



Parents as Teachers™

MILESTONES

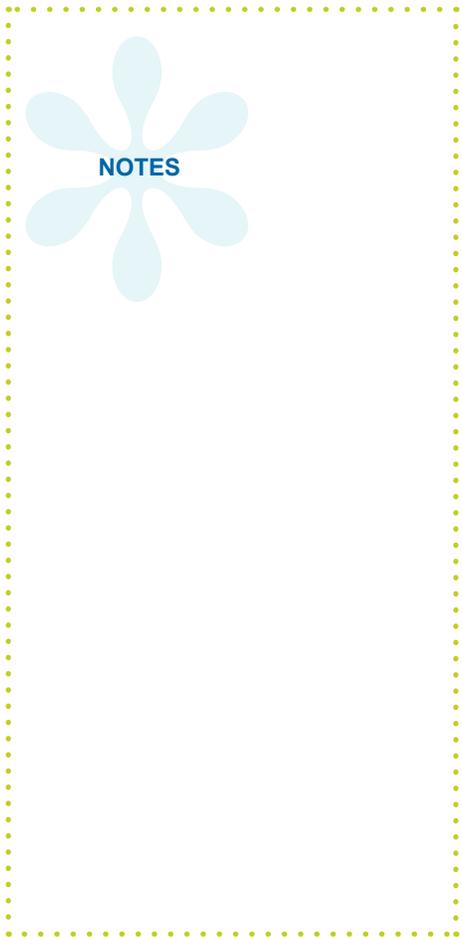
by school readiness domain

> Child's name: _____ DOB: _____
> Date of enrollment: _____
> Age/adjusted age at enrollment: _____

Domain I: Language and literacy development

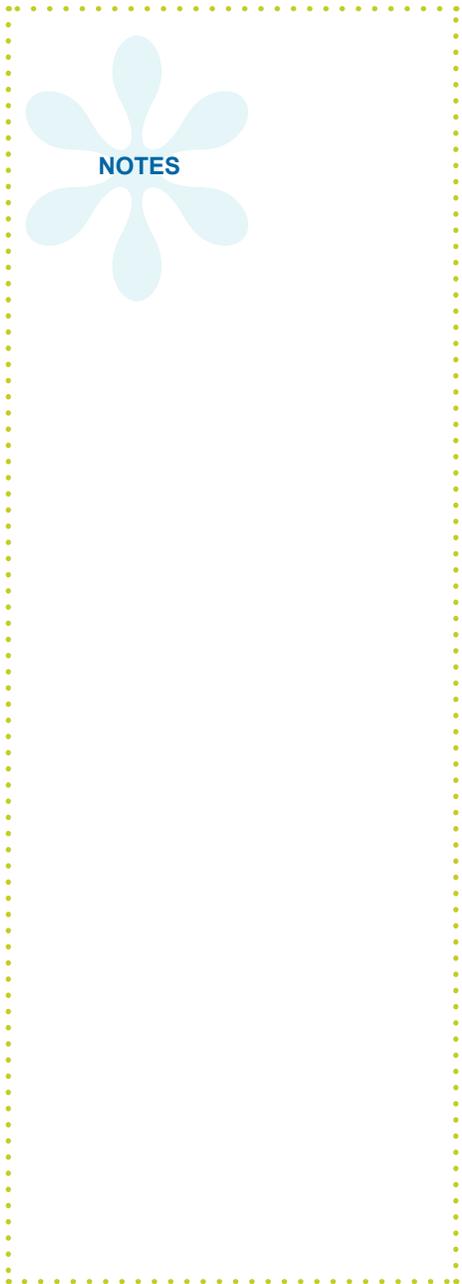
Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Language	Emerging	Achieved
Birth to 1½ months	1. I respond to the sound of my caregiver's voice.		
	2. I turn my head to the sound of my caregiver's voice.		
	3. I cry in different ways to tell my caregiver what I need.		
	4. I make simple sounds like "eh" when I'm awake.		
1½ to 3½ months	5. I turn my head in the general direction I hear sound coming from.		
	6. I look at people when they talk to me.		
	7. I make sounds with my saliva.		
	8. I coo, using vowel sounds like "aah," "eee," and "ooo."		
	9. I take turns imitating sounds with my caregiver or others.		
3½ to 5½ months	10. I turn to see where a sound is coming from.		
	11. I listen closely to the sounds I make with my own mouth.		
	12. I practice making sounds with my mouth when I'm alone.		
	14. I make "raspberries" (bubbles and "razzing" sound with my tongue or lips) and similar sounds.		
5½ to 8 months	15. I turn or respond to my own name.		
	16. I look for my caregivers when I hear their names.		
	17. I squeal, shriek, or make other loud noises.		
	18. I babble in single syllables – "ba," "pa," "da," "ma," and "na."		
	19. I repeat syllables to say things like "ma ma ma" and "ba ba ba."		
8 to 14 months	20. I can sometimes follow a simple request.		
	21. I sometimes respond to "no" (for example, I will stop what I'm doing).		
	22. I respond when someone calls me by my name.		
	23. I listen for a few minutes to rhymes and songs.		
	24. I look at books and point to familiar pictures.		
	25. I understand at least 10 words that are said to me often.		
	26. I point, gesture, or make sounds to show what I want or need.		
	27. I jabber.		
	28. I try to say a few words like "dada" and "mama."		



Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Language	Emerging	Achieved
14 to 24 months	29. I can follow one-step directions.		
	30. I can bring objects from another room when asked to.		
	31. I use words and gestures to tell others what I need.		
	32. I can say about 50 words.		
	33. I say two-word combinations.		
	34. I imitate adult speech patterns.		
	35. I use "jargon" (phrases or sentences with few recognizable words).		
	36. I speak clearly about half the time.		
24 to 36 months	37. I can name three pictures in a book.		
	38. I can point to six body parts.		
	39. I can follow two-step directions.		
	40. I can say my name.		
	41. I can name eight pictures.		
	42. I can name three body parts.		
	43. I can start and carry on a short conversation.		
	44. I use four-word sentences.		
	45. I use intelligible words at least 75 percent of the time.		
	46. I can say more than 200 words.		
	47. I use pronouns like "I," "you," and "me."		
	48. I use verbs and past tense.		
	49. I use plural words like "socks."		
	50. I ask what, where, and why questions.		
	51. I understand the actions and events of simple stories.		
	52. I can answer simple questions.		
	53. I can say two prepositions like "with," "from," or "to."		



Domain II: Cognitive and general knowledge

Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Intellectual	Emerging	Achieved
Birth to 1½ months	1. I stare at high-contrast colors and patterns.		
	2. I look at my surroundings briefly.		
	3. I look at faces.		
	4. My eyes slowly follow a close-range, moving object or person.		
1½ to 3½ months	5. I look at my hands.		
	6. I bat at objects hanging within my reach.		
	7. I visually follow people and things past the center of my body.		
	8. I look around when I am awake.		
	9. I combine two actions, like sucking and looking.		

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Age	Intellectual	Emerging	Achieved
3½ to 5½ months	10. I explore objects with my mouth.		
	11. I examine things with my hands, fingers, and eyes.		
	12. My aim is getting better when I bat at dangling things with my hands or feet.		
	13. I repeat activities that make things happen.		
5½ to 8 months	14. I watch people and things longer (for at least one minute).		
	15. I briefly look at pictures in books.		
	16. I bring everything to my mouth to explore.		
	17. I experiment to find out what happens when I throw, drop, shake, and bang objects.		
	18. I look for things that are partly hidden or have dropped out of sight.		
8 to 14 months	19. I show a lot of curiosity as I constantly explore my surroundings.		
	20. I reach into a container to get objects.		
	21. I look at small objects and details.		
	22. I try to make things work (for example, a light switch).		
	23. I repeat things that have produced interesting effects over and over.		
	24. I remember where hidden objects are (like a TV remote under a blanket).		
14 to 24 months	25. I can put a round shape into a shape sorter.		
	26. I try to copy what I see other people doing.		
	27. I use trial and error to figure out how to do things.		
	28. I can put round, square, and triangular pieces into a shape sorter.		
	29. I take things apart and try to put them back together.		
24 to 36 months	30. I overcome simple obstacles (for example, I use a chair to reach high objects).		
	31. I make three animal sounds.		
	32. I explore cabinets and drawers.		
	33. I can find detail in my favorite picture book or object.		
	34. I like to make-believe play about everyday things.		
	35. I can remember events and places.		
	36. I can match things that are alike, such as identical pictures or objects.		
	37. I point to a big or little object when you ask me to.		
	38. I sort toys by one characteristic (like color or shape).		
	39. I can complete simple puzzles.		
40. I can name one color.			
41. I understand the meaning of the number 2.			
42. I avoid common dangers.			
43. I can nest or stack toys or objects of graduated sizes.			



NOTES

Domain III: Social and emotional development

Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Social-emotional	Emerging	Achieved
Birth to 1½ months	1. I show you when I'm overstimulated by turning away, sleeping, or fussing.		
	2. I prefer looking at faces over looking at objects.		
	3. I respond to my caregivers' attempts to comfort me.		
	4. I briefly make eye contact with others.		
1½ to 3½ months	5. I smile "on purpose" at people (for example, to show pleasure).		
	6. I cry to signal a need – I might be hungry, wet, or tired.		
	7. I imitate some of the facial movements of others.		
	8. I show my excitement when I see or hear my caregivers; I recognize their faces and voices.		
3½ to 5½ months	9. I have a way to comfort myself – I suck on my fingers or a pacifier.		
	10. I react to familiar people by calming, smiling, vocalizing, and/or moving my arms and legs.		
	11. I respond to attention and affection.		
	12. I laugh.		
5½ to 8 months	13. I show my caregivers that I'm ready to eat when I see the bottle or breast.		
	14. I get calm when I see my caregivers coming to comfort me.		
	15. I get upset when my caregivers leave the room.		
	16. I play simple games like peek-a-boo.		
8 to 14 months	17. I enjoy affectionate play with hugs, cuddles, and tickles.		
	18. I look for ways to get my caregivers' attention.		
	19. I can go for longer periods of time without crying.		
	20. I am OK with playing alone for short amounts of time.		
8 to 14 months	21. My eating and sleeping patterns are predictable.		
	22. I know the difference between familiar people and strangers.		
	23. I try to be included in activities of the family.		
	24. I want to be near my caregivers.		
	25. I let my caregivers know when I need help.		
	26. I play simple games like pat-a-cake and so big.		
	27. I show and share my affection, annoyance, anger, and surprise.		
	28. I observe and imitate actions I see others doing.		
	29. I show that I'm happy or proud when I do something.		
	30. I make attempts to interact with familiar people.		
	31. I do things to see how others react.		



NOTES

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Age	Social-emotional	Emerging	Achieved
14 to 24 months	32. I say “no” to show my independence.		
	33. I imitate adult behavior and activities (I sweep floors, take pictures, and fix things).		
	34. I feed or care for a doll or stuffed animal.		
	35. I play by myself for a short period of time.		
	36. I hold and drink from an open cup with some spilling.		
	37. I have given up my bottle.		
	38. I feed myself with a spoon with some spilling.		
	39. I try to comfort others who are in distress (for example, pat them or give toys).		
	40. I remove my own socks, hat, and shoes (with laces undone).		
	41. I share spontaneously with familiar adults.		
	42. I make choices.		
24 to 36 months	43. I show a wide variety of emotions (jealousy, sympathy, fear, anger, or modesty).		
	44. I use the words “mine” or “me.”		
	45. I can follow three to five simple rules.		
	46. I interact with other children.		
	47. I take turns in activities (with guidance).		
	48. I initiate my own play.		
	49. I like routine some of the time.		
	50. I use words to express my feelings.		
	51. I can brush my teeth with help.		
	52. I can wash and dry my own hands.		
	53. I can undress and dress with help.		



NOTES

Domain IV: Physical well-being and motor development

Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Motor	Emerging	Achieved
Birth to 1½ months	1. I lift my head briefly when I’m lying on my tummy.		
	2. I suck well to eat and also for comfort.		
	3. My movements are largely controlled by reflexes.		
1½ to 3½ months	4. I move my arms and legs with more purpose.		
	5. I lift my head when lying on my tummy and turn it from side to side.		
	6. I hold my head steady when I’m against my caregiver’s shoulder.		
	7. I push my legs against a firm surface.		
	8. I bring my hands to my mouth.		
	9. I bring my hands together.		
	10. I open my hands and use them to hold an object (like a rattle).		

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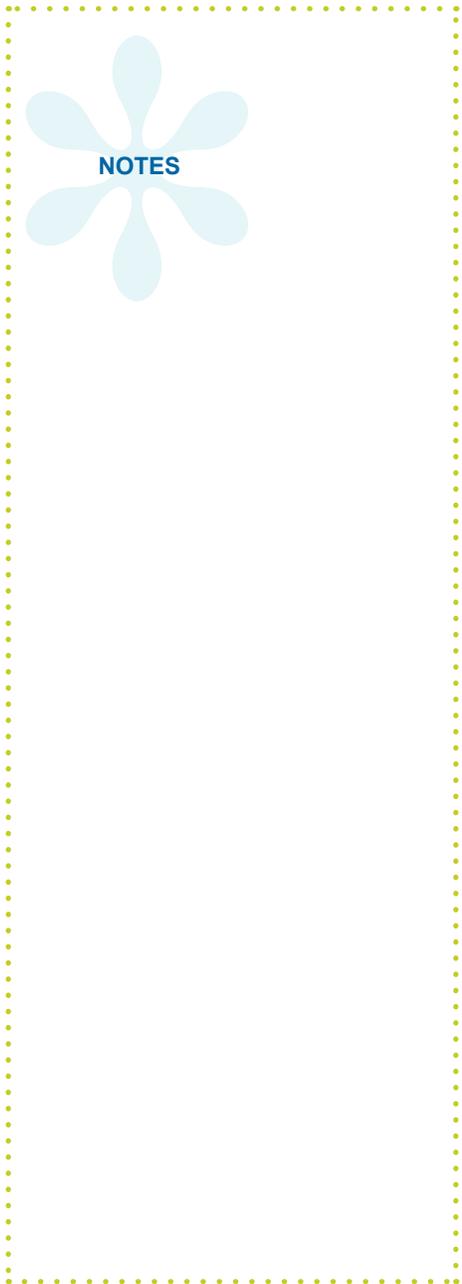
Age	Motor	Emerging	Achieved
3½ to 5½ months	11. I can roll completely onto either side.		
	12. I can lift my head and chest using my forearms for support.		
	13. I can sit with support.		
	14. I can hold toys with both of my hands.		
	15. I stretch my legs and kick at objects.		
	16. I reach and hold items I'm interested in.		
	17. I can hold my head steady when I'm in a supported sitting position.		
	18. I can roll from my tummy to my back or from my back to my tummy.		
5½ to 8 months	19. I can sit without help or support.		
	20. I roll, scoot, or pull my body when I'm on my tummy to get around.		
	21. I can stand while holding on to my caregiver or a sturdy object.		
	22. I lift my legs to look at or grab my feet.		
	23. I can hold or turn objects with control.		
	24. I can pass an object from one hand to the other.		
	25. I can clasp my hands together.		
8 to 14 months	26. I use a raking motion to pick up very small objects like cereal.		
	27. I feed myself with my fingers.		
	28. I pull myself up to stand.		
	29. I "cruise" by holding onto furniture or walls.		
	30. I can lower myself to a sitting position.		
	31. I can stand alone.		
	32. I can walk with help.		
	33. I can creep up steps and climb over low objects.		
	34. I turn the pages of a stiff book (a board book).		
	35. I can toss or throw objects (without much control yet).		
14 to 24 months	36. I bang two objects together.		
	37. I can stack two or three blocks or similar objects.		
	38. I pick up tiny objects using my thumb and index finger (pincer grasp).		
	39. I use my index finger to point.		
	40. I walk independently.		
	41. I walk backward.		
	42. I can throw a small ball forward.		
	43. I can kick a large ball forward.		
	44. I can carry a large object while walking.		
	45. I walk up stairs holding onto a railing.		
	46. I climb on things.		
	47. I run.		
	48. I straddle and ride a toy without pedals.		
	49. I scribble with a crayon spontaneously.		
	50. I turn over a container to pour out what's inside.		



NOTES

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Age	Motor	Emerging	Achieved
24 to 36 months	51. I can catch a large ball.		
	52. I can jump up with both feet off the floor.		
	53. I can balance on one foot.		
	54. I can walk up and down stairs by myself, by alternating my feet.		
	55. I tolerate swinging, spinning, and rocking.		
	56. I can build a tower of six cubes.		
	57. I can imitate a vertical line (for example, by drawing with a crayon).		
	58. I can imitate a horizontal line (for example, by drawing with a crayon).		
	59. I can hold a pencil with my thumb and fingers (an adult-like grasp).		
	60. I can snip with scissors.		
	61. I can screw and unscrew toys, jars, and door knobs.		



Domain V: Approaches to learning

Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Approaches to learning	Emerging	Achieved
Birth to 1½ months	1. I respond to the sound of my caregivers' voices.		
	2. My eyes slowly follow a close-range, moving object or person.		
	3. I respond to my caregivers' attempts to comfort me.		
1½ to 3½ months	4. I take turns imitating sounds with my caregivers or others.		
	5. I bat at objects hanging within my reach.		
	6. I open my hands and use them to hold an object (like a rattle).		
	7. I imitate some of the facial movement of others.		
3½ to 5½ months	8. I listen closely to the sounds I make with my own mouth.		
	9. I practice making sounds with my mouth when I'm alone.		
	10. I watch people and things longer (for at least one minute).		
	11. I react to familiar people by calming, smiling, vocalizing, and/or moving my arms and legs.		
	12. I reach and hold items I'm interested in.		
5½ to 8 months	13. I squeal, shriek, or make other loud noises.		
	14. I experiment to find out what happens when I throw, drop, shake, and bang objects.		
	15. I show a lot of curiosity as I constantly explore my surroundings.		
	16. I am OK with playing alone for short amounts of time.		
	17. I can go for longer periods of time without crying.		
	18. I lift my legs to look at or grab my feet.		
	19. I use a raking motion to pick up very small objects like cereal.		

Date the box as each Milestone is observed or reported. Blank cells indicate not observed or reported.

Age	Approaches to learning	Emerging	Achieved
8 to 14 months	20. I sometimes respond to “no” (I will stop what I’m doing).		
	21. I listen for a few minutes to rhymes and songs.		
	22. I point, gesture, or make sounds to show what I want or need.		
	23. I look at small objects and details.		
	24. I try to make things work (for example, a light switch).		
	25. I repeat things that have produced interesting effects over and over.		
	26. I try to copy what I see other people doing.		
	27. I let my caregivers know when I need help.		
	28. I show that I’m happy or proud when I do something.		
	29. I feed myself with my fingers.		
	30. I pull myself up to stand.		
	31. I can walk with help.		
32. I pick up tiny objects using my thumb and index finger (pincer grasp).			
14 to 24 months	33. I use words and gestures to tell others what I need.		
	34. I use trial and error to figure out how to do things.		
	35. I take things apart and try to put them back together.		
	36. I overcome simple obstacles (for example, I use a chair to reach high objects).		
	37. I play by myself for a short period of time.		
	38. I feed myself with a spoon with some spilling.		
	39. I make choices.		
40. I climb on things.			
24 to 36 months	41. I can follow two-step directions.		
	42. I ask what, where, and why questions.		
	43. I can answer simple questions.		
	44. I like to make-believe play about everyday things.		
	45. I can complete simple puzzles.		
	46. I can nest or stack toys or objects of graduated sizes.		
	47. I interact with other children.		
	48. I can follow three to five simple rules.		
	49. I take turns in activities (with guidance).		
	50. I initiate my own play.		
	51. I can undress and dress with help.		
	52. I can build a tower of six cubes.		
	53. I can snip with scissors.		



NOTES

References

American Academy of Pediatrics. (n.d.) *Ages and stages*. Retrieved July 20, 2010, from www.healthychildren.org/English/ages-stages/Pages/default.aspx.
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 Squires, J., & Brinker, B. (2009). *Ages and stages questionnaires: A parent-completed child monitoring system* (3rd ed.). Baltimore: Paul H. Brookes.