



## DEVELOPMENTAL MILESTONES BIRTH TO 24 MONTHS

### BIRTH TO 3 MONTHS

- Smile, and react to you by 3 months
- Track objects with eyes
- Raise head and chest at tummy time
- Opening and closing hands, bringing to mouth
- Swipe at dangling objects
- Make small throaty sounds, or coos.

### 3 - 6 MONTHS

- Sit upright with support
- Reaching and grabbing both hands
- Roll front to back, then back to front
- Babbling and laughing
- Holds toy in one hand

### 7-10 MONTHS

- Start to crawl, scooting, "army crawling"
- Sit without support
- Respond to name or common words "milk" or "no"
- Mouthing everything
- Babble mama/dada, play peek a boo
- Pull up to stand
- Transfers toys hand to hand
- Uses index finger to point, poke, and pull
- Imitates sounds

### 10-12 MONTHS

- Feeds self and masters "pincer grasp" (thumb and forefinger)
- Cruise on feet while holding onto furniture
- Point and vocalize to meet needs
- Copying you, talking on the phone or imitating housework
- First steps may happen by 12 months
- Cooperates in dressing



### 12 - 18 MONTHS

- First steps at 12 months with balance and running developing by 18 months
- Stand up without using hands
- Climb onto low furniture
- Scribbling, stack 2-4 blocks
- Naming one object
- Pointing to one body part
- Imitates sounds on request
- Follows 2 different directions
- Places only edibles in mouth

### 18 - 24 MONTHS

- Speaks 50 words or more
- Point to 4 body parts
- Follows 2 step directions
- Puts 2 words together
- Completes simple puzzle, stack 6-7 blocks
- May begin potty training
- Take off clothing
- Uses utensils without excessive spilling
- Jumps in place
- Walk on a line



# WHEN SHOULD I BE CONCERNED?

## CHILD DEVELOPMENT

It is important to understand that all children develop different skills at different rates. This is why some of us become lawyers, engineers, professional athletes, and more. Our brains determine our interests and preferences at an early stage, and naturally, we tend to develop skills aligned with those interests.

## WHAT ABOUT AUTISM?

Recognizing Autism can begin with observing overall delays in your child's development. It's important to note that having a family history of Autism can increase the chances of your child having it as well.

## SIGNS OF AUTISM

- Not reacting to parent engaging with infant, smiling back, cooing
- Difficulty visually tracking objects
- Mouthing everything...excessively and past 18 months
- Not imitating words or sounds
- Delayed babbling with some echoing or repetitive speech
- Hand leading (uses your hand to press a button)
- Regression in a milestone seeming to develop (start talking, then stop)
- Not responding to sounds at first, their own name later.
- Difficulty engaging in joint attention tasks (moving quickly between play activities)
- Toe walking
- Sensory aversions to certain foods, textures
- Play is not developed, mostly throwing, crashing, tablet
- Interested in ABCs, counting, specific songs



## WHAT'S NEXT?

If your child is showing delays or signs of Autism, it is important to consult with your pediatrician. Whether or not a diagnosis is made, Autism or delays do not mean that your child will grow up to be dependent, non-speaking, or unable to learn. Your child is unique in their learning path and development with special interests.

Connecting with your child and playing based on their interests is a great way to start! By engaging in activities that they enjoy, you can strengthen the bond while supporting their growth and development.



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