

# Concerned about your child's development?



*Early Childhood*  
**CARES**

*Early Childhood CARES*  
can help your baby or  
preschooler with

- Speech and language skills
- Behavior and social skills
- Moving and playing
- Learning and understanding

We offer **free** developmental  
screening and services for  
babies and preschoolers

- No insurance required
- Lane County children from  
birth to kindergarten
- Anyone may make a referral

**It's free!**

**Contact us**

541-346-2578

800-925-8694

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<https://earlychildhoodcares.uoregon.edu>



# Developmental Milestones

Here's a list of some developmental milestones parents can watch for with their children. Every child develops at his/her own pace; therefore, your child does not have to reach every milestone by the noted age. If, however, your child has not met many of the milestones noted or you have concerns about your child's development, please contact Early Childhood CARES for a *free* developmental screening.

## By 6 months of age, most babies can:

- Make babbling sounds, like “da,” “ga,” “ka” and “ba.”
- Roll from their back to their tummy.
- Sit unaided for a few moments.
- Pick up a small toy and put it in their mouth, pass it to the other hand, and bang it on the floor.

## By 1 year of age, most babies can:

- Follow at least one simple direction like, “Come here” (even when parents don't extend their arms).
- Say one word in addition to “Mama” or “Dada,” like “nana” for banana.
- Put a small toy in a box, bowl or an adult's hand.
- Take several steps on their own or when holding onto furniture or an adult's hand.

## By 2 years of age, most toddlers can:

- Say or imitate a two-word sentence, like “Daddy play.”
- Name at least one picture.
- Follow a few simple directions like, “Close the door” (even if parents don't point to the door).
- Run fairly well and walk either up or down two steps by themselves.
- Stack a few small blocks.
- Eat with a spoon or fork and drink from an open cup.
- Engage in pretend play like feeding a doll and copy adult activities like wiping up a spill.

## By 3 years of age, most children can:

- Speak in three- to four-word sentences, like “want more juice”.
- Follow directions with the words “on,” “under,” “up” and “down”.
- Walk up stairs putting only one foot on each step.
- Jump up and down, as well as stand on one foot for a second.
- Draw lines and a circle.
- Imitate building a train or a bridge with a few blocks.
- Put on a coat or shirt by himself or herself.
- Tell you when they need a diaper change or when they want to sit on the toilet.

## By 4 years of age, most children can:

- Speak fairly clearly.
- Answer questions like, “What do you do when you are hungry?” “How old are you?” and “Are you a boy or a girl?”
- Say action words like “jumping” or “crying,” and say past tense words like “jumped” or “cried”.
- Climb up a ladder and go down a slide, as well as hop on one foot at least one time.
- Draw simple shapes like a plus sign or a circle.
- Name five colors.
- Find the smallest of three different sized things.