

Developmental Milestones:

Quick reference guide for parents of babies and children up to 2 years old

Age	Milestone	Age	Milestone
1m	Lifts head when on tummy Responds to sound Looks at faces	13m	Uses two words skilfully e.g. Hi and Bye Bends over and picks up an object
2m	Coos and gurgles Follows objects with eyes Holds head up for brief periods	14m	Eats with fingers Empties containers of contents Imitates others
3m	Recognises parent(s) face Holds head steady Visually tracks moving objects	15m	Plays with ball Uses three words regularly Walks backwards
4m	Can bear weight on legs Coos when spoken to Smiles, laughs	16m	Turns pages of a book Has temper tantrums if frustrated Becomes attached to soft toy/object
5m	Distinguishes between bold colours Plays with his/her hands/feet	17m	Uses 6 words regularly Enjoys pretend games Likes riding toys
6m	Turns towards sounds /voices Imitates sounds Rolls over in both directions	18m	Will "read" board books on his/her own Scribbles well
7m	Sits without support Drags objects towards oneself	19m	Uses a spoon and fork Runs Throws a ball underhand
8m	Says 'mama' & 'papa' to parents (not specific) Plays patty cake peek a boo	20m	Feeds doll Takes off own clothes Dumps object in imitation (throwing away garbage)
9m	Can stand when holding onto something Jabbers or combines syllables Understands object permanence	21m	Can walk upstairs Able to set simple goals (Put toy in certain place)
10m	Picks things up with pincer grip Crawls well with belly off the ground Waves goodbye	22m	Kicks ball forward Follows two step requests (get doll, bring here)
11m	Says 'mama' & 'dada' to the right parent Stands alone for a few seconds	23m	Names simple picture in a book Uses 50-70 words
12m	Imitates others activities Indicates wants with gestures	24m	Names at least 6 body parts Half of speech is understandable Makes 2-3 word sentences