skills on the hill pediatric therapy

Red Flags by Age: A Parent's Quick-Check Guide (0-5)

What's typical, and when it's worth a conversation

Every child grows at their own pace - but some signs are worth a closer look. This isn't a diagnosis; it's a starting point for a conversation with your pediatrician or therapist. Trust your gut: no one knows your child better than you.

NOTICE	TRY	BUILD	CONNECT	GROW
By 12 months			Not babbling or using gestures like waving or pointing	
Not sitting up; doesn't respond to their name			No interest in back-and-forth games like peek-a-boo	
By 18 months			No single words yet; not walking	
Doesn't point to show you things they find interesting			Has lost skills they used to have	
By 2 years			Fewer than 50 words, or no two-word phrases	
Not walking steadily; frequent falling			Doesn't imitate or follow simple directions	
By 3 years			Speech is hard for strangers to understand	
No pretend play; little interest in other children			Can't work simple toys (puzzles, shape sorters)	
By 4-5 years			Can't jump, hop, or climb stairs with alternating feet	
Won't draw or scribble; can't follow 2-step directions			Very limited sentences; extreme distress at separation	

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.