

HANDOUT: DEVELOPMENTAL MILESTONES UP TO 2 YEARS

[MODULE 4: Feeding Difficulties in Infants with Disabilities]

	2 months	4 months	6 months	9 months	12 months	18 months	2 years
							
Social & Emotional	• Starts to smile • Attempts to look at parents	• Smiles spontaneously • Tries copying movements and facial expressions	• Is often happy • Starts to differentiate familiar faces and strangers • Enjoys playing	• Has fear of strangers • Reaches for favorite toys	• Cries when parents leave • Is shy around strangers • Helps with dressing	• Shows affection to familiar people • Points to show interest • Has some tantrums	• Copies adults and other children • Is more independent
Language	• Alerts and turns to sounds • Makes cooing noises	• Cries different for hunger, pain, or tired • Babbles and copies sounds	• Responds to name • Makes sounds to show emotions	• Points with fingers • Understands "no" • Copies movements and sounds	• Says basic words like "mama" • Babbling sounds like speech • Responds to simple requests • Tries to repeat words	• Shakes head "no" • Says several single words • Points to what he wants	• Says short sentences • Knows some body parts • Recognizes familiar people • Follows simple instructions

Brain Development	• Starts to track with eyes • Gets fussy if bored • Pays attention to faces	• Is responsive to affection • Tracks moving objects • Reaches for toys with one hand	• Is curious, looks at and tries to grab objects • Passes objects from one hand to the other • Brings hands to mouth	• Looks for things you hide • Tracks objects as they fall • Puts objects in mouth • Picks up small objects with thumb and index finger	• Copies movements • Uses objects correctly • Follows simple directions • Puts objects in/out of containers	• Recognizes everyday objects • Pretends to feed favorite toys • Points to body parts • Follows one-step commands	• Sorts shapes and colors • Completes sentences in familiar stories • Follows two-step instructions
Movement & Physical	• Has smoother arm and leg movements • Pushes up while on belly and holds head up	• Brings hands to mouth • Holds head up without support • Rolls onto back • Pushes down on legs when feet on firm surface • Shakes a toy	• Sits with minimal support • Rolls in both directions • Pushes down on legs when feet on firm surface	• Gets into sitting • Sits without support • Pulls up to stand • Starts to crawl	• Takes few steps without support • Pulls up to stand • Walks while holding onto furniture	• Can walk alone • Can help undress • May start walking up stairs • Pulls toys while walking	• Can run, kick a ball and throw a ball over head • Climbs up and down without help
Feeding & Nutrition	• All nutrition needs met by breastmilk. • Easily sucks and swallows to feed. • Tongue moves back and forward	• Begins to signal hunger by putting hands near mouth	• Shows interest in food • Opens mouth when fed • Moves food from front to back of mouth • Easily eats smooth pureed foods	• Easily eats thicker, mashed foods • Stays full for longer periods • Reacts strongly to new smells and tastes	• Eats a variety of foods • Easily eats soft & bite-size textures • Learns to eat on own • Chews food • Learns to use an open cup	• Eats regular foods, except very difficult to chew foods • Can hold and drink from a cup	• Chews with full jaw movements • Eats regular foods and mixed textures • Uses utensils with some spills

Child Development Milestone chart compiled and adapted based on UNICEF's Developmental Milestone resources:

Child development. UNICEF Parenting. (n.d.). Retrieved December 1, 2022, from: <https://www.unicef.org/parenting/child-development>

Images accessed from Save the Children's CHW MAMI Screening Tool and the USAID Advancing Nutrition-UNICEF IYCF Digital Image Bank: iycf.advancingnutrition.org