



Help Me Grow

District of Columbia

Help Me Grow DC connects families to the developmental and behavioral resources needed to give ALL children their best start!



Help Me Grow DC is for children (ages 0-5) and pregnant women in DC.

Call >>> **1-800-MOM-BABY**



Speak with a friendly, knowledgeable Care Coordinator today!



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Developmental Milestones at a Glance

Age	Gross Motor	Fine Motor	Cognitive, Linguistic and Communication	Social-Emotional
2 Months	Head up 45 degrees (lift head)	Follow past midline; Follow to midline	Laugh; Vocalize	Smile spontaneously; Smile responsively
4 Months	Roll over; sit (head steady)	Follow to 180 degrees; grasp rattle	Turn to rattling sound; laugh	Regard own hand
6 Months	Sit-no support; Roll over	Look for dropped yarn; Reach	Turn to voice; Turn to rattling sound	Feed self; Work for toy (out of reach)
9 Months	Pull to stand; Stand holding on	Take 2 cubes; Pass cube (transfer)	Dads/Mama, nonspecific; Single syllables	Wave bye-bye; Feed self
1 Year	Stand alone; Pull to stand	Put block in cup; Bang two cubes held in hand	Imitate vocalizations / sounds; Babbling; 1 word	Protodeclarative pointing; Wave bye-bye; Imitate activities; Play pat-a-cake
15 months	Walk backwards; Stoop and recover; Walk well	Scribble; Put a block in cup	1 word to 3 words	Drink from cup; Wave bye-bye
18 months	Walk up step; Run, walk backwards	Dump raisin, demonstrated; Tower of 2 cubes; Scribble	Point to at least 1 body part; 3 to 6 words	Remove garment; Help in house
2 years	Throw ball overhand; jump up; Kick ball forward, walk up steps	Tower of 4-6 cubes	Name 1 picture; Combines words; Point to 2 pictures	Put on clothing; Remove garment
2.5 years	Throw ball overhand; Jump up	Imitate vertical line; Tower of 6 to 8 cubes	Know 2 actions; Speech half understandable; Point to 6 body parts; Name 1 picture	Wash and dry hands; Put on clothing
3 years	Balance on each foot 1 second; Broad jump; throw ball overhand	Thumb wiggle; Imitate vertical line; Tower of 6 to 8 cubes	Speech all understandable; Name 1 color; Know 2 adjectives; Name 4 pictures	Name friend; Brush teeth with help
4 years	Hop; Balance on each foot 2 seconds	Draw a person with 3 parts; Tower of 8 cubes	Define 5 words; Name 4 colors; Speech all understandable	Copy a cross (+); Copy a circle
5 years	Balance on each foot 10 seconds on longer; Somersaults, swings, climbs	Copies triangle and other geometric patterns; Prints some letters	Recalls part of a story; Speaks sentences of more than 5 words	Wants to please friends; More likely to agree to rules; Like to sing, dance, and act