

## **Developmental Milestone Cheat Sheet**

### **Milestones by Age**

**2–4 months:** Lifts head, smiles socially, coos.

**6 months:** Rolls both ways, reaches/grabs, babbles.

**9 months:** Sits well, transfers objects, responds to name.

**12 months:** Pulls to stand, a few words, waves, points.

**15–18 months:** Walks independently, 6+ words, imitates.

**24 months:** 2-word phrases, runs, follows 2-step commands.

### **Red Flags**

- No social smile by 2 months
- Not sitting by 9 months
- No words by 15 months
- Not walking by 18 months
- No 2-word phrases by 24 months
- Loss of skills at any age (regression)

### **When to Seek Help**

- Milestones significantly behind typical ranges
- Concerns in multiple domains
- Any parental gut feeling that something isn't right

### **What Matters Most**

Steady progress, engagement, and gaining new skills are more important than exact timing.

### **Guidance**

Talk to your pediatrician or Early Intervention for any concerns. Evaluations never hurt—and often reassure.