



NEW MEXICO

Family Infant
Toddler Program

Healthy Developmental Milestones

The following is a list of developmental activities that a child is typically learning at different periods from birth the age three. Screening tools such as Ages and Stages Questionnaire can help determine if the child could benefit from a more in depth developmental evaluation through the FIT Program.

1-3 Months

- Lifts head up briefly when on tummy.
- Reacts to sudden movement or noises.
- Makes sounds such as "cooing".
- Follows moving objects with eyes.
- Smiles when played with.
- Grasps small object if placed in hand.

3-6 Months

- Lifts head and chest when on tummy.
- Tries to roll over.
- Tries to reach and hold objects.
- Seems to know familiar objects and people.
- Makes babblings sounds such as "ee," "ih," or "uh."
- Sometimes laughs or chuckles.
- Turns head toward sounds such as bell, voice, music.

6-9 Months

- Sits by himself when placed in a sitting position.
- Rolls from tummy to back, and back to tummy.
- Begins to creep on her tummy.
- Feeds himself a cracker.
- May pass objects from hand to hand.
- Makes sounds such as, "baba, gugu, didi."
- Uses crying to show different needs (hunger, anger).
- Knows strangers from family.
- Begins to play simple games (peek-a-boo, pat-a-cake).

9-12 Months

- Pulls herself to sitting and/or standing position.
- Creeps or crawls (perhaps backwards at first).
- Picks things up with thumb and forefinger.
- Can stack two blocks or objects.
- Understands simple words ("Mommy," "Daddy," "Dog," "Bye-bye").
- Knows his own name.
- Pays attention to simple commands such as "Give it to me."
- Copies sounds and words such as "Mama" and "Dada."

12-15 Months

- Begins to walk by herself; may walk by holding onto furniture.
- Begins self-feeding (lifts cup with two hands, starts using a spoon).
- Turns pages two or three at a time.
- Tries to build and stack objects.
- Talks nonsense words.
- Can say two or more words besides "Mama" & "Dada."
- Understands more of what is being said to him.
- Plays by herself, but also likes to be with others.



Ask your child's doctor for periodic "developmental screenings" for your infant or toddler.

15-18 Months

- Walks by himself; can often walk upstairs with help.
- Can throw a ball without falling.
- Scribbles with crayons; can push and pull toys.
- Imitates simple words (may use many words).
- Can point to simple pictures such as dog, baby, and car.
- Imitates simple actions such as cleaning and reading.
- Begins to ask parent for help when needed.

18-24 Months

- Walks well; may begin to run; can climb stairs.
- Can put squares and circles into puzzles.
- Combines two or more words ("Play ball," "Me want cookie").
- Knows self in mirror or picture.
- May say "No" to bedtime, certain foods and simple requests.
- Likes to move to music.
- Plays for longer periods of time.

24-30 Months

- Jumps, runs, kicks a ball, walks up and down stairs.
- Turns pages one at a time.
- Can help to dress and undress herself.
- Can feed himself well with a spoon.
- Speaks in short sentences.
- Begins to name objects in books.
- Knows some colors.
- Points to four or five parts of the body.
- Plays with other children, usually for short periods of time.

30-36 Months

- Walks upstairs (one foot on a step).
- Puts shoes on (no lacing).
- Brushes teeth with some help.
- Says first and last name; repeats some nursery rhymes.
- Knows difference between "big" or "little," and "boy" or "girl".
- Begins to ask to use the toilet during the day.
- Shares, tells stories, likes to play pretend with other children.

If you or your child's doctor have concerns about the development of your child, from birth to age three:

Contact the Family Infant Toddler Program. You can call us directly at **1-877-696-1472** to find a FIT Provider in your area, or visit our website at www.FITProgram.org for a list of local providers, and contact them directly.

You don't have to feel certain that your child has a delay in development. Simply being concerned is enough to give us a call.



NEW MEXICO

Family Infant
Toddler Program