



## Developmental Milestones



### EVALUATIONS AND THERAPEUTIC SERVICES FOR CHILDREN WITH DEVELOPMENTAL DELAYS

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The Early Intervention Program is a public program funded by NYS, Nassau & Suffolk counties, & the NYC Dept of Mental Health, & is for children under 3 years of age who have or are suspected of having a developmental delay and/or disability. Eligibility for the EIP can be determined only by State approved evaluators under contract with the municipality. If a child is found eligible for the EIP, all services are identified in collaboration with the family & must be authorized by the municipality, who will arrange for service providers to deliver services. All services under the EIP are provided at no out-of-pocket cost to families, but health insurance may be accessed, without affecting your family's benefits. For services provided in community settings that require a fee, the parent is responsible for paying those costs. To access EI services, contact the Nassau County Dept. of Health at 516-227-8661 or the Suffolk County Dept. of Health at 631-853-3100. To access EI services within New York City, contact the NYC Help Line at 311. MKSA LLC is an approved provider of Early Intervention services under contract with Nassau county, Suffolk county & NYC. The CPSE program is funded & regulated by the NYS Education Department, county and your local school district for children 3-5. Services are provided at no direct cost to families for children who meet eligibility guidelines.

## Is Your Child on Track? Typical Developmental Milestones

### Birth to 3 Months

- Looks at human faces or black and white patterns
- Tracks a slowly moving object 8-12" away
- Cries, but is comforted when picked up and held
- Hands are fists/slightly open
- Moves arms and legs smoothly
- Lifts head for few minutes

### 4 to 6 Months

- Smiles a lot; can laugh; coos when caregiver speaks
- Babbles with pleasure
- Rolls over, scoots, and stands with support
- Sits up with support
- Puts everything in mouth; uses tongue to reject food

### 7 to 12 Months

- Waves "bye-bye"; says "mama" and "dada"
- Understands his name and commonly-used words
- Pulls up to standing position
- Points to request something
- Finds hidden objects
- Responds to name

### 12-18 Months

- Stacks two blocks
- Says 5-20 words
- Walks forwards/backwards, & down stairs with help
- Extends toy to show others
- Eats finger foods

### 19 Months to 2 Years

- Has 20-50 words; begins to imitate 2-word sentence
- Dances, jumps, runs & kicks
- Points and names objects in a book
- Builds tower of 6-7 cubes
- Shows interest in children

### 2 to 3 Years Old

- Says between 50-200 words; understands between 500-900 words
- Kicks large ball; jumps in place; rides tricycle
- Removes shoes, socks, and pants; unzips zipper
- Uses 2-3 word sentences
- Knows difference between boys and girls
- Loves picture books
- Engages in pretend play
- Feeds himself with spoon
- Is shy around strangers

### 3 to 4 Years Old

- Eats on his own
- Stacks 9-10 blocks
- Understands between 800-1500 words
- Follows directions
- Becomes more social; makes friends easily
- May show more fears
- Balances on one foot for few seconds
- Starts asking "why"

### 4-5 Years Old

- Brushes own teeth
- Rides bicycle with training wheels
- Can lace shoes
- Holds crayon with thumb and finger
- Knows full name and age
- Wants to be independent
- Is toilet trained & washes hands without help
- Has vocabulary of about 2,000 words; produces 4-6 word sentences
- Catches ball with hands
- Counts to 10
- Will work alone on preferred task for 20 minutes
- Writes 1 through 5

*All children develop at different and individual rates. However, if you feel your child is not doing what others the same age are doing, call MKSA and our professionals will be happy to speak with you regarding your concerns.*