

# How's Your Baby?

Developmental checklist from Early Childhood Intervention



TEXAS  
Health and Human Services  
Early Childhood Intervention

[hhs.texas.gov/eci](https://hhs.texas.gov/eci)



## How can you tell if your child is developing on target?

You can use developmental milestones to figure out if your child is growing and developing as expected.

Developmental milestones are behaviors and skills that most children can do within a certain age range. Some examples are looking at people and objects, smiling, eating, waving “bye-bye,” walking, and talking.

Remember, every child is different and develops at their own pace. If you notice your child is not reaching milestones when expected, they might need some extra help to learn new skills.

Use this developmental milestones checklist to see how your child is doing.

## Do you have questions about how your child is growing and developing?

If you notice your child is not reaching milestones when expected, talk with your child’s doctor, or contact Early Childhood Intervention (ECI).

To find the number of an ECI program near you, visit the ECI Program Search page at [citysearch.hhsc.state.tx.us](https://citysearch.hhsc.state.tx.us) or call 877-787-8999.

## Did you know?

- ECI serves families with children birth to 36 months with developmental delays or disabilities.
- ECI professionals partner with families to help their children grow, learn, and develop.
- ECI provides services to families of all income levels and in every Texas county.

## Developmental Milestones Checklist

### 1–2 Months

- Startle or react to loud or new sounds
- Latch on to nipple and drink without choking
- Look at face or toy for several seconds
- Move both arms and both legs
- Open hands briefly
- Smile back at parents or other family members
- Lift head briefly while on tummy

### 3–6 Months

- Bring hands to mouth
- Make cooing sounds like “oooh” and “aaah”
- Smile or make sounds to get your attention
- Open mouth for the breast or bottle when hungry
- Swipe or reach to grab a toy
- Push up with straight arms while on tummy
- Roll from tummy to back
- Explore toys with mouth

### 6–9 Months

- Eat soft foods
- Move toys from one hand to the other
- Sit without help
- Smile or laugh at “peek-a-boo”
- Bang two things together
- Make different sounds like “mamamama” and “babababa”

### 9–12 Months

- Look when their name is called
- Cry when their parent leaves
- Crawl on hands and knees
- Pick up small pieces of food with their thumb and a finger
- Copy hand movements like clapping or “bye-bye”
- Call a parent “mama” or “dada” or another special name
- Pull up to a standing position

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## 12–15 Months

- Wave “bye-bye” when someone leaves
- Find a toy they watch you hide
- Walk by holding onto furniture
- Drink from an open cup with help
- Use fingers to feed themselves
- Show affection with hugs and kisses
- Point to objects they want
- Take a few steps on their own

## 15–18 Months

- Look at pictures in a book with you
- Walk without help
- Hold a crayon in their fist and scribble
- Use at least three words besides “mama” and “dada”
- Try to use a spoon
- Follow simple directions like “Give it to me”
- Help with dressing by pushing arm or leg through clothing
- Say 10 or more words

## 18–21 Months

- Push or pull a toy while walking
- Climb on and off furniture without help
- Drink from a cup without a lid and may spill sometimes
- Respond to simple “what” and “where” questions
- Copy you doing chores such as sweeping
- Repeat words you say

## 21–24 Months

- Point to pictures or objects you name
- Run
- Play alone for brief periods of time
- Point to two body parts when asked
- Kick a large ball
- Eat with a spoon

## 24–30 Months

- Use and understand at least 50 words
- Play next to other children and sometimes play with them
- Turn pages in a book one at a time
- Take off loose clothing
- Follow two-step directions like “Put your diaper in the trash and get your shoes.”
- Jump with both feet off the ground
- Use two or three words together, like “More cookie” or “Doggie run”

## 30–36 Months

- Join other children in play
- Use at least 200 words
- Avoid touching hot objects when warned
- Use a fork
- Talk well enough for others to understand most of the time
- Put on loose clothing by themselves
- Imitate you drawing a circle

## Developmental Red Flags

### Baby

- Cannot bend their arms or legs
- Feel limp or floppy when you lift them
- Do not react to sounds
- Only use one side of their body
- Do not smile, move, or look at you when you talk or play with them
- Do not want to be held

### Toddler

- Have tantrums that last 20 minutes or longer
- Do not look at you when you call their name
- Frequently hurt or bite other people
- Flap hands, rock, or sway over and over
- Do not use gestures, like pointing or waving
- Walk on tiptoes most of the time

### Any Age

- Fuss or cry a lot, even when not tired or hungry
- Do not notice other people
- Have trouble falling asleep or staying asleep
- Lose any skills they once had, such as walking, talking, or looking at you
- Consistently become upset with changes in routine