



## Developmental Milestones

Childhood is a time of tremendous growth and learning. It's not uncommon for parents and family members to become concerned when their beautiful baby or growing toddler doesn't seem to be developing according to the normal schedule of "baby" milestones.

We all come into the world like small waiting sponges, ready to absorb what's around us. Yet we're all different, too—another of life's little marvels. We also develop at different rates. Some children speed along, practically running before they walk. Others take their time—or *need* more time. And still others may ultimately need four wheels to get around.

But what's "on time?" What's "normal?" Does "normal" have a range?

Yes, "normal" has a range. Growth does tend to follow a certain sequence. Skills are expected to emerge at **more or less** the ages described below. Here are just a few of many milestones a typically developing child reaches in the first year of life and beyond.

### Milestones by 3 months of age

#### Motor Skills

- lift head when held at your shoulder
- lift head and chest when lying on his stomach
- turn head from side to side when lying on his stomach
- follow a moving object or person with his eyes
- grasp rattle when given to her
- wiggle and kick with arms and legs

#### Sensory and Thinking Skills

- turn head toward bright colors and lights
- turn toward the sound of a human voice
- recognize bottle or breast
- respond to your shaking a rattle or bell
- Language and Social Skills
- make cooing, gurgling sounds
- smile when smiled at
- communicate hunger, fear, discomfort (by crying or facial expression)
- usually quiet down at the sound of a soothing voice or when held

### What is a Developmental Delay?

The term "developmental delay" is an important one in early intervention. Broadly speaking, it means that a child is delayed in some area of development. There are five areas in which development may be affected:

- Cognitive development
- Physical development, including vision and hearing
- Communication development
- Social or emotional development
- Adaptive development

### Do Parents Pay for the Services?

The SoonerStart program does not collect co-payments, sliding scale fees or private insurance reimbursement for IDEA Part C services. The SoonerStart program is supported by the following funding sources: Medicaid; State general revenue; and IDEA Federal funds.

**There is no direct cost to families for SoonerStart services regardless of their income.**

### Where is My Local Office?

To find the early intervention program in your community, please visit the Oklahoma State Department of Education - SoonerStart website at:

<http://ok.gov/sde/sites/ok.gov.sde/files/2013%20Referral%20Guide%20back.pdf>



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Early intervention (SoonerStart) is intended for infants and toddlers who have a **developmental delay or disability**. Eligible children can receive services from birth through the third birthday (and sometimes beyond) at no charge.

## Milestones by 6 months of age

### **Motor Skills**

- hold head steady when sitting with your help
- reach for and grasp objects
- play with his toes
- help hold the bottle during feeding
- explore by mouthing and banging objects
- move toys from one hand to another
- pull up to a sitting position on her own if you grasp her hands
- sit with only a little support
- roll over
- bounce when held in a standing position

### **Sensory and Thinking Skills**

- open his mouth for the spoon
- imitate familiar actions you perform

### **Language and Social Skills**

- babble, making almost sing-song sounds
- know familiar faces
- laugh and squeal with delight
- scream if annoyed
- smile at herself in a mirror



## Milestones by 12 months of age

### **Motor Skills**

- drink from a cup with help
- feed herself finger food like raisins
- grasp small objects by using her thumb and index or forefinger
- use his first finger to poke or point
- put small blocks in and take them out of a container
- knock two blocks together
- sit well without support
- crawl on hands and knees
- pull himself to stand or take steps holding onto furniture
- stand alone momentarily
- walk with one hand held

### **Sensory and Thinking Skills**

- copy sounds and actions you make
- respond to music with body motion
- try to accomplish simple goals (seeing and then crawling to a toy)
- look for an object she watched fall out of sight (such as a spoon that falls under the table)

### **Language and Social Skills**

- babble, but it sometimes “sounds like” talking
- say his first word
- recognize family members’ names
- try to “talk” with you
- respond to another’s distress by showing distress or crying
- show affection to familiar adults
- show apprehension about strangers
- raise her arms when she wants to be picked up
- understand simple commands

*Adapted from Center for Parent Information and Resources (4/11/17). Developmental Milestones, Newark, NJ.*

If you are concerned about your child, talk to your local SoonerStart office. Explain your concerns and ask to have your little one evaluated to see if he or she has a developmental delay or disability.