



Your Child's Growth, Step by Step: Milestone Tracking with

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Your child at 15 months

Milestones are important! How your child plays, learns, speaks, behaves, and moves provides key insights into their development. Review the milestones your child has achieved by 15 months. Be sure to bring this information to every well-child visit and discuss your child's progress with their doctor, along with what to expect next.

Social/Emotional Milestones

- Copy other children while playing and exchange toys
- Starts showing objects they like
- Claps hands when excited
- Hugs a stuffed doll or favorite toy
- Shows affection by hugging, cuddling, or giving you kisses

Language/Communication Milestones

- Attempts to say one or two words beyond "mama" or "dada," like "ba" for ball or "da" for dog
- Looks at familiar objects when you name them
- Follows directions that combine both gestures and words, such as handing you a toy when you extend your hand and say, "Give me the toy."
- Points to request something or ask for help

What to Share with Your Doctor

- ★ Is there anything about the baby that concerns you?
- ★ Is that healthcare needs that your baby have or he/she born prematurely?
- ★ Is there anything that you and your baby do together?
- ★ Does your baby stop doing anything that he/she used to do?
- ★ What are your baby's favorite things to do?

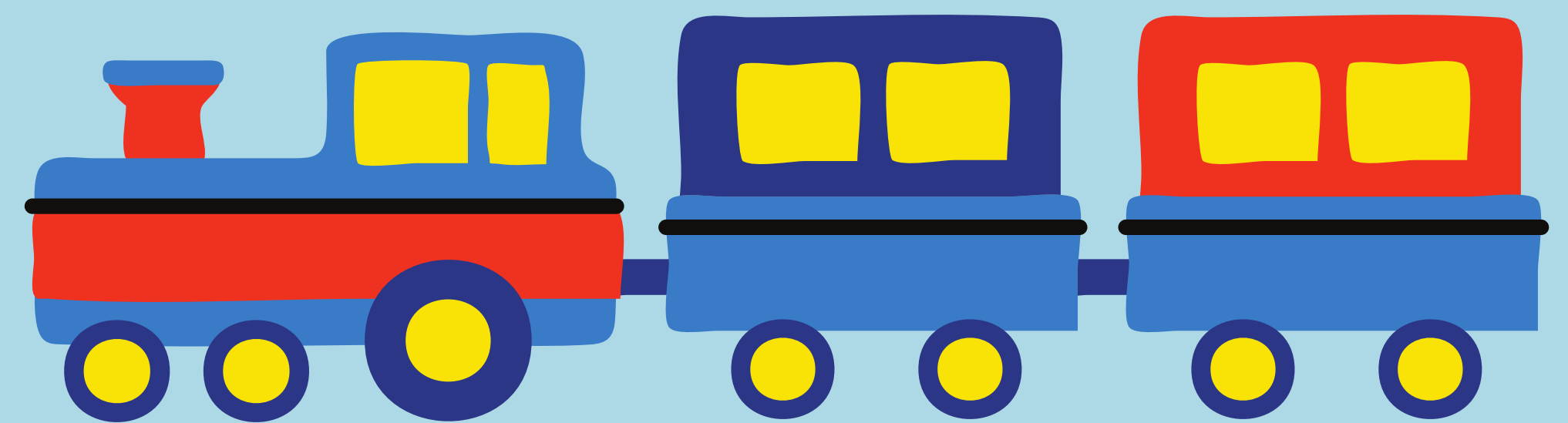
Cognitive Milestones

(Learning, thinking, problem-solving)

- Attempts to use items correctly, such as a phone, cup, or book
- Stacks at least two small objects, like blocks

Movement/Physical Development Milestones

- Takes a few steps independently
- Uses fingers to feed herself small portions of food



You know your baby the most. Don't wait if you have any concerns about their development. If your baby isn't meeting certain milestones, has lost previously acquired skills, or if you have other concerns, take action early. Talk with your baby's doctor about developmental screenings.



Support your Baby's Learning & Development

As your baby's first teacher, you play a key role in their learning and brain development. Here are some simple, safe activities you can try. If you have any questions or need more ideas, be sure to talk to your baby's doctor or teachers.

- ✔ Support your child's speech development. Early words may be incomplete, so repeat and expand on what they say. If they say "ba" for ball, respond with, "Yes, that's a ball."
- ✔ When your child points to objects, name them and pause briefly to see if they respond with any sounds before handing it to them. If they do, acknowledge it and repeat the name, saying, "Yes! Cup."
- ✔ Involve your child in daily activities. Let them fetch their shoes for going outside, pack snacks for the park, or put socks in the laundry basket.
- ✔ Establish consistent routines for sleeping and feeding. Create a calming bedtime ritual by putting on pajamas, brushing teeth, and reading one or two books. Children aged 1 to 2 need 11 to 14 hours of sleep per day, including naps, so having a set schedule helps.
- ✔ Sing songs with accompanying gestures, such as "Wheels on the Bus," and encourage your child to mimic the actions.
- ✔ Introduce your child to various objects, like a hat. Ask, "What do you do with a hat? You put it on your head." Demonstrate by putting it on your head, then give it to them to see if they imitate you. Do this with other items, like a book or cup.
- ✔ Express what you think your child is feeling, using words, facial expressions, and tone. For example, say, "You seem frustrated because we can't go outside, but hitting isn't okay. Let's find an indoor game to play instead."
- ✔ Anticipate tantrums, which are normal at this age, especially when your child is tired or hungry. Tantrums should decrease in duration and frequency as they grow older. You can try distraction, but it's also fine to allow them to have their tantrum and give them space to calm down.
- ✔ Teach your child desirable behaviors. Demonstrate the appropriate actions and offer positive reinforcement, such as hugs or praise. For example, if they pull a pet's tail, guide them to pet gently and hug them when they do.
- ✔ Limit screen time (TV, tablets, phones, etc.) to video calls with family. Screen time is not recommended for children under 2 years old, as they learn best through interaction, play, and conversation.
- ✔ Encourage block play. Stack the blocks and let your child knock them down for fun.
- ✔ Allow your child to drink from an uncovered cup and practice using a spoon for eating. It may get messy, but it's a fun learning experience!

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) and do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

