

DEVELOPMENTAL MILESTONES

1-2 YEARS OLD (18-24 MONTHS)

LANGUAGE

- Points to objects and actions in pictures and in real life when they are named
- Understands basic concepts such as size, location, and number
- Follows two-step directions like "Get the spoon and put it on the table"
- Responds to yes/no and simple *wh*- questions (*who*, *what*, *where*)
- Uses possessives, like "Daddy's sock"
- Uses and understands at least 50 different words for food, toys, animals, and body parts
- Uses words like "I," "me," "mine," and "you"
- Uses words to ask for help
- Begins to use two or more words together like "More water" or "Go outside"



SPEECH

- Correctly produces early sounds like /m/, /b/, and /d/
- Speech may not always be clear (Example: "du" for "shoe" or "dah" for "dog") but typically is understood by parents or close family members



SOCIAL-EMOTIONAL

- Notices when others are hurt or upset (Example: pausing or looking sad when someone is crying)
- Looks at caregiver's face to see how to react in a new situation
- Repeats actions that made someone laugh
- Engages in parallel play
- Imitates adult behaviors in play
- Exhibits verbal turn-taking
- Engages in simple pretend play, such as talking on a telephone
- Talks to self during play

Note: these milestones are meant to be a helpful resource to provide you with a general sense of how most children develop. However, they do not always account for individual differences such as neurodivergence and culture. These lists should be used to identify areas in which a child needs support to navigate their environment with ease and functionality, and not as absolute goalposts.

FEEDING/EATING

- Gives up the bottle
- Scoops food with a spoon and brings to mouth with spillage
- Swallows with lip closure
- Self-feeds frequently
- Chews a broad range of food
- Chews on both sides of the mouth
- Has precise up/down tongue movement
- Drinks from a straw without help and without spillage



Milestone information is from ASHA.org (2024), CDC.gov (2024), Crowe, K., & McLeod, S. (2020), and LinguiSystems Guide to Communication Milestones (2012th ed.) - curated by Happy Little Speech.