

0-2 months

MILESTONES CHECKLIST

Purposeful Play Tips

For Tummy Time:

- Do chest to chest so baby sees your face.
- Tuck baby's arms under their chest with books, toys, or faces at their eye level.

Recline baby in lap while singing, reading, talking, and laughing.

Lay baby on their side, with support, during play with books or rattles.

- Lifts head briefly in tummy time
- Turns head side to side on tummy
- Turns head side to side on back
- Bicycle kicks legs and arms on back
- Rolls from side to back, both sides
- When held, bears weight on feet
- Rounds back in supported sitting
- Head control is emerging
- Holds a rattle
- Hands close with touch
- Looks and tracks objects briefly
- Cries when hungry
- Cries become different (pain/hunger)
- Begins to smile



3-5 months

MILESTONES CHECKLIST

Purposeful Play Tips

For Tummy Time:

- Do on firm surface with toys at eye level.
- Roll into TT from back to tummy.
- Encourage rolling out of TT by tucking elbows under chest and tracking a toy.

Help baby to bring hands to feet, same sides and opposite, after diaper changes to learn about their body.

Place toys slightly out of reach to encourage movement.



- Props self on elbows
- Holds head up 45 degrees on tummy
- Rolls back to side, both directions
- Rolls tummy to back, both directions
- Begins to sit with support
- Head control with pull to sit present
- Begins to reach for toys on tummy
- Begins to push up on straight arms
- Holds toys purposefully, shakes rattle
- Looks at toys when holding them
- Responds to sounds and noises
- Begins to babble
- Brings hands to mouth
- Reaches for toys with both arms



6-9 months

MILESTONES CHECKLIST

Purposeful Play Tips

When baby is on back:

- place toys out of reach and to the side for rolling.
- place toys on feet to encourage playing with feet.

Use a Boppy or other support pillow around baby's waist to support sitting.

Lay baby across your legs to encourage a hands-and-knees position.



- ☐ Rolls back to tummy, both sides
- ☐ Brings feet to hands when on back
- ☐ Begins to sit without support
- ☐ Begins moving on stomach in circles
- ☐ Tries to get to sitting from tummy
- ☐ Gets into crawling position on all 4s
- ☐ Holds bottle
- ☐ Picks up dropped toys
- ☐ Bangs toys together and on surfaces
- ☐ Moves toys between hands
- ☐ Responds to own name
- ☐ Begins to say "mama" or "dada"
- ☐ Babbles to people
- ☐ Shouts for attention



10-12 months

MILESTONES CHECKLIST

Purposeful Play Tips

When Crawling:

- Place toys far out of reach on ground to encourage crawling.
- Place toys on chairs and couches to encourage pulling up into standing.

Use pillows and cushions to create obstacles for crawling, cruising and walking over.

Have little one squat down to pick up toys when standing at the couch or table.

- ☐ Crawls on hands and knees
- ☐ Spins in circle in sitting, both directions
- ☐ Pulls to stand at furniture
- ☐ Begins cruising along furniture
- ☐ Begins to walk with help from parent
- ☐ Begins to stand alone
- ☐ Holds cup with or without handles
- ☐ Begins to scribble when given crayon
- ☐ Babbles and mimics adults
- ☐ Shows understanding to some words
- ☐ Repeats sounds/gestures if laughed at
- ☐ Speech progress may stop when learning to walk
- ☐



12-18 months

MILESTONES CHECKLIST

Purposeful Play Tips

- Encourage independent walking by offering push toys for little one to walk behind.
- Roll a ball back and forth for hand-eye coordination.

Practice picking toys up off the floor when standing to strengthen legs and improve balance.

Let them crawl upstairs, then guide them back down, crawling backwards on their tummy.



- ☐ Moves from floor to standing
- ☐ Walks at least 10 ft without support
- ☐ Walks freely with a push toy
- ☐ Picks up toys from floor in standing
- ☐ Crawls up/down steps
- ☐ Walks up/down steps with support
- ☐ Corrals ball in sitting
- ☐ Rolls ball forward in sitting
- ☐ Throws ball in standing without falling
- ☐ Begins to walk backwards
- ☐ Lifts foot and attempts to kick a ball
- ☐ Begins to walk quickly
- ☐ Can maintain a kneeling position
- ☐
- ☐



18-24 months

MILESTONES CHECKLIST

Purposeful Play Tips

- Encourage walking/running on a variety of surfaces (grass, rocks, sidewalks, sand, etc.)
- Supervise them climbing onto couches and on playgrounds for strength and coordination.

Use bubbles or suction toys and place just out of reach to encourage tiptoes.

Practice jumping in place and forward on mini trampolines or even cushions.

- ☐ Walks alone in community
- ☐ Learns to jump forward
- ☐ Climbs on to couch or adult chair
- ☐ Runs short distances without falling
- ☐ Walks up stairs without support
- ☐ Walks backward and sideways
- ☐ Attempts to walk on a line
- ☐ Kicks ball in standing without falling
- ☐ Throws ball overhand and underhand
- ☐ Squats frequently during play
- ☐ Goes up on tiptoes
- ☐ Propels self on ride-on toy
- ☐ Begins to jump down from a small step
- ☐



2-3 years

MILESTONES CHECKLIST

Purposeful Play Tips

- Create lines with painters tape for an obstacle course to practice walking forward and backward.
- Use sidewalk chalk to draw hopscotch or lines to practice jumping.

Take turns kicking, throwing and catching a ball.

Play "Red Light Green Light" to improve balance and coordination with running.



- ☐ Jumps down from medium surfaces
- ☐ Jumps forward 12-24 inches
- ☐ Kicks a ball 6 feet with intention
- ☐ Walks backward with normal stride
- ☐ Walks on a line without stepping off
- ☐ Runs at least 30 feet without falling
- ☐ Attempts to walk on a line
- ☐ Walks up/down stairs without railing
- ☐ Catches a ball with arms extended
- ☐ Stands on one foot for 3 seconds
- ☐ Begins to balance on balance bike
- ☐ Begins to show interest in scooters
- ☐ Pedals a tricycle
- ☐
- ☐



3-4 years

MILESTONES CHECKLIST

Purposeful Play Tips

Use sidewalk chalk to create an obstacle course outside with different "line styles" to indicate walking slow, running, jumping, skipping, hopping, etc.

Place puzzle board at bottom of stairs with pieces at the top to practice stairs.

Put training wheels inside a pair of shoes to elevate bike's back wheel for pedaling practice.

- Walks down stairs, alternating feet
- Catches balls with hands
- Hits targets with under/overhand toss
- Stands on one foot for 5 seconds
- Hops forward, on each foot equally
- Hops in place 3-5 times on each foot
- Jumps forward 26-30 in. with both feet
- Walks on a short line without step offs
- Comfortable on balance bike/scooter
- Pedals bike with training wheels
- Runs with good form and stops without falling
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4-5 years

MILESTONES CHECKLIST

Purposeful Play Tips

- Create sidewalk chalk obstacle course with different "line styles" to indicate walking slow, running, jumping, hopping, etc.
- Encourage free play on playgrounds.

Use curbs or other lines out in the community to practice walking on.

Utilize mats, pillows and cushions for summersault practice at home.

- Performs a turning jump
- Gallops with one foot in front
- Skips for 8-10 feet
- Shows interest in jumping rope
- Jumps forward at least 36 inches
- Walks backward on a line
- Performs a forward summersault
- Stands on one foot for 6 seconds
- Performs a bounce catch on one hand
- Stands on tiptoes for 3 seconds
- Kicks a ball in air with opposition
- Comfortable pedaling a bike with training wheels
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5-6 years

MILESTONES CHECKLIST

Purposeful Play Tips

- Play "Simon Says" with jumping jacks.
- Take family walks and bike rides.
- Have playdates outdoors and at playgrounds.

Have "Bear Crawl" or "Inchworm" races to improve upper body and core strength.

Use stuffed animals, puzzle pieces, balls or pillows to pass back and forth while doing sit ups.



- ☐ Can perform 3-5 sit-ups
- ☐ Can perform 8 push-ups
- ☐ Can perform 10 jumping jacks
- ☐ Stands on one foot for 10 seconds
- ☐ Tiptoes for 8 seconds
- ☐ Climbs well on playgrounds
- ☐ Is safe on a playgrounds with peers
- ☐ Swings without being pushed
- ☐ Pedals bike without training wheels
- ☐
- ☐
- ☐
- ☐
- ☐

