

Cognitive Development Skills!

Cognitive skills are commonly referred to as “learning skills”, such as the ability to process information, reason, remember, and relate. Below is a list of cognitive skills that typically developing children will demonstrate over time...

Age	Skill
1 month	Eyes focus on a person when spoken to.
2 months	Begins to follow moving person with eyes. Smiles in response to others.
4 months	Shows interest in bottle, familiar toy, or new surroundings. Recognizes parent.
5 months	Smiles at self in mirror. Searches with eyes for a fallen object.
6 months	Laughs at Peek-a-boo game. Makes a verbal response to image in mirror. Begins to act shy around strangers. Laughs and babbles.
7 months	Responds to own name.
8 months	Reaches for toys out of reach. Responds to “no”.
9 months	Shows excitement and interest in foods or toys that are well-liked. Orients to name.
10 months	Begins to understand some words.
11 months	Repeats performance that is laughed at.
15 months	Asks for objects by pointing. Begins to self-feed.
18 months	May begin to mimic familiar adult activities. Knows some body parts. Obeys 2-3 simple orders. Knows 20-100 words.
2 years	Names a few familiar objects. Participates in parallel play. Knows 200+ words.
3 years	Asks constant questions. Participates in cooperative play. Talks about things that have happened. Gives first and last name. Knows 1000+ words. Toilet training begins.
4 years	Makes up silly words and stories. Pretends to read and write. Uses complete sentences. Cooperative play and imaginary friends.
5 years	Can recognize and reproduce many shapes, letters, and numbers. Begins to understand the difference between real events and make-believe ones. Uses buttons and zippers.
6 years	Knows left and right. Begins to reason and argue. Can count up to 10 objects at one time. Able to sit at a desk and follow teacher instructions.
8 years	Can tell time. Understands money. Can name months and days of week in order.

Disclaimer: Development occurs in ranges. Your child may not be meeting these cognitive milestones exactly, but that is not indicative of cognitive delay. However, if you have concerns, you should contact a Speech Language Pathologist, Occupational Therapist, or Pediatrician.

All information retrieved from:

Miller, B. F., & Keane, C. B. (1992). *Encyclopedia & dictionary of medicine, nursing, & allied health* (5th ed.). Philadelphia: Saunders. & Goldfarb, C., Jones, L., Levy, A., & Tocek, K. (2011). Cognitive development in school-aged children. Retrieved from: <http://www.aboutkidshealth.ca/>.

Created By: Stefanie Younce