

Family Training

(Milestones According to the Hawaii Early Learning Profile)

	3-6 months	6-9 months	9-12 months	12-15 months
Cognitive	<ul style="list-style-type: none"> ○ Plays with rattle ○ Turns eyes and head to sound of hidden voice ○ Plays with own hands and feet ○ Finds partially hidden object ○ Continues familiar activity by initiating movement ○ Looks at distinct objects 	<ul style="list-style-type: none"> ○ Plays with paper ○ Works for out of reach object ○ Shows interest in sounds of object ○ Plays peek-a-boo ○ Pays 2-3 min with a single toy 	<ul style="list-style-type: none"> ○ Slides toy on surface ○ Turns heads and shoulders to find hidden sound ○ Overcomes obstacles to obtain object ○ Looks at pictures when named ○ Throws/drops objects ○ Reacts to “no” ○ Takes ring stack apart, stacks in any order ○ Places cylinders in matching hole in container 	<ul style="list-style-type: none"> ○ Finds toys hidden under a cover ○ Enjoys looking at pictures in books ○ Nests 2-3 cups ○ Pulls string to obtain toy ○ Makes detours to retrieve objects ○ Pats picture
Expressive Language	<ul style="list-style-type: none"> ○ Squeals ○ Babbles consonant chains “babababa” ○ Reacts to music by cooing 	<ul style="list-style-type: none"> ○ Says “dada” or “mama” specifically ○ Babble to people ○ Looks and vocalizes to own name ○ Shouts for attention 	<ul style="list-style-type: none"> ○ Babbles with inflection ○ Single constant such as “ba” ○ Shows understanding by gestures (Want up? Peek-a-boo) 	<ul style="list-style-type: none"> ○ Uses conversational inflections when jabbering ○ Imitates words inexactly ○ Uses 2 words meaningfully besides ma-ma and da-da ○ Follows simple directions ○ Identifies body part, clothing item or toy on request ○ Says “no” ○ Vocalizes or gestures spontaneously to indicate needs ○ Greets with verbal cues
Gross Motor	<ul style="list-style-type: none"> ○ Hold chest up when on belly, weight on forearms ○ Rolls stomach to back 	<ul style="list-style-type: none"> ○ Sits independently ○ Bears almost all weight on legs ○ Lifts head when lying on back 	<ul style="list-style-type: none"> ○ Crawls ○ Makes stepping movements when held ○ Goes from sitting to prone 	<ul style="list-style-type: none"> ○ Walks by himself ○ Creeps upstairs ○ Throws ball ○ Kneels

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	<ul style="list-style-type: none"> ○ Holds head steady in supported sitting mouth ○ Sits with slight support ○ Bears some weight on legs ○ Bears weight on hands while on belly 	<ul style="list-style-type: none"> ○ Holds weight on one hand when on belly ○ Goes to sitting independently ○ Crawls backwards, then forwards 	<ul style="list-style-type: none"> ○ Pulls to stand ○ Pivots in sitting, twist to pick objects ○ Walks holding onto furniture ○ Walks with one hand held 	<ul style="list-style-type: none"> ○ Climbs on furniture
Fine Motor	<ul style="list-style-type: none"> ○ Grasps toy actively ○ Clasps hands in midline ○ Keeps hands open most of the time ○ Reaches for object with both hands 	<ul style="list-style-type: none"> ○ Transfers object from one hand to the other ○ Bangs object on table ○ Manipulates toy actively with wrist movements ○ Grasps block ○ Rakes tiny object 	<ul style="list-style-type: none"> ○ Removes peg from pegboard ○ Grasps small object with index finger and thumb ○ Bangs 2 cubes held in hands ○ Takes object voluntarily ○ Extend wrist ○ Pokes with index finger ○ Releases object voluntarily ○ Puts object in container ○ Places one block on top of one another ○ Transfers toy from one hand to another 	<ul style="list-style-type: none"> ○ Turns pages of cardboard book ○ Scribbles spontaneously ○ Puts 3 or more objects into a container ○ Builds tower using 2 cubes ○ Point with index finger ○ Inverts small container to obtain object
Social Emotional	<ul style="list-style-type: none"> ○ Demands social attention ○ Enjoys social play 	<ul style="list-style-type: none"> ○ Smiles at mirror image ○ Separation anxiety ○ Repeats enjoyable activities (“row, row...,” “peek-a-boo”) 	<ul style="list-style-type: none"> ○ Extends toy to show others, not to release ○ Explores environment ○ Simple imitative play (shake rattle, ring bell, squeeze toy) 	<ul style="list-style-type: none"> ○ Gives toy to adult ○ Initiates ball play or game ○ Leaves contact with familiar person repeatedly ○ Distractible
Self-help	<ul style="list-style-type: none"> ○ Recognizes bottle visually ○ Uses tongue to move food in ○ Places both hands on bottle ○ Mouths and gums solid food 	<ul style="list-style-type: none"> ○ Holds own bottle ○ Bites food voluntarily ○ Feeds self cracker 	<ul style="list-style-type: none"> ○ Drinks from cup with help ○ Chews food ○ Finger feeds self ○ Cooperates with dressing by extending arm or leg 	<ul style="list-style-type: none"> ○ Feeds self with spoon (many spills) ○ Drinks from cup (many spills) ○ Chews well

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	15-18 months	18 months – 2 year	2-2 ½ year	2 ½ - 3 year
Cognitive	<ul style="list-style-type: none"> ○ Turns pages 2 or 3 a time ○ Identifies self in the mirror ○ Identifies one body part ○ Recognizes and points to 4 animal pictures ○ Understands most noun objects ○ Activates mechanical toy ○ Finds toys when hidden under multiple covers 	<ul style="list-style-type: none"> ○ Solves simple problems using tools (pull string, wagon, blow bubbles, stool) ○ Activates mechanical toys ○ Explores cabinets and drawers ○ Matches sounds to animals ○ Assembles 4 nesting blocks ○ Identifies 3 body parts ○ Remembers where objects belong ○ Turns pages one at a time ○ Plays with water and sand ○ Points to distant objects outdoor 	<ul style="list-style-type: none"> ○ demonstrates use of objects (comb, telephone, broom) ○ Enjoys tactile books ○ Finds detail in a favorite book ○ Engages in simple make-believe activities (dress-up, dolls, pots and pans, hats) ○ Knows more body parts ○ Follows 2-part direction 	<ul style="list-style-type: none"> ○ Knows own gender and gender of others ○ Identifies objects with their use ○ Sorts shapes ○ Completes 3-4 piece puzzle ○ Stacks rings in correct order ○ Plays house ○ Begins to sort colors ○ Names action when looking at picture book
Expressive Language	<ul style="list-style-type: none"> ○ Uses voice in conjunction with pointing or gesturing ○ Uses 10-15 words spontaneously ○ Jabbers tunefully at play ○ Names one object on request 	<ul style="list-style-type: none"> ○ Echoes words ○ Uses intelligible words about 65% of the time ○ Attempts 2-4 word phrases ○ Attempts to sing songs 	<ul style="list-style-type: none"> ○ Uses 3-word sentences ○ Sings phrases of songs ○ 50 or more words ○ Imitates spontaneously 	<ul style="list-style-type: none"> ○ Talks to self ○ Vocalizes for all needs ○ Gives full name on request ○ Recites a few nursery rhymes ○ Vocabulary of 200 words or more ○ Relates experiences using short sentences

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				<ul style="list-style-type: none"> ○ Asks questions beginning with what, where, when ○ Intelligible 80% of the time
Gross Motor	<ul style="list-style-type: none"> ○ Runs ○ Bends over and looks through legs ○ Demonstrates balance reactions ○ Walks into large ball with trying to kick it ○ Pulls toy behind while walking ○ Walks holding large toy ○ Stoops to pick up toy ○ Propels ride-on toy 	<ul style="list-style-type: none"> ○ Squats in play ○ Jumps in place with both feet ○ Goes up and down slide ○ Catches large ball ○ Runs fairly well 	<ul style="list-style-type: none"> ○ Walks alone upstairs ○ Walks downstairs holding rail, both feet on step ○ Jumps on trampoline ○ Rides tricycle ○ Imitates spontaneously 	<ul style="list-style-type: none"> ○ Walks up and down stairs alternating feet ○ Uses pedals on a tricycle ○ Climbs jungle gyms and ladders ○ Catches 8" ball
Fine Motor	<ul style="list-style-type: none"> ○ Uses both hands in midline ○ Builds 3 block tower ○ Imitates vertical stroke 	<ul style="list-style-type: none"> ○ Builds tower with 4-6 blocks ○ Imitates vertical, horizontal and circular strokes ○ Strings one-inch beads ○ Holds crayon with thumb and fingers ○ Snips with scissors 	<ul style="list-style-type: none"> ○ Builds 8 cube tower ○ Copies a circle ○ Holds pencil with thumb and fingertips 	<ul style="list-style-type: none"> ○ Copies a circle ○ Builds tower of 9 blocks ○ Holds pencil in tripod grasp ○ Pours well glass to glass
Social Emotional	<ul style="list-style-type: none"> ○ Tantrums ○ Likes routines ○ Enjoys imitating adult behavior (chores, brushing teeth) ○ Plays apart from parents for 5 minutes 	<ul style="list-style-type: none"> ○ Enjoys rough-housing ○ Easily frustrated ○ Show wide range of emotion: fear sympathy, affection 	<ul style="list-style-type: none"> ○ Shyness with strangers ○ Says "no," but submits anyway ○ Tends to be physically aggressive 	<ul style="list-style-type: none"> ○ Separates easily from mother to familiar surroundings ○ Begins to obey and respect simple rules, resists change or help, plays with others

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	<ul style="list-style-type: none"> ○ Varies play with one toy 			
Self-help	<ul style="list-style-type: none"> ○ Removes socks ○ Dons and doffs hat ○ Drinks from cup without assistance ○ Eats with spoon independently 	<ul style="list-style-type: none"> ○ Gives empty dish to adult ○ Removes shoes ○ Plays with food ○ Washes/dries hands with help ○ Opens door with knob 	<ul style="list-style-type: none"> ○ Helps with simple tasks (put things away, wipe table, throw small items in trash) ○ Uses spoon well, pulls pants up and down with assistance, brushes teeth with assistance, undresses with assistance, washes hands 	<ul style="list-style-type: none"> ○ Wipes nose with assistance ○ Knows proper place for own things ○ Undresses and dresses self with assistance ○ Insists on doing things independently ○ Washes and dries hands ○ Uses fork