

IS YOUR CHILD ON TRACK?

Children perform different actions as they learn and grow that help us determine the course of their development! Your child's development is crucial from birth to age three!

Use the information below to pinpoint your child's development, and remember MECA Therapies offers free screenings to track your child's development:

1 - 3 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- React to sudden movements or noises.
- Follow moving objects with their eyes.
- Begin smiling when you play with them.
- Grasp small objects placed in my hand.

3 - 6 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Lift their head and chest when on their tummy.
- Roll over.
- Reach and hold objects.
- Recognize familiar objects and people.
- Laugh or chuckle.

6 - 9 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Sit by himself/herself when placed in a sitting position.
- Feed himself/herself a cracker.
- Make sounds such as "bab," "gugu," or "didi."
- Use crying to show different needs (hunger, anger).
- Recognize strangers from family.

9 - 12 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Pull himself/herself to a sitting and/or standing position.
- Crawl.
- Understand simple words ("mommy," or "bye-bye"), and know their own name.
- Pay attention to simple commands, such as "Give it to me."

12 - 15 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Walk by himself/herself (by holding onto furniture or not).
- Feed himself/herself using utensils.
- Say two or more words besides "mama" and "dada."
- Understand more of what is being said to them.
- Play by himself/herself (but they also like to play with others).

15 - 18 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Walk by himself/herself; they can often walk upstairs with help.
- Point to simple pictures such as dog, baby, and car.
- Imitate simple actions and words.
- Ask for help when needed.

18 - 24 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Walk well, begin running, and climb stairs.
- Combine two or more words ("Play ball" or "Me want cookie").
- Say "No" to bedtime, certain foods, and simple requests.
- Start enjoying moving to music.

24 - 30 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Jump, run, kick a ball, walk up and down stairs.
- Help with dressing and undressing himself/herself.
- Feed himself/herself well with a spoon.
- Play with other children, usually for short periods of time.

30 - 36 MONTHS



YOUR CHILD SHOULD BE ABLE TO:

- Put their shoes on (no lacing).
- Brush their teeth with some help.
- Say their first and last names.
- Know the difference between "big" or "little," and "boy" or "girl."
- Share, tell stories, and play pretend with other children.