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## **Play and Cognitive Milestones**

### **0-12 Months**

#### **0-6 Months**

##### **Play**

- Shows interest in the position, movement, shape, and form of toys
- Repeats sound or action when imitated by adult
- Performs simple action with a toy (e.g., shake, bang, throw)
- Eyes follow up, down, left and right
- Enjoys splashing in the bathtub
- Explores objects with hands and by putting in mouth
- Enjoys social play (e.g., laughs when tickled)

##### **Cognitive**

- Attends to ongoing sounds or activity
- Orients to people and objects
- Begins to establish basic routines
- Fixates on object
- Reaches to obtain desired object
- Resists removal of object when held
- Uses variety of behaviors to engage others
- Looks after dropped objects
- Adjusts behavior to visual, positional or auditory cues (e.g., becomes alert when hearing footsteps)
- Recognizes familiar people

#### **6-12 Months**

##### **Play**

- Imitates familiar actions
- Imitates facial expressions
- Performs several actions with an object (e.g., mouths, shakes and bangs)
- Coordinates actions with people and objects
- Explores characteristics of objects encountered
- Plays peek-a-boo
- Explores environment
- Adjusts hand when reaching for object
- Enjoys dropping-and-throwing games
- Begins to combine objects in relational play (e.g., objects in a container)

##### **Cognitive**

- Retrieves dropped objects
- Notices changes in predictable/familiar patterns
- Retrieves by using adult's hand
- Uses behavior to have an interesting event repeated
- Attends to consequences of actions
- Shows interest in how things work (e.g., looks for bell or clapper)
- Finds object after watching it disappear
- Takes lid off box to retrieve an object
- Waits for next step in familiar routine
- Abandon's goal when distracted

#### **Red Flags**

- Fixating on objects or object parts
- Difficulty finding an object after seeing it hidden
- Does not explore objects with eyes, hands and mouth

*\*\*If your child does not meet most of these milestones by 12 months, consider scheduling a developmental therapy evaluation.*