

Early Childhood Self Expression Development Milestones

The first six years of a child's life are the most important period of self expression development.

If you notice that these or other milestones are not being achieved please call us so we can help!

0-3 Months

- Is able to be comforted by cuddling or a parent's touch
- Is not upset with everyday sounds
- Is usually happy when not hungry or tired
- Enjoys varied playful movement experiences, e.g. bouncing on knees
- Is able to calm with experiences, such as rocking, touching, and calm sounds

4-6 Months

- Is able to be comforted by cuddling or a parent's touch
- Is not fearful of everyday sounds
- Is generally happy when not hungry or tired
- Enjoys varied playful movement experiences, e.g. bouncing on knees
- Is able to calm with experiences such as rocking, touch, and soothing sounds
- Enjoys playful interactions with

7-9 Months

- Is able to be comforted by cuddling or a parent's touch
- Is generally happy when not hungry or tired
- Is able to calm with experiences, such as rocking, touch, and soothing sounds
- Is not fearful of everyday sounds
- Has an established and reliable sleeping schedule
- Enjoys playing with toys of varied textures

10-12 Months

- Is comforted by cuddling and a parent's touch
- Has grown accustomed to everyday sounds and is usually not startled by them
- Is generally happy when not hungry or tired
- Is able to calm with experiences such as, rocking, touch, and calm sounds
- Is able to enjoy a wide variety of touch, noise, and smells
- Cries and notices when hurt

13-18 Months

- Is generally happy when not hungry or tired
- Is able to calm with experiences such as rocking, touch, and soothing sounds
- Has grown accustomed to everyday sounds and is usually not startled by them
- Has an established and reliable sleeping schedule
- Is able to enjoy a wide variety of touch, noise, and smells
- Cries and notices when hurt

19-24 Months

- Is generally happy when not hungry or tired
- Has grown accustomed to everyday sounds and is usually not startled by them
- Has an established and reliable sleeping schedule
- Does not require an excessive routine to calm
- Is able to enjoy a wide variety of touch, noise, and smells
- Cries and notices when hurt
- Is able to self-soothe when upset
- Is able to transition to new envi-

2-3 Years

- Has an established and reliable sleeping schedule
- Does not require an excessive routine to calm
- Is able to enjoy a wide variety of touch, noise, and smells
- Cries and notices when hurt
- Is able to self-soothe when upset
- Enjoys various textures, such as grass or sand, after multiple exposures
- Is able to transition to new environment or activity
- Is able to be

4-6 Years

- Is generally happy when not hungry or tired
- Has grown accustomed to everyday sounds and is usually not startled by them
- Has an established and reliable sleeping schedule
- Is able to enjoy a wide variety of touch, noises, and smells
- Cries and notices when hurt
- Is able to calm self down after upsetting event
- Is able to transition to new environment or activity
- Is able to pay attention and is not distracted by sounds not noticed



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