



Developmental Milestones

Sometimes, the littlest things can offer clues to your child's development. These are some milestones to look for while watching your child grow.

If you notice any delays in development, ask your child's pediatrician for a referral to Heartspring, or call Outpatient Services at 316-634-8701 to discuss scheduling options.

Heartspring Outpatient Services offers a variety of therapies including audiology, applied behavior analysis, behavioral health, occupational, physical, and speech.

Don't wait. Early detection and intervention are key to your child's success.

Call our intake coordinator to discuss scheduling options.
316-634-8701



Heartspring

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316-634-8710 • Heartspring.org

We accept most commercial insurance, including Medicaid, and provide financial assistance to families that qualify.

2 Months

- Begins to smile at people
- Tries to look at parent(s)
- Turns head towards sounds
- Begins to follow objects with eyes and recognizes people at a distance
- Can hold head up and begins to push up while lying on tummy
- Makes smoother movements with arms and legs

4 Months

- Smiles spontaneously
- Copies some movements and facial expressions
- Begins to babble
- Reaches for toys with one hand
- Sees toy and reaches for the toy
- Watches faces closely
- Holds head steady, unsupported
- Pushes down on legs when feet are on a hard surface
- May be able to roll over from tummy to back

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6 Months

- Knows familiar faces
- Likes to look at self in the mirror
- Responds to sounds by making noises
- Strings vowels together while babbling
- Begins to say constant sounds
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to another
- Rolls over both directions
- Begins to sit without support
- When standing, supports weight on legs and might bounce

9 Months

- May be afraid of strangers
- Makes a lot of different sounds like “Mama” and “Bababa”
- Uses fingers to point at things
- Looks for things he/she sees you hide
- Plays peek-a-boo
- Picks up things like cereal between thumb and index finger
- Stands, holding on
- Sits without support
- Pulls to stand
- Crawls

1 Year

- Cries when mom or dad leaves
- Repeats sounds or actions to get attention
- Responds to simple spoken requests
- Responds with ‘No-no’
- Tries to say words you say
- Explores things in different ways like shaking, banging, and throwing
- Looks at the right picture or object when it’s named
- Copies gestures
- Bangs two things together
- Pulls up to stand, walks holding on to furniture
- May take a few steps without holding on
- May stand alone

18 Months

- Likes to hand things to others as play
- Shows affection to familiar people
- Says several single words
- Says and shakes head “No”
- Points to show someone what he/she needs
- Scribbles on his/her own
- Can follow one-step verbal commands
- Walks alone
- May walk up steps and run
- Pulls toy while walking backwards
- Eats with a spoon

2 Years

- Plays simple pretend, such as feeding dolls
- Knows names of familiar people and body parts
- Repeats words heard in conversation
- Can say sentences with two to four words
- Scribbles on his/her own
- Kicks a ball
- Jumps up and/or forward
- Drinks from an open cup

3 Years

- Takes turns in games
- Understands the idea of “mine”
- Dresses self
- Follows instructions
- Says first name, age, and sex
- Carries on a conversation using two to three sentences
- Copies a circle with a pencil
- Turns pages of book one at a time
- Screws or unscrews lids to jars
- Climbs well
- Runs easily
- Pedals a tricycle
- Walks up and down stairs

4 Years

- Is creative with make believe
- Would rather play with other children than by self
- Cooperates with other children
- Can sing simple songs by memory
- Can say first and last name
- Can name four colors
- Uses scissors
- Understands counting
- Can hop or stand on one foot
- Can catch a ball

5 Years

- Likes to sing, dance, and act
- Is aware of gender
- Is sometimes demanding and sometimes cooperative
- Speaks clearly
- Tells a simple story using full sentences
- Uses future tense
- Counts 10 or more things
- Can print some letters and numbers
- Copies geometric shapes
- Can do a somersault
- Can use toilet on his/her own
- Can skip

