

## Milestones, Early Childhood Development, Birth to 5 Years

birth - 2 months	2-4 months	4-6 months	6-9 months	9-12 months	1 year	2 years	3 years	4 years	5 years
Startles at loud noises Crying is only communication Moves hands to mouth	Laughs Smiles spontaneously Lifts head up 45 degrees	Rolls over Turns to rattling sound Follows to 180 degrees	Feeds self Sits with no support Turns to voice	Says “dada” and “mama” Waves bye-bye Pulls to stand	Imitates activities Can say one word Stands alone	Shows defiant behavior Knows names of familiar people and body parts Says sentences with 2 to 4 words Builds towers of 4 or more blocks Kicks a ball Stands on tiptoe	Shows a wide ranges of emotions Copies adults and friends Can name most familiar things Carries on a conversation using 2 to 3 sentences Does 3 or 4 piece puzzles Climbs and runs	Cooperates with other children Is more and more creative with make-believe play Sings a song or says a poem from memory Names some colors and numbers Hops and stands on one foot up to 2 seconds	Speaks clearly Counts 10 or more things Copies geometric shapes Stands on one foot for 10 seconds or longer Hops Uses the toilet without help

## Red Flags, Early Childhood Development, Birth to 5 Years

birth - 2 months	2-4 months	4-6 months	6-9 months	9-12 months	1 year	2 years	3 years	4 years	5 years
Fails to blink at a bright light Sucks poorly or has difficulty feeding Fails to respond to loud sounds	Does not respond to loud sounds Does not watch things as they move Does not bring hands to mouth	Does not watch things as they move Does not smile at people Cannot hold head steady Does not coo or make sounds Does not bring things to mouth Does not push down with legs when feet are placed on a hard surface Has trouble moving one or both eyes in all directions	Does not smile or squeal in response to people Not starting to babble Not reaching for and holding toys Hands frequently clenched Not rolling Not holding head and shoulders up when on tummy	Not sharing enjoyment with others using eye contact or facial expression No gestures Not using two-part babble Unable to hold and/or release toys Cannot move toy from one hand to another Not sitting without support Not creeping or crawling Does not take weight well on legs when held by an adult	Does not notice someone new Does not play early turn taking games No babbled phrases No response to familiar words Cannot chew solid food Unable to pick up small items using index finger and thumb Not crawling or bottom shuffling Not pulling to stand Not standing by holding on to furniture	When playing with toys tends to bang, drop, or throw them rather than use them for their purpose Does not have at least 50 words Not putting words together Most of what is said is not easily understood No interest in self-care skills Unable to run Unable to use stairs holding on Unable to throw a ball	No interest in pretext play or other children Difficulties in noticing and understanding feelings in themselves and others Speech difficult to understand Not using simple sentences Difficulty helping with self-care skills Difficulty manipulating small objects Not running well Cannot walk up and down stairs Cannot kick or throw a ball Cannot jump with 2 feet together	Unwilling or unable to play cooperatively Speech difficult to understand Unable to follow directions with 2 steps Not toilet trained by day Unable to draw lines and circles Cannot pedal a tricycle Cannot catch, throw or kick a ball Cannot balance well standing on one leg	Play is different than their friends Difficulty telling a parent what is wrong Cannot answer questions in a simple conversation Concerns from teacher about school readiness Not independent with eating and dressing Cannot draw simple pictures Awkward when walking, running, climbing and using stairs Ball skills are very different to their peers Unable to hop 5 times on each foot

Not achieving indicated developmental milestones  
 Strong parent concerns  
 Significant loss of skills  
 Lack of response to sound or visual stimulation  
 Poor interaction with adults or other children  
 Difference between right and left sides of body in strength, movement or tone  
 Loose and floppy movements or stiff and tense

**Common Traumatic Stress Reactions, Birth to 5 Years**

birth - 2 months	2-4 months	4-6 months	6-9 months	9-12 months	1 year	2 years	3 years	4 years	5 years
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Withdrawal and passivity  
 Exaggerated startle response  
 Aggressive outbursts  
 Sleep difficulties (including night terrors)  
 Separation anxiety  
 Fear of new situations  
 Difficulty assessing threats and finding protection (especially in cases where a parent or caretaker was aggressor)  
 Regression to previous behaviors (e.g., baby talk, bed-wetting, crying)

Milestones, Childhood Development, 6 Years to 12 Years		
6 - 7 years	8 - 9 years	10 - 12 years
Cooperates and shares Jealous of others and siblings Likes to copy adults Plays with friends of the same gender May have occasional temper tantrums Modest about body Understands concept of numbers Can tell time Can understand commands with three separate instructions Can explain objects and their use Can repeat three numbers backwards Can read age-appropriate books and/or materials	Likes competition and games Starts to mix friends and play with children of the opposite gender Modest about body Becoming interested in boy-girl relationships, but does not admit it Can count backwards Knows the date Reads more and enjoys reading Understands fractions Understands concept of space Draws and paints Can name months and days of week, in order Enjoys collecting objects	Friends are very important; may have a best friend Increased interest in the opposite gender Likes and respects parents Enjoys talking to others Writes stories Likes to write letters Reads well Enjoys using the telephone
Red Flags, Childhood Development, 6 Years to 12 Years		
6 - 7 years	8 - 9 years	10 - 12 years
Need info here		
Not achieving indicated developmental milestones Strong parent concerns Significant loss of skills The child is not interested in playing with other children The child is not able to share or take turns with other children The child is extremely “rigid” about routines, and becomes extremely upset when things are changed The child has extreme difficulty separating from the caregiver The child is too passive or fearful, and does not want to try things other children his age are doing		
Common Traumatic Stress Reactions, 6 Years to 12 Years		
6 - 7 years	8 - 9 years	10 - 12 years
Abrupt and unpredictable shifts between withdrawn and aggressive behaviors Social isolation and withdrawal (may be an attempt to avoid further trauma or reminders of past trauma) Sleep disturbances that interfere with daytime concentration and attention		

Preoccupation with the traumatic experiences(s)

Intense, specific fears related to the traumatic event(s)

### **Milestones, Childhood Development, 13 Years to 18 Years**

Develops the ability to think abstractly  
Is concerned with philosophy, politics, and social issues  
Thinks long-term  
Sets goals  
Compares one's self to one's peers  
Wants independence from parents  
Peer influence and acceptance becomes very important  
Romantic/sexual relationships become important  
Has long-term commitment in relationship

### **Red Flags, Childhood Development, 13 Years to 18 Years**

Not achieving indicated developmental milestones  
Strong parent concerns  
Significant loss of skills  
Extreme or dramatic changes in behavior (sleeping, diet, social, emotional, academic)

### **Common Traumatic Stress Reactions, 13 Years to 18 Years**

Increased risk taking (substance abuse, truancy, risky sexual behaviors)  
Heightened sensitivity to perceived threats (may respond to seemingly neutral stimuli with aggression or hostility)  
Social isolation (belief that they are unique and alone in their pain)  
Withdrawal and emotional numbing  
Low self-esteem (may manifest as a sense of helplessness or hopelessness)