

## Developmental Milestones for Developmental Surveillance at Preventive Care Visits

Developmental milestones are intended for discussion with parents for the purposes of surveillance of a child’s developmental progress and for developmental promotion for the child. They are not intended or validated for use as a developmental screening test in the pediatric medical home or in early childhood day care or educational settings. Milestones are also commonly used for instructional purposes on early child development for pediatric and child development professional trainees.

Age	Social language and self-help	Verbal language (Expressive and receptive)	Gross Motor	Fine Motor
Newborn – 1 Week	Makes brief eye contact	Cries with discomfort  Calms to adult voice	Reflexively moves arms and legs  Turns head to side when on stomach	Holds fingers closed  Grasps reflexively
1 Month	Calms when picked up or spoken to  Looks briefly at objects	Alerts to unexpected sound  Makes brief short vowel sounds	Holds chin up in prone	Holds fingers more open at rest
2 Months	Smiles responsively (ie, social smile)	Vocalizes with simple cooing	Lifts head and chest in prone	Opens and shuts hands
4 Months	Laughs aloud	Turns to voice  Vocalizes with extended cooing	Rolls over prone to supine  Supports on elbows and wrists in prone	Keeps hands unfisted  Plays with fingers in midline  Grasps object
6 Months	Pats or smiles at reflection  Begins to turn when name called	Babbles	Rolls over supine to prone  Sits briefly without support	Reaches for objects and transfers  Rakes small object with 4 fingers  Bangs small object on surface
9 Months	Uses basic gestures (eg, holds arms out to be picked up, waves “bye-bye”)  Looks for dropped objects  Picks up food with fingers and eats it  Turns when name called	Says “Dada” or “Mama” nonspecifically	Sits well without support  Pulls to stand  Transitions well between sitting and lying  Balances on hands and knees  Crawls	Picks up small object with 3 fingers and thumb  Releases objects intentionally  Bangs objects together



Bright Futures Milestones and Anticipatory Guidance

Age	Social language and self-help	Verbal language (Expressive and receptive)	Gross Motor	Fine Motor
12 Months	<p>Looks for hidden objects</p> <p>Imitates new gestures</p>	<p>Says, “Dad” or “Mom” with meaning</p> <p>Uses 1 word other than <i>Mom</i> or <i>Dad</i>, or personal names</p> <p>Follows a verbal command that includes a gesture</p>	<p>Takes first independent steps</p> <p>Stands without support</p>	<p>Drops object in a cup</p> <p>Picks up small object with 2-finger pincer grasp</p> <p>Picks up food and eats it</p>
15 Months	<p>Imitates scribbling</p> <p>Drinks from cup with little spilling</p> <p>Points to ask for something or to get help</p>	<p>Uses 3 words other than names</p> <p>Speaks in sounds that seem like an unknown language</p> <p>Follows directions that do not include a gesture</p> <p>Looks around when parent says, “Where is...?”</p>	<p>Squats to pick up objects</p> <p>Crawls up a few steps</p> <p>Begins to run</p>	<p>Makes mark with crayon</p> <p>Drops object into and takes object out of container</p>
18 Months	<p>Engages with others for play</p> <p>Helps dress and undress self</p> <p>Points to pictures in book</p> <p>Points to object of interest to draw attention to it</p> <p>Turns and looks at adult if something new happens</p> <p>Begins to scoop with spoon</p>	<p>Uses 6 to 10 words other than names</p> <p>Identifies at least 2 body parts</p>	<p>Walks up with 2 feet per step with hand held</p> <p>Sits in small chair</p> <p>Carries toy while walking</p>	<p>Scribbles spontaneously</p> <p>Throws small ball a few feet while standing</p>

Bright Futures Milestones and Anticipatory Guidance

Age	Social language and self-help	Verbal language (Expressive and receptive)	Gross Motor	Fine Motor
2 Years	<p>Plays alongside other children</p> <p>Takes off some clothing</p> <p>Scoops well with spoon</p>	<p>Uses 50 words</p> <p>Combines 2 words into phrase or sentence</p> <p>Follows 2-step command</p> <p>Uses words that are 50% intelligible to strangers</p>	<p>Kicks ball</p> <p>Jumps off ground with 2 feet</p> <p>Runs with coordination</p> <p>Climbs up a ladder at a playground</p>	<p>Stacks objects</p> <p>Turns book pages</p> <p>Uses hands to turn objects (eg, knobs, toys, lids)</p>
2½ Years	<p>Urinates in a potty or toilet</p> <p>Plays pretend with toys or dolls</p> <p>Pokes food with fork</p>	<p>Uses pronouns correctly</p> <p>Explains the reasons for things, such as needing a sweater when it's cold</p> <p>Names at least one color</p>	<p>Walks up steps, using one foot, then the other</p> <p>Runs well without falling</p>	<p>Grasps crayon with thumb and fingers instead of fist</p> <p>Catches a large ball</p> <p>Copies a vertical line</p>
3 Years	<p>Goes to the bathroom and urinates by self</p> <p>Plays and shares with others</p> <p>Puts on coat, jacket, or shirt by self</p> <p>Begins to play make-believe</p> <p>Eats independently</p>	<p>Uses 3-word sentences</p> <p>Uses words that are 75% intelligible to strangers</p> <p>Understands simple prepositions (eg, <i>on</i>, <i>under</i>)</p> <p>Tells a story from a book or TV</p> <p>Compares things using words such as <i>bigger</i> or <i>shorter</i></p>	<p>Pedals tricycle</p> <p>Climbs on and off couch or chair</p> <p>Jumps forward</p>	<p>Draws a single circle</p> <p>Draws a person with head and one other body part</p> <p>Cuts with child scissors</p>

Bright Futures Milestones and Anticipatory Guidance

Age	Social language and self-help	Verbal language (Expressive and receptive)	Gross Motor	Fine Motor
4 Years	<p>Enters bathroom and has bowel movement by self</p> <p>Dresses and undresses without much help</p> <p>Plays make-believe</p>	<p>Uses 4-word sentences</p> <p>Uses words that are 100% intelligible to strangers</p> <p>Answers questions</p> <p>Tells a story from a book</p>	<p>Climbs stairs, alternating feet without support</p> <p>Skips on one foot</p>	<p>Draws a person with at least 3 body parts</p> <p>Draws a simple cross</p> <p>Unbuttons and buttons medium-sized buttons</p> <p>Grasps a pencil with thumb and fingers instead of fist</p> <p>Draws recognizable pictures</p>
5 Years	<p>Spreads with a knife</p> <p>Dresses and undresses without help</p> <p>Goes to bathroom independently</p> <p>Is dry through the day</p> <p>Plays and interacts with peers</p> <p>Answers “why” questions</p>	<p>Tells a story of 2 sentences or more</p> <p>Follows directions for 4 individual prepositions</p> <p>Counts 5 objects</p> <p>Names 3 or more numbers</p> <p>Names 4 or more letters out of order</p>	<p>Is beginning to skip</p> <p>Walks on tiptoes when asked</p> <p>Catches a bounced ball with 2 hands</p>	<p>Copies a triangle</p> <p>Draws a 6-part person</p> <p>Copies first name</p> <p>Cuts well with scissors</p> <p>Writes 2 or more letters</p>
6 Years	<p>Cuts most foods with a knife</p> <p>Ties shoes</p> <p>Is dry day and night</p> <p>Chooses preferred foods</p> <p>Starts/continues conversations with peers</p> <p>Plays and interacts with at least one “best friend”</p>	<p>Tells a story with a beginning, a middle, and an end</p> <p>Masters all consonant sounds and combinations, such as “d” or “ch”</p> <p>Counts 10 objects</p> <p>Can do simple addition and subtraction with objects</p>	<p>Rides a standard bike</p> <p>Hops on one foot 3 to 4 times</p> <p>Catches small ball with 2 hands</p>	<p>Draws a 12-part person</p> <p>Prints 3 or more simple words without copying</p> <p>Writes first and last names in uppercase or lowercase letters</p>

**Bright Futures Milestones and Anticipatory Guidance**

Age	Development
7 and 8 Years	Shows the ability to get along with others and control emotions Chooses to eat healthy foods and participate in physical activity every day Forms caring, supportive relationships with family members, other adults, and peers
9 and 10 Years	Shows the ability to get along with others and control emotions Chooses to eat healthy foods and participate in physical activity every day Forms caring, supportive relationships with family members, other adults, and peers
11 Through 14 Years	Forms caring, supportive relationships with family members, other adults, and peers Engages in a positive way with the life of the community Engages in behaviors that optimize wellness and contribute to a healthy lifestyle <ul style="list-style-type: none"> <li>• Engages in healthy nutrition and physical activity behaviors</li> <li>• Chooses safety</li> </ul> Demonstrates physical, cognitive, emotional, social, and moral competencies Exhibits compassion and empathy Exhibits resilience when confronted with life stressors Uses independent decision-making skills Displays a sense of self-confidence, hopefulness, and well-being
15 Through 17 Years	Forms caring, supportive relationships with family members, other adults, and peers Engages in a positive way with the life of the community Engages in behaviors that optimize wellness and contribute to a healthy lifestyle <ul style="list-style-type: none"> <li>• Engages in healthy nutrition and physical activity behaviors</li> <li>• Chooses safety</li> </ul> Demonstrates physical, cognitive, emotional, social, and moral competencies Exhibits compassion and empathy Exhibits resilience when confronted with life stressors Uses independent decision-making skills Displays a sense of self-confidence, hopefulness, and well-being
18 Through 21 Years	Forms caring, supportive relationships with family members, other adults, and peers Engages in a positive way with the life of the community Engages in behaviors that optimize wellness and contribute to a healthy lifestyle <ul style="list-style-type: none"> <li>• Engages in healthy nutrition and physical activity behaviors</li> <li>• Chooses safety</li> </ul> Demonstrates physical, cognitive, emotional, social, and moral competencies Exhibits compassion and empathy Exhibits resilience when confronted with life stressors Uses independent decision-making skills Displays a sense of self-confidence, hopefulness, and well-being

Bright Futures Milestones and Anticipatory Guidance

**Anticipatory Guidance for Preventive Care Visits**

Age	Social determinants of health	Parent and family health	Nutrition and feeding	Newborn behavior and care	Safety
Newborn – 1 Week	Living situation and food security Environmental tobacco exposure Family support	Transition home and sibling adjustment	General feeding guidance Breast/formula-feeding guidance	Early brain development; calming When to call; CPR; illness prevention	Car safety seats Safe sleep Heatstroke prevention Burn prevention
Age	Social determinants of health	Parent and family health	Nutrition and feeding	Infant behavior and development	Safety
1 Month	Living situation and food security Environmental tobacco exposure Dampness and mold, radon, and pesticides Intimate partner violence Maternal alcohol and substance use Family support	Postpartum checkup Maternal depression Family relationships	Feeding plans and choices General guidance on feeding Breastfeeding or formula-feeding guidance	Sleeping and waking Fussiness and attachment Media Playtime Medical home after-hours support	Car safety seats Safe sleep Preventing falls Emergency care
Age	Social determinants of health	Parent and family health	Nutrition and feeding	Infant behavior and development	Safety
2 Month	Living situation and food security Family support Child care	Postpartum checkup Maternal depression Sibling relationships	General guidance on feeding and delaying solid foods Hunger and satiety cues Breastfeeding or formula-feeding guidance	Parent-infant relationship Parent-infant communications Sleeping Media Playtime Fussiness	Car safety seats Safe sleep Safe home environment: burns, drowning, and falls

**Bright Futures Milestones and Anticipatory Guidance**

Age	Social determinants of health	Oral health	Nutrition and feeding	Infant behavior and development	Safety
4 Month	<p>Environmental risk: lead</p> <p>Family relationships and support</p> <p>Child care</p>	<p>Maternal oral health</p> <p>Teething and drooling</p> <p>Good oral hygiene</p>	<p>General guidance on feeding</p> <p>Feeding choices</p> <p>Delaying solid foods</p> <p>Breastfeeding or formula-feeding guidance</p> <p>Supplements and over-the-counter medications</p>	<p>Infant self-calming</p> <p>Parent-infant communication</p> <p>Consistent daily routines</p> <p>Media Playtime</p>	<p>Car safety seats</p> <p>Safe sleep</p> <p>Safe home environment</p>
Age	Social determinants of health	Oral health	Nutrition and feeding	Infant behavior and development	Safety
6 Month	<p>Living situation and food security</p> <p>Tobacco, alcohol, and drug use</p> <p>Parental depression</p> <p>Family relationships and support</p> <p>Child care</p>	<p>Fluoride</p> <p>Oral hygiene/soft toothbrush</p> <p>Avoidance of bottle in bed</p>	<p>General guidance on feeding</p> <p>Solid foods</p> <p>Pesticides in vegetables and fruits</p> <p>Fluids and juice</p> <p>Breast or formula-feeding guidance</p>	<p>Parents as teachers</p> <p>Communication and early literacy</p> <p>Media</p> <p>Emerging infant independence</p> <p>Putting self to sleep</p> <p>Self-calming</p>	<p>Car safety seats</p> <p>Safe sleep</p> <p>Safe home environment: burns, sun exposure, choking, poisoning, drowning, and falls</p>
Age	Social determinants of health	Discipline	Nutrition and feeding	Infant behavior and development	Safety
9 Month	<p>Intimate partner violence</p> <p>Family relationships and support</p>	<p>Parent expectation of infant's behavior</p>	<p>Self-feeding</p> <p>Mealtime routines</p> <p>Transition to solid foods</p> <p>Cup drinking</p> <p>Plans for weaning</p>	<p>Changing sleep patterns</p> <p>Developmental mobility and cognitive development</p> <p>Interactive learning and communication</p> <p>Media</p>	<p>Car safety seats</p> <p>Heatstroke prevention</p> <p>Firearm safety</p> <p>Safe home environment: burns, poisoning, drowning, and falls</p>

Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Establishing a dental home	Establishing routines	Feeding and appetite changes	Safety
12 Month	<p>Living situation and food security</p> <p>Tobacco, alcohol, and drug use</p> <p>Social connections with family and others</p>	<p>First dental checkup and dental hygiene</p>	<p>Adjustment to development changes and behavior</p> <p>Family time</p> <p>Bedtime, nap time, and teeth brushing</p> <p>Media</p>	<p>Self-feeding</p> <p>Continued breastfeeding; transition to family meals</p> <p>Nutritious foods</p>	<p>Car safety seats</p> <p>Falls</p> <p>Drowning prevention and water safety</p> <p>Sun protection</p> <p>Pets</p> <p>Poisoning</p>
Age	Communication and social development	Temperament, development, behavior, and discipline	Sleep routines and issues	Healthy teeth	Safety
15 Month	<p>Individuation</p> <p>Separation</p> <p>Finding support</p> <p>Attention to how child communicates wants and interests</p>	<p>Conflict predictors and distraction</p> <p>Discipline and behavior management</p>	<p>Regular bedtime routine</p> <p>Night waking</p> <p>No bottle in bed</p>	<p>Brushing teeth</p> <p>Reducing caries</p>	<p>Car safety seats and parental use of seat belts</p> <p>Safe home environment: poisoning, falls, and fire safety</p>
Age	Communication and social development	TV viewing and digital media	Temperament, development, toilet training, behavior, and discipline	Healthy nutrition	Safety
18 Month	<p>Encouragement of language</p> <p>Use of simple words and phrases</p> <p>Engagement in reading, playing, talking, and singing</p>	<p>Promotion of reading</p> <p>Physical activity and safe play</p>	<p>Anticipation of return to separation anxiety and managing behavior with consistent limits</p> <p>Recognizing signs of toilet-training readiness and parental expectations</p> <p>New sibling planned or on the way</p>	<p>Nutritious foods; water, milk, and juice</p> <p>Expressing independence through food likes and dislikes</p>	<p>Car safety seats and parental use of seat belts</p> <p>Poisoning</p> <p>Sun protection</p> <p>Gun safety</p> <p>Safe home environment: burns, fires, and falls</p>



Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Toilet training	Temperament and behavior	Assessment of language development	Safety
2 Year	Intimate partner violence  Living situation and food security  Tobacco, alcohol, and drug use  Parental well-being	Techniques  Personal hygiene	Development  Temperament  Promotion of physical activity and safe play  Limits on media use	How child communicates and expectations for language  Promotion of reading	Car safety seats  Outdoor safety  Gun safety
Age	Family routines	Language promotion and communication	Promoting social development	Preschool considerations	Safety
2½ Year	Day and evening routines  Enjoyable family activities  Parental activities outside the family  Consistency in the child's environment	Use of simple words and reading together	Play with other children  Giving choices  Limits on TV and media use	Readiness for early childhood programs and playgroups  Toilet training	Car safety seats  Outdoor safety  Water safety  Sun protection  Fire and burns
Age	Social determinants of health	Playing with siblings and peers	Encouraging literacy activities	Promoting healthy nutrition and physical activity	Safety
3 Year	Living situation and food security  Tobacco, alcohol, and drug use  Positive family interactions  Work-life balance	Play opportunities and interactive games  Sibling relationships	Reading, talking, and singing together  Language development	Water, milk, and juice  Nutritious foods  Competence in motor skills and limits on inactivity	Car safety seats  Choking prevention  Pedestrian safety and falls from windows  Water safety  Pets  Gun safety



Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Developing healthy nutrition and personal habits	School readiness	Media use	Safety
4 Year	Living situation and food security  Tobacco, alcohol, and drug use  Intimate partner violence  Safety in the community  Engagement in the community	Water, milk, and juice  Nutritious foods  Daily routines that promote health	Language understanding and fluency  Feelings  Opportunities to socialize with other children  Readiness for structured learning experiences  Early childhood programs and preschool	Limits on use  Promoting physical activity and safe play	Belt-positioning car booster seats  Outdoor safety  Water safety  Sun protection  Pets  Gun safety
Age	Social determinants of health	Development and mental health	School	Physical growth and development	Safety
5 Years	Neighborhood and family violence  Food security  Family substance use  Emotional security and self-esteem  Connectedness with family	Family rules and routines, concern for others, and respect for others  Patience and control over anger	Readiness, established routines, school attendance, and friends  After-school care and activities; parent-teacher communication	Oral health  Nutrition  Physical activity	Car safety  Outdoor safety  Water safety  Sun protection  Harm from adults  Home fire safety  Gun safety
Age	Social determinants of health	Development and mental health	School	Physical growth and development	Safety
6 Years	Neighborhood and family violence  Food security  Family substance use  Emotional security and self-esteem  Connectedness with family	Family rules and routines, concern for others, and respect for others  Patience and control over anger	Readiness, established routines, school attendance, and friends  After-school care and activities; parent-teacher communication	Oral health  Nutrition  Physical activity	Car safety  Outdoor safety  Water safety  Sun protection  Harm from adults  Home fire safety  Gun safety



Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Development and mental health	School	Physical growth and development	Safety
7 and 8 Years	Neighborhood and family violence  Food security  Family substance use  Harm from the Internet  Emotional security and self-esteem  Connectedness with family and peers	Independence  Rules and consequences  Temper problems and conflict resolution  Puberty and pubertal development	Adaptation to school  School problems (behavior or learning issues)  School performance and progress; school attendance  IEP or special education services  Involvement in school activities and after-school programs	Oral health  Nutrition  Physical activity	Car safety  Safety during physical activity  Water safety  Sun protection  Harm from adults  Gun safety
Age	Social determinants of health	Development and mental health	School	Physical growth and development	Safety
9 and 10 Years	Neighborhood and family violence  Food security  Family substance use  Harm from the Internet  Emotional security and self-esteem  Connectedness with family and peers	Temper problems, setting reasonable limits, and friends  Sexuality	School attendance  School problems  School performance and progress  Transitions  Co-occurrence of middle school and pubertal transitions	Oral health  Nutrition  Physical activity	Car safety  Safety during physical activity  Water safety  Sun protection  Knowing child's friends and their families  Gun safety

Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Development and mental health	Physical growth and development	Emotional well-being	Risk Reduction	Safety
11 Through 14 Years	Interpersonal violence  Living situation and food security  Family substance use  Connectedness with family, peers, and community  School performance  Coping with stress and decision-making	Family rules and routines, concern for others, and respect for others  Patience and control over anger	Oral health  Body image  Healthy eating  Physical activity and sleep	Mood regulation and mental health  Sexuality	Pregnancy and sexually transmitted infections  Tobacco, e-cigarettes, alcohol, and prescription or street drugs  Acoustic trauma	Seat belt and helmet use  Sun protection  Substance use and riding in a vehicle  Firearm safety
Age	Social determinants of health	Development and mental health	Physical growth and development	Emotional well-being	Risk Reduction	Safety
15 Through 17 Years	Interpersonal violence  Living situation and food security  Family substance use  Connectedness with family, peers, and community  School performance  Coping with stress and decision-making	Family rules and routines, concern for others, and respect for others  Patience and control over anger	Oral health  Body image  Healthy eating  Physical activity and sleep	Mood regulation and mental health  Sexuality	Pregnancy and sexually transmitted infections  Tobacco, e-cigarettes, alcohol, and prescription or street drugs  Acoustic trauma	Seat belt and helmet use  Sun protection  Substance use and riding in a vehicle  Firearm safety

Bright Futures Milestones and Anticipatory Guidance

Age	Social determinants of health	Development and mental health	Physical growth and development	Emotional well-being	Risk Reduction	Safety
18 Through 21 Years	<p>Interpersonal violence</p> <p>Living situation and food security</p> <p>Family substance use</p> <p>Connectedness with family, peers, and community</p> <p>School performance</p> <p>Coping with stress and decision-making</p>	<p>Family rules and routines, concern for others, and respect for others</p> <p>Patience and control over anger</p>	<p>Oral health</p> <p>Body image</p> <p>Healthy eating</p> <p>Physical activity and sleep</p> <p>Transition to adult care</p>	<p>Mood regulation and mental health</p> <p>Sexuality</p>	<p>Pregnancy and sexually transmitted infections</p> <p>Tobacco, e-cigarettes, alcohol, and prescription or street drugs</p> <p>Acoustic trauma</p>	<p>Seat belt and helmet use</p> <p>Sun protection</p> <p>Driving and substance use</p> <p>Firearm safety</p>