



**North Texas Therapy
& Home Care**

Empowerment for a better life

**Pediatric Speech, Physical
and Occupational Therapy
Serving Children Ages 0 - 21**



2 Months

- Begins to smile at people
- Tries to look at parent
- Coos, makes gurgling sounds

4 Months

- Copies some movements & facial expressions
- Begins to babble

6 Months

- Rolls over in both directions
- Responds to other people's emotions

9 Months

- May be clingy with familiar adults
- Stands, holding on

12 Months

- Repeats sounds or action to get attention
- Copies gesture
- Walks independently

18 Months

- Likes to hand things to others
- Scribbles on his/her own
- Plays simple pretend, such as feeding a doll
- Plays in squatting position
- Says several single words

Early Childhood Developmental Milestones



2 Years

- Climbs up steps alone, one step at a time
- Jumps forward with both feet
- Opens doors
- Kicks a ball
- Can wash & dry hands
- Climbs on furniture
- Uses a spoon & and cup well
- Asks frequent questions: "What is that?"
- Enjoys imitating adult activities
- Selects & uses a toy appropriately
- Has a vocabulary of 50 or more words

3 Years

- Can name pictures in a book
- Names at least one color
- Knows his or her own name & sex
- Begins to use pronouns
- Puts on his or her own shirt, but needs help with buttons
- May be able to ride a tricycle
- Stands briefly on one foot & hops on one foot
- Can (unfortunately) open doors
- Speech is <50% intelligible
- Understands such words as cold, tired, hungry, on, under, bigger, smaller
- Follows a 2 - 3 part command
- Uses 4-5 word sentences



4 Years

- Produces understandable 5 -6 word sentences most of the time
- Can usually count from 1 - 10
- Can walk on tiptoes, climb a ladder & ride a tricycle
- May name & match 3 or 4 primary colors
- Knows his or her own name
- Correctly uses the pronoun "I"
- Recognizes gender differences: "I am a girl" or "I am a boy"
- Can dress & undress with help lacing & buttoning
- Holds & uses a pencil with good control
- Can copy a cross, circle & possibly a square
- Can draw a person with a face, arms & legs
- Engages in conversational "give - & -take"
- Can sing a song
- Talks about his or her day's activities & experiences



5 Years

- Skips & does jumping jacks
- Throws a ball overhand
- Washes & dries hands and brushes teeth unassisted
- Can cut and paste
- Can name 4 or 5 colors
- Can state his or her age
- Can produce 6 - 8 word sentences
- Can tell a simple story
- Can dress & undress without supervision
- Knows his or her own phone number, address & several nursery rhymes
- Can copy a triangle from a picture
- Draws a person with a head, body, arms & legs
- Understands right & wrong, fair & unfair
- Understands games that have rules
- Engages in make-believe & dress-up play

If You Are Concerned - Act Early

If you are concerned that your child is not reaching developmental milestones at the same time as other children the same age, contact us at 972.385.0006. We will have a therapist speak with you about your concerns to determine whether or not a formal evaluation is warranted.