



Baby and Toddler Milestones



It's exciting to watch your child learn a new milestone as they grow older. Developmental milestones are skills that most children can do by a certain age. Providers pay close attention to them. They offer signs of where a child might have a developmental concern.

Tell your child's provider about the new things your child has been doing since the last visit. If you have concerns about their progress, ask for a developmental screening.

Screenings help make sure that any concerns you have are addressed early on. And when your child gets the support they need, they're more likely to be healthy, happy and thrive later in life.

Examples of common milestones

4

Months

- Reaches for, grasps and holds objects.
- Holds head steady.
- Brings hands to mouth.
- Pushes down with legs when feet are placed on firm surface.

6

Months

- Smiles often and shows other warm, joyful, engaging expressions.
- Enjoys making and holding eye contact.
- Rolls over, front-to-back and back-to-front.
- Begins to stay in a sitting position without help.

For a complete list of developmental milestones and ages, please visit [CDC.gov/ActEarly](https://www.cdc.gov/ActEarly)

See the next page to learn more

United
Healthcare
Community Plan

Baby and toddler milestones

Examples of common milestones (continued)

9

Months

- Interacts with others by making sounds, smiles and other facial expressions.
- Understands “no.”
- Moves things smoothly from one hand to another.
- Plays peek-a-boo and uses finger to point at things.
- Crawls and can stand, holding on.

12

Months

- Has favorite things and people.
- Says “mama,” “dada” and simple exclamations like, “uh-oh.”
- Puts things in a container and takes them out.
- Uses simple gestures, such as shaking head “no,” and waving “bye-bye.”
- Pulls up to stand and walks holding on to furniture (cruising).

18

Months

- Says several single words.
- Points to show what he/she wants.
- Plays simple pretend, such as feeding a doll.
- Eats with spoon.
- Walks alone.

24

Months

- Copies others, especially adults and older children.
- Uses many words and two-word phrases (not including imitating or repeating).
- Names items in a picture book such as dog, cat or bird.
- Throws ball overhand.
- Climbs onto and down from furniture without help.

Act early and talk to your child’s provider if you notice any of these signs of possible developmental delay.

- Is missing milestones.
- Loss of any current speech, babbling or social skills.
- Avoiding eye contact.
- Difficulty understanding other people’s feelings.
- Resisting minor changes in routine or surroundings.
- Unusual and intense reactions to sounds, smells, tastes, textures, lights and/or colors.

We care

As a parent, nothing is more important than the health of your child. That’s why you can count on us to help you get the care your child needs.