



SEE HOW I GROW...



Birth to 5 years Developmental Milestones

Keystone Pediatric Therapy – McKinney

Your child’s growth and development is a very complex and ongoing process. While no two children develop at exactly the same rate, experts agree that there are “normal” age ranges in which specific developmental milestones should be achieved. As a parent, you can use these accepted ranges to determine if your child may need additional help to achieve his/her potential.

If you notice that your child is having difficulties with many of these areas, plan to speak to your pediatrician about your concerns. He/She will be able to refer you to the professionals at **Keystone Pediatric Therapy** for help. Keystone has speech-language pathologists and occupational therapists that can assess your child’s skills and help them reach these goals. To find out more about our program or to schedule an initial evaluation, call **(972) 548-1990**.

Birth to 3 Months	9 to 12 Months	24 Months	4 Years
<ul style="list-style-type: none"> Raises head up at least 45 degrees while on tummy 	<ul style="list-style-type: none"> Stands momentarily Cruises 	<ul style="list-style-type: none"> Runs Feeds self with spoon 	<ul style="list-style-type: none"> Stands on one foot 4-8 seconds Copies a square
<ul style="list-style-type: none"> Follows moving object with eyes and turns to sound 	<ul style="list-style-type: none"> Picks up small objects with thumb and forefinger 	<ul style="list-style-type: none"> Walks up and down stairs holding rail 	<ul style="list-style-type: none"> Goes up and down stairs alternating feet
<ul style="list-style-type: none"> Has different facial expressions Makes “cooing” sounds 	<ul style="list-style-type: none"> Says “mama” and “dada” May respond to name and “no” 	<ul style="list-style-type: none"> Uses 2-3 words together Asks for food and drink 	<ul style="list-style-type: none"> Uses 4-5 word sentences to retell story or event
<ul style="list-style-type: none"> Grasps small objects when placed in hands 		<ul style="list-style-type: none"> Stays with one activity for 6-7 minutes 	<ul style="list-style-type: none"> Follows 2-3 step commands Stays with one activity 11-12 min.
3 to 6 Months	12 to 15 Months	2.5 Years	5 Years
<ul style="list-style-type: none"> Rolls tummy to back 	<ul style="list-style-type: none"> Walks independently 	<ul style="list-style-type: none"> Knows full name 	<ul style="list-style-type: none"> Skips, hops 10 times
<ul style="list-style-type: none"> Reaches for an object 	<ul style="list-style-type: none"> Has 3-10 word vocabulary 	<ul style="list-style-type: none"> Jumps with two feet off ground 	<ul style="list-style-type: none"> Catches a bounced ball, dribbles
<ul style="list-style-type: none"> Takes weight on legs 	<ul style="list-style-type: none"> Points to pictures when named 	<ul style="list-style-type: none"> Builds tower of 7+ blocks 	<ul style="list-style-type: none"> Copies a triangle
	<ul style="list-style-type: none"> Starts self feeding 	<ul style="list-style-type: none"> Points to 5+ body parts 	<ul style="list-style-type: none"> Knows name, address, age, and birthday
6 to 9 Months	18 Months	3 Years	
<ul style="list-style-type: none"> Sits independently 	<ul style="list-style-type: none"> Throws a ball forward 	<ul style="list-style-type: none"> Ascends/Descends stairs alone 	<ul style="list-style-type: none"> Names colors
<ul style="list-style-type: none"> Transfers objects between hands 	<ul style="list-style-type: none"> Climbs into chair 	<ul style="list-style-type: none"> Jumps forward and down 	<ul style="list-style-type: none"> Counts objects to 10
<ul style="list-style-type: none"> Crawls on hands and knees 	<ul style="list-style-type: none"> Finger feeds and drinks from cup 	<ul style="list-style-type: none"> Names at least one color 	
<ul style="list-style-type: none"> Understands simple words -no,bye 	<ul style="list-style-type: none"> Pulls off shoes and socks 	<ul style="list-style-type: none"> Counts to 3 	
<ul style="list-style-type: none"> Babbles a variety of sounds 	<ul style="list-style-type: none"> Says 15-20 words 	<ul style="list-style-type: none"> Holds pencil with thumb & fingers 	
	<ul style="list-style-type: none"> Follows request to “go get ball” 	<ul style="list-style-type: none"> Produces words with sounds “p, b, m, n, t, d, w” clearly 	