



Developmental Milestones Defined

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Typical Developmental Milestones

Many biological, psychological, and emotional changes occur from birth to adolescence. Children develop skills at different times, each developmental milestone has its own normal range, however, there is a "typical" timeline that guides doctors, professionals, and parents.

Here is a general list of some of the things you might see children doing at different ages, but these are not precise guidelines to follow. There are many different normal paces and patterns of development for each individual child. If you have concerns about your child's development please talk with their pediatrician and/or contact your local early intervention program.

Infant Birth to One Year	Toddler One to Three Years
<ul style="list-style-type: none">• Able to drink from a cup• Able to sit alone, without support• Babbles• Displays social smile• Gets first tooth• Plays peek-a-boo• Pulls self to standing position• Rolls over by self• Says mama and dada, using terms appropriately• Understands "NO" and will stop activity in response• Walks while holding on to furniture or other support	<ul style="list-style-type: none">• Able to feed self neatly, with minimal spilling• Able to draw a line (when shown one)• Able to run, pivot, and walk backwards• Able to say first and last name• Able to walk up and down stairs• Begins pedaling tricycle• Can name pictures of common objects and point to body parts• Dresses self with only a little bit of help• Imitates speech of others, "echoes" word back• Learns to share toys (without adult direction) Learns to take turns (if directed) while playing with other children• Masters walking• Recognizes and labels colors appropriately• Recognizes differences between males and females• Uses more words and understands simple commands• Uses spoon to feed self

**Preschooler
Three to Six Years**

- Able to draw a circle and square
- Able to draw stick figures with two to three features for people
- Able to skip
- Balances better, may begin to ride a bicycle
- Begins to recognize written words -- reading skills start
- Catches a bounced ball
- Enjoys doing most things independently, without help
- Enjoys rhymes and word play
- Hops on one foot
- Rides tricycle well
- Starts school
- Understands size concepts
- Understands time concepts

**School-Age Child
Six to Twelve Years**

- Begins gaining skills for team sports (soccer, T-ball, etc.)
- Begins to lose "baby" teeth and get permanent teeth
- Girls begin to show growth of armpit and pubic hair, breast development
- Menarche (first menstrual period) may occur in girls
- Peer recognition begins to become important
- Reading skills develop further
- Routines important for daytime activities
- Understands and is able to follow several directions in a row

**Adolescent
Twelve to Eighteen Years**

- Adult height, weight, sexual maturity
- Boys show growth of armpit, chest, and pubic hair; voice changes; and testicles/penis enlarge
- Girls show growth of armpit and pubic hair; breasts develop; menstrual periods start
- Peer acceptance and recognition is of vital importance
- Understands abstract concepts

Adapted from Medline Plus