when play is going on</li> <li>• Comforts others who are hurt and sad</li> <li>• Avoids Danger</li> <li>• Likes to be a "helper"</li> </ul>
5 Years	<ul style="list-style-type: none"> <li>• Tells stories</li> <li>• Answers simple questions</li> <li>• Keep conversations going</li> <li>• Uses/recognizes simple rhymes</li> </ul>	<ul style="list-style-type: none"> <li>• Strings items together, like large beads or macaroni</li> <li>• Puts on some clothes by himself, like loose pants or a jacket</li> <li>• Uses a fork</li> </ul>	<ul style="list-style-type: none"> <li>• Counts to 10</li> <li>• Names Numbers</li> <li>• Writes letters in their names</li> <li>• Names letter when pointed too</li> </ul>	<ul style="list-style-type: none"> <li>• Follows rules/takes turns</li> <li>• Sings, dances, acts for you</li> <li>• Does simple chores for you</li> </ul>

# Need to request an Assessment?

Want to know if your child is on track developmentally? Scan the QR code below that coordinates with your Regional Center to request a free assessment.

Acorns to Oak Trees proudly serves Native families living in California through our Native American Community Navigator Program. We provide assistance to families accessing Regional Center and school district information and resources for their child with developmental delays or IDD. You may reach us by phone at 1-858-361-9544 or by email at [info@acorns2oak.com](mailto:info@acorns2oak.com)









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