



Developmental Milestones Checklist for Infants and Toddlers

Infants (0-12 months)

Visual Tracking & Attention

- ☐ Follows moving objects with eyes (by 3 months)
- ☐ Makes eye contact and looks at faces (by 2-3 months)
- ☐ Visually searches for hidden or partially hidden objects (by 9-12 months)
- ☐ Shows interest in pictures and patterns (by 6-8 months)

Object Interaction

- ☐ Reaches for and grasps objects (by 3-6 months)
- ☐ Explores objects with multiple senses (looks, touches, mouths) (by 5-7 months)
- ☐ Bangs objects together (by 8-10 months)
- ☐ Finds toys that are hidden under a blanket (by 8-10 months)

Responsiveness

- ☐ Startles or reacts to sudden sounds (by 1-3 months)
- ☐ Responds to own name (by 9 months)
- ☐ Shows excitement when seeing familiar people or objects (by 6-9 months)
- ☐ Recognizes family members (by 4-7 months)

Object Permanence

- ☐ Looks for dropped objects (by 8-10 months)
- ☐ Searches for objects hidden from view (by 10-12 months)
- ☐ Shows awareness that people and objects exist even when out of sight (by 10-12 months)



Toddlers (1-3 years)

Imitation & Symbolic Play

- ☐ Imitates simple actions and gestures (by 12-15 months)
- ☐ Pretends with toys (e.g., feeds a doll, talks on toy phone) (by 18-24 months)
- ☐ Uses objects for their intended purpose (by 15-18 months)
- ☐ Engages in make-believe play with stuffed animals or dolls (by 24-30 months)
- ☐ Uses one object to represent another in play (by 24-36 months)

Following Directions

- ☐ Follows one-step directions ("Please bring me the ball") (by 12-18 months)
- ☐ Follows two-step directions ("Pick up the toy and put it in the box") (by 24-36 months)
- ☐ Understands simple questions ("Where is your shoe?") (by 18-24 months)
- ☐ Responds appropriately to basic instructions (by 18-24 months)

Cause and Effect Understanding

- ☐ Shows understanding that actions have results (by 12-18 months)
- ☐ Uses toys with cause-and-effect features (push button to make sound) (by 12-18 months)
- ☐ Attempts different solutions to problems (by 24-36 months)
- ☐ Shows beginning understanding of time concepts (soon, later) (by 30-36 months)

Problem-Solving

- ☐ Fits shapes into corresponding holes (by 18-24 months)
- ☐ Completes simple puzzles (2-4 pieces) (by 24-36 months)
- ☐ Finds creative ways to reach desired objects (by 18-24 months)
- ☐ Shows persistence when trying to solve a problem (by 24-36 months)

Understanding the Function of Objects

- ☐ Uses common objects appropriately (brush for hair, cup for drinking) (by 15-18 months)
- ☐ Matches similar objects (by 18-24 months)
- ☐ Sorts objects by category (food, animals) (by 30-36 months)
- ☐ Can identify objects by their use ("What do we drink from?") (by 24-36 months)



How to Use This Checklist

- Check off items your child* has mastered.
- Note areas where your child may need additional support.
- Remember: Children develop at different rates, but consistent delays across multiple areas may indicate the need for professional evaluation.

*Developmental milestones for premature babies are often somewhere between their adjusted age and their actual age. If your child was born prematurely, adjust these milestones for your child's age by comparing the difference between their due date and actual birth date. Most pediatricians and pediatric therapists adjust until 18 -24 months.

Further Assistance

Again, developmental variations are normal, and children develop at their own pace. However, significant delays or a pattern across multiple areas may indicate a need for intervention. Early intervention is most effective when it is started quickly. Remember that seeking support doesn't mean something is "wrong"— it simply means you're providing your child with tools and strategies to build important skills during a critical developmental window.

Brighton Center offers a no-cost evaluation. Our specialists will visit your home or the child's daycare facility to evaluate their development and identify needed services. You can learn more about our ECI services by visiting brightonsa.org, calling us at 210.826.4492, or emailing info@brightonsa.org.