# Changes to CDC Milestone Checklists for the 2022 edition of Blue Book

Please find listed below the changes to the CDC Learn the Signs. Act early milestone checklists. The table lists:

* Milestones **deleted** from the 2017 checklists under the green headings
* Milestones **added** to the 2022 revision of the checklists under the blue headings

There are additional milestones listed at each health check within the Blue Book that remain unchanged. These are not included in the table of changes.

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| --- | --- | --- | --- | --- |
| **Age** | **Social/Emotional Milestones** | **Language/Communication Milestones** | **Cognitive Milestones****(learning, thinking, problem-solving)** | **Movement/Physical Development Milestones** |
| **2017 edition**  |
| **2 months** *Deleted items* | * begins to smile at people
* can briefly calm self (may bring hands to mouth and suck on hand) tries to look at parent.
 | * coos, makes gurgling sounds
* turns head towards sounds.
 | * pays attention to faces
* begins to follow things with eyes and recognise people at a distance
* begins to act bored (cries, fussy) if activity doesn’t change.
 | * can hold head up and begins to push up when lying on tummy
* makes smoother movements with arms and legs.
 |
| **2022 edition**  |
| **2 months***New items added* | * Calms down when spoken to or picked up
* Looks at your face
* Seems happy to see you when you walk up to them
* Smiles when you talk to or smile at them
 | * Makes sounds other than crying
* Reacts to loud sounds
 | * Watches you as you move
* Looks at a toy for several seconds
 | * Holds head up when on tummy
* Moves both arms and both legs
* Opens hands briefly
 |
| **2017 edition** |
| **6 months***Deleted items* | * knows familiar faces and begins to know if someone is a stranger
* likes to play with others, especially parents
* responds to other people’s emotions and often seems happy
* likes to look at self in a mirror.
 | * responds to sounds by making sounds
* strings vowels together when babbling (“ah”, “eh”, “oh”) and likes
* taking turns with parent while making sounds
* responds to own name
* makes sounds to show joy and displeasure
* begins to say consonant sounds (jabbering with “m”, “b”).
 | * looks around at things nearby
* brings things to mouth
* shows curiosity about things and tries to get things that are
* out of reach
* begins to pass things from one hand to the other.
 | * rolls over in both directions (front to back, back to front)
* begins to sit without support
* when standing, supports weight on legs and might bounce
* rocks back and forth, sometimes crawling backward before
* moving forward.
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| **2022 edition**  |
| **6 months***New items added* | * Knows familiar people
* Likes to look at themself in a mirror
* Laughs
 | * Takes turns making sounds with you
* Blows “raspberries” (sticks tongue out and blows)
* Makes squealing noises
 | * Puts things in their mouth to explore them
* Reaches to grab a toy they want
* Closes lips to show they don’t want more food
 | * Rolls from tummy to back
* Pushes up with straight arms when on tummy
* Leans on hands to support themself when sitting
 |
| **2017 edition**  |
| **12 months***Deleted items* | * is shy or nervous with strangers
* cries when mum or dad leaves
* has favourite things and people
* shows fear in some situations
* hands you a book when he or she wants to hear a story
* repeats sounds or actions to get attention
* puts out arm or leg to help with dressing
* plays games such as “peek-a-boo” and “pat-a-cake”.
 | * responds to simple spoken requests
* uses simple gestures, like shaking head “no” or waving “bye-bye”
* makes sounds with changes in tone (sounds like speech)
* says “mama” and “dada” and exclamations like “uh-oh!”
* tries to say words you say.
 | * explores things in different ways, like shaking, banging, throwing
* finds hidden things easily
* looks at the right picture or thing when it’s named
* copies gestures
* starts to use things correctly. For example, drinks from a cup,
* brushes hair
* bangs two things together
* puts things in a container, takes things out of a container
* lets things go without help
* pokes with index (pointer) finger
* follows simple directions like “pick up the toy”.
 | * gets to a sitting position without help
* pulls up to stand, walks holding on to furniture (“cruising”)
* may take a few steps without holding on
* may stand alone.
 |
| **2022 edition** |
| **12 months***New items added* | * Plays games with you, like pat-a-cake
 | * Waves “bye-bye”
* Calls a parent “muma” or “dada” or another special name
* Understands “no” (pauses briefly or stops when you say it)
 | * Puts something in a container, like a block in a cup
* Looks for things they see you hide, like a toy under a blanket
 | * Pulls up to stand
* Walks, holding on to furniture
* Drinks from a cup without a lid, as you hold it
* Picks things up between thumb and pointer finger, like small bits of food
 |
| **2017 edition**  |
| **18 months** *Deleted items* | * likes to hand things to others as play
* may have temper tantrums
* may be afraid of strangers
* shows affection to familiar people
* plays simple pretend, such as feeding a doll
* may cling to caregivers in new situations
* points to show others something interesting
* explores alone but with parent close by.
 | * says several single words
* says and shakes head “no”
* points to show someone what he/she wants.
 | * knows what ordinary things are for example, telephone,
* brush, spoon
* points to get the attention of others
* shows interest in a doll or stuffed animal by pretending to feed
* points to one body part
* scribbles on his or her own
* can follow one-step verbal commands without any gestures;
* for example, sits when you say “sit down”.
 | * walks alone
* may walk up steps and run
* pulls toys while walking
* can help undress herself/himself
* drinks from a cup
* eats with a spoon.
 |
| **2022 edition**  |
| **18 months***New items added* | * Moves away from you, but looks to make sure you are close by
* Points to show you something interesting
* Puts hands out for you to wash them
* Looks at a few pages in a book with you
* Helps you dress them by pushing arm through sleeve or lifting up foot
 | * Tries to say three or more words besides “muma” or “dada”
* Follows one-step directions without any gestures, like giving you the toy when you say, “Give it to me”
 | * Copies you doing chores, like sweeping with a broom
* Plays with toys in a simple way, like pushing a toy car
 | * Walks without holding on to anyone or anything
* Scribbles
* Drinks from a cup without a lid and may spill sometimes
* Feeds themself with them fingers
* Tries to use a spoon
* Climbs on and off a couch or chair without help
 |
| **2017 edition**  |
| **2 years** *Deleted items* | * copies others, especially adults and older children
* gets excited when with other children
* shows defiant behaviour (doing what he or she has been told not to)
* plays mainly beside other children, but is beginning to include other
* children, such as in chase games.
 | * points to things or pictures when they are named
* knows names of familiar people and body parts
* says sentences with two to four words
* follows simple instructions
* repeats words overheard in conversation
* points to things in a book.
 | * finds things even when hidden under two or three covers
* begins to sort shapes and colours
* completes sentences and rhymes in familiar books
* plays simple make-believe games
* builds towers of four or more blocks
* might use one hand more than the other
* follows two-step instructions such as “Pick up your shoes and put them in the cupboard”
* names items in a picture book such as a cat, bird or dog.
 | * stands on tiptoe
* kicks a ball
* begins to run
* climbs onto and down from furniture without help
* walks up and down stairs holding on
* throws ball overhand
* makes or copies straight lines and circles.
 |
| **2022 edition**  |
| **2 years***New items added* | * Notices when others are hurt or upset, like pausing or looking sad when someone is crying
* Looks at your face to see how to react in a new situation
 | * Points to things in a book when you ask, like “Where is the bear?”
* Says at least two words together, like “More milk.”
* Points to at least two body parts when you ask them to show you
* Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
 | * Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
* Tries to use switches, knobs, or buttons on a toy
* Plays with more than one toy at the same time, like putting toy food on a toy plate
 | * Kicks a ball
* Runs
* Walks (not climbs) up a few stairs with or without help
* Eats with a spoon
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| **3 years***Deleted items* | * copies adults and friends
* shows affection for friends without prompting
* takes turns in games
* shows concern for a crying friend
* understands the idea of “mine” and “his” or “hers”
* shows a wide range of emotions
* separates easily from either parent
* may get upset with major changes in routine
* dresses and undresses self.
 | * follows instructions with two or three steps
* can name most familiar things
* understands words like “in”, “on”, and “under”
* says first name, age, and sex
* names a friend
* says words like “I”, “me”, and “you” and some plurals (cars, dogs, cats)
* talks well enough for strangers to understand most of the time
* carries on a conversation using two to three sentences.
 | * can work toys with buttons, levers and moving parts
* plays make-believe with dolls, animals, and people
* does puzzles with three or four pieces
* understands what “two” means
* copies a circle with pencil or crayon
* turns book pages one at a time
* builds towers of more than six blocks
* screws and unscrews jar lids or turns door handle.
 | * climbs well
* runs easily
* pedals a tricycle (three-wheel bike)
* walks up and down stairs, one foot on each step.
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| **2022 edition**  |
| **3 years***New items added* | * Calms down within 10 minutes after you leave them, like at a childcare drop off
* Notices other children and joins them to play
 | * Talks with you in conversation using at least two back-and-forth exchanges
* Asks “who,” “what,” “where,” or “why” questions, like “Where is mummy/daddy?”
* Says what action is happening in a picture or book when asked, like “running,” “eating,” or “playing”
* Says first name, when asked
* Talks well enough for others to understand, most of the time
 | * Draws a circle when you show them how
* Avoids touching hot objects, like a stove, when you warn them
 | * Strings items together, like large beads or macaroni
* Puts on some clothes by themself, like loose pants or a jacket
* Uses a fork
 |
| **2017 edition**  |
| **4 years** *Deleted items* | * enjoys doing new things
* plays “mum and “dad”
* is more and more creative with make-believe play
* would rather play with other children than by self
* cooperates with other children
* often can’t tell what’s real and what’s make-believe
* talks about what he or she likes and what he or she is interested in.
 | * knows some basic rules of grammar, such as correctly using “he”
* and “she”
* sings a song or says a poem from memory such as the “Itsy Bitsy
* Spider” or the “Wheels on the Bus”
* tells stories
* can say first and last name.
 | * names some colours and some numbers
* understands the idea of counting
* starts to understand time
* remembers parts of a story
* understands the idea of “same” and “different”
* draws a person with two to four body parts
* uses scissors
* starts to copy some capital letters
* plays board or card games
* tells you what he or she thinks is going to happen next in a book.
 | * hops and stands on one foot up to two seconds
* catches a bounced ball most of the time
* pours, cuts with supervision, and mashes own food.
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| **2022 edition**  |
| **4 years***New items added* | * Pretends to be something else during play (teacher, superhero, dog)
* Asks to go play with children if none are around, like “Can I play with Alex?”
* Comfort’s others who are hurt or sad, like hugging a crying friend
* Avoids danger, like not jumping from tall heights at the playground
* Likes to be a “helper”
* Changes behaviour based on where they are (place of worship, library, playground)
 | * Says sentences with four or more words
* Says some words from a song, story, or nursery rhyme
* Talks about at least one thing that happened during their day, like “I played soccer.”
* Answers simple questions like “What is a coat for?” or “What is a crayon for?”
 | * Names a few colours of items
* Tells what comes next in a well-known story
* Draws a person with three or more body parts
 | * Catches a large ball most of the time
* Serves themself food or pours water, with adult supervision
* Unbuttons some buttons
* Holds crayon or pencil between fingers and thumb not a fist
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