

# 1<sup>st</sup> year Development

Month by Month Milestones



# Child Development Timeline Posters

## The First Year of Life

1 month	2 month	3 month	4 month	5 month	6 month	7 month	8 months	9 month	10 month	11 month	12 month
<p>May be able to smile</p> <p>By week 4 your baby will smile at you and make cooing sounds.</p> 	<p>Smiles and coos</p> <p>By week 6 your baby will smile more often and make cooing sounds.</p> 	<p>Can hold up their head</p> <p>By week 12 your baby will hold up their head with support and make cooing sounds.</p> 	<p>May watch you do things</p> <p>By week 16 your baby will watch you do things and make cooing sounds.</p> 	<p>Looks at an object</p> <p>By week 20 your baby will look at an object and make cooing sounds.</p> 	<p>Just my first tooth</p> <p>By week 24 your baby will have their first tooth and make cooing sounds.</p> 	<p>I can hold myself!</p> <p>By week 28 your baby will be able to hold themselves up and make cooing sounds.</p> 	<p>Ready with babbling</p> <p>By week 32 your baby will be able to babble and make cooing sounds.</p> 	<p>First words</p> <p>By week 36 your baby will say their first word and make cooing sounds.</p> 	<p>Can walk with help</p> <p>By week 40 your baby will be able to walk with help and make cooing sounds.</p> 	<p>Can walk on their own</p> <p>By week 44 your baby will be able to walk on their own and make cooing sounds.</p> 	<p>Can walk up stairs</p> <p>By week 48 your baby will be able to walk up stairs and make cooing sounds.</p> 
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# MONTH 1

the 1st month



As Your

**Intellectual**



**Social**



**Physical**



**Sensorimotor**



**Getting to Know**  
baby's lack of a sched  
Fortunately,

## COGNITIVE

- Is alert about one of every ten hours.
- Has vague, indirect, and impassive regard and expression during most waking time.
- Remembers objects that reappears within 2 ½ seconds.
- Cries for assistance.
- Quiets at being held or seeing faces.

## SOCIAL

- Eyes fix on mother's face in response to her smile if she's not too far away.
- Makes eye-to-eye contact.
- Stares at faces and responds by quieting.
- Adjusts posture to body of person holding him.
- Indicates response to human voice.

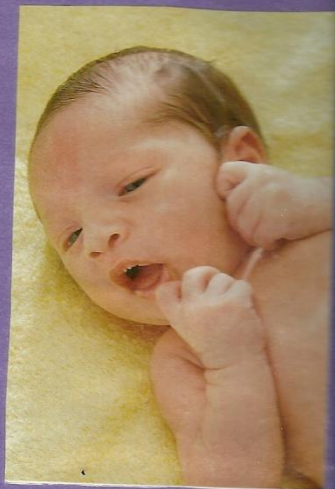
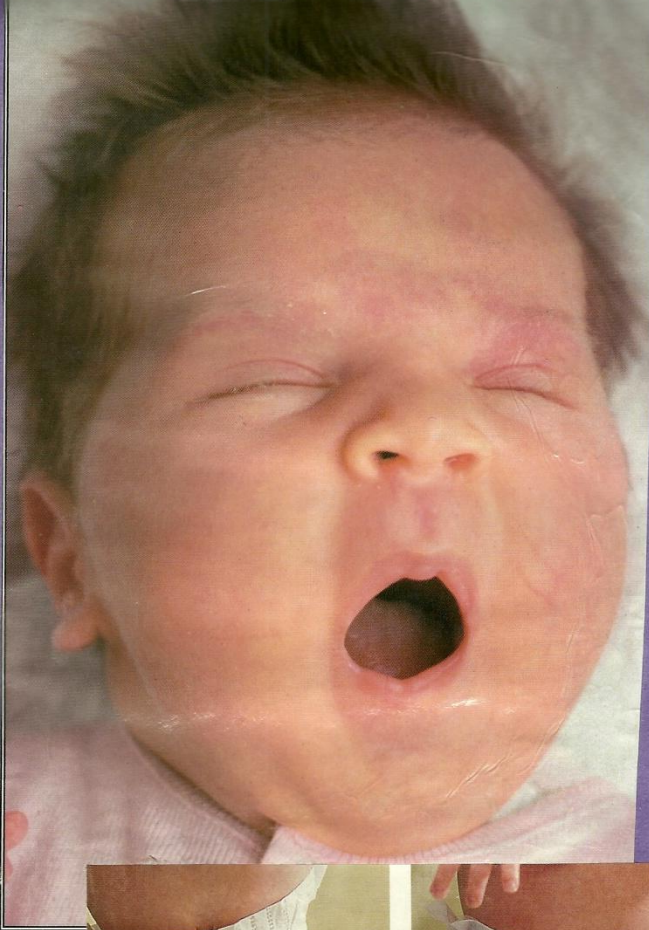
## PHYSICAL

- Arm, leg, and hand movements are still primarily reflexive.
- Thrusts out arms and legs in play.
- Startles spontaneously (Moro Reflex)
- Usually keeps hands fisted or slightly open.
- Bowel Movements 3-4 times a day.
- Rolls partway to side from back.
- May hold head in line with back when pulled to sit.

## Sensorimotor

- Stares at object; doesn't reach for it.
- Coordinates eyes sideways when regarding light or object.
- When fingers are pried open, grasps rattle or other object, but drops it quickly.
- Roots at breast (even if not breastfeeding).

# MONTH 1





the  
**2nd**  
month

As Your Baby Grows

**Intellectual**



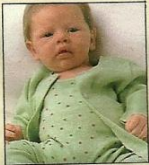
- Becomes excited in anticipation of objects.
- Clearly discriminates among voices, people, tastes, proximity, and object sizes.
- Studies own hand movements.
- Coordinates senses: looks for sound; sucks at sight of breast.

**Social**



- Can quiet self with sucking.
- Responds to person's presence with excitement.
- Quiets in response to holding or to person's voice or face.
- Stays awake longer if people interact with him.
- Watches person alertly and directly.
- Enjoys bath.
- Visually prefers person to object.

**Physical**

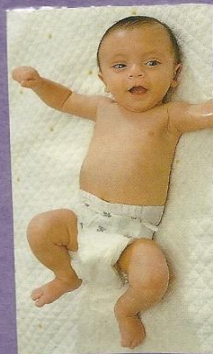


- Reflex control disappearing as actions become more voluntary.
- Can hold head up at 45-degree angle for a few seconds.
- When sitting, head remains fairly erect but is still wobbly.
- Holds object for a few moments or longer.
- Body tone improves.

**Sensorimotor**



- Stares vaguely at surroundings.
- Coordinates eye movement in a circle when watching a light or object. Visually tracks from outer corner of eye past midline of body.
- Vocalizes probably in response to inner stimuli.
- Cycles arms and legs smoothly.
- May bat at objects.



# MONTH 2

**COGNITIVE**

- Becomes excited in anticipation of objects.
- Clearly discriminates among voices, people, tastes, proximity, and object sizes.
- Studies own hand movements.
- Coordinates sense: looks for sound; sucks at sight of breast

**SOCIAL**

- Can quiet self with sucking.
- Responds to person's presence with excitement.
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- Watches person alertly and directly.
- Enjoys bathtime.

**PHYSICAL**

- Reflex control disappears as actions become more voluntary.
- Can hold

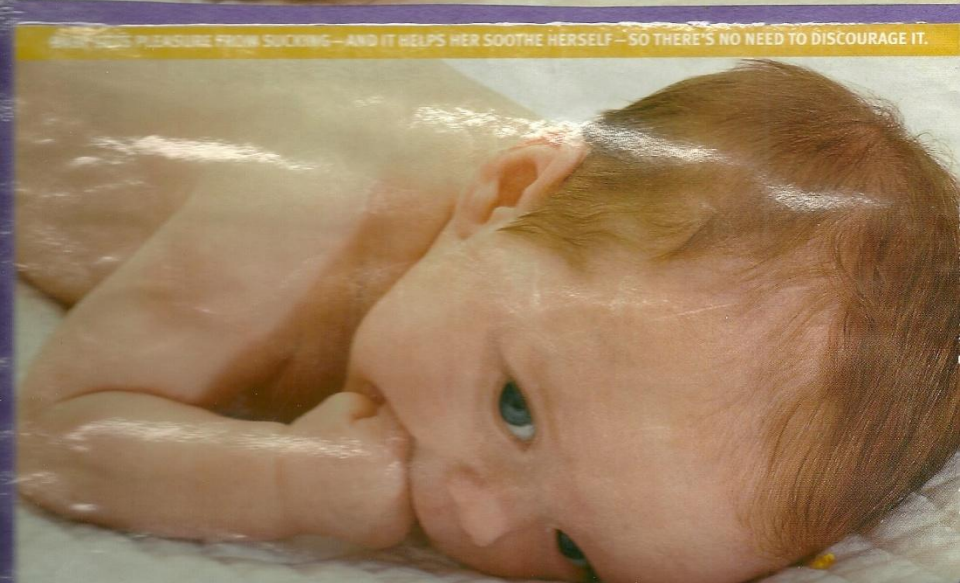
**Sensorimotor**

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## 2 months

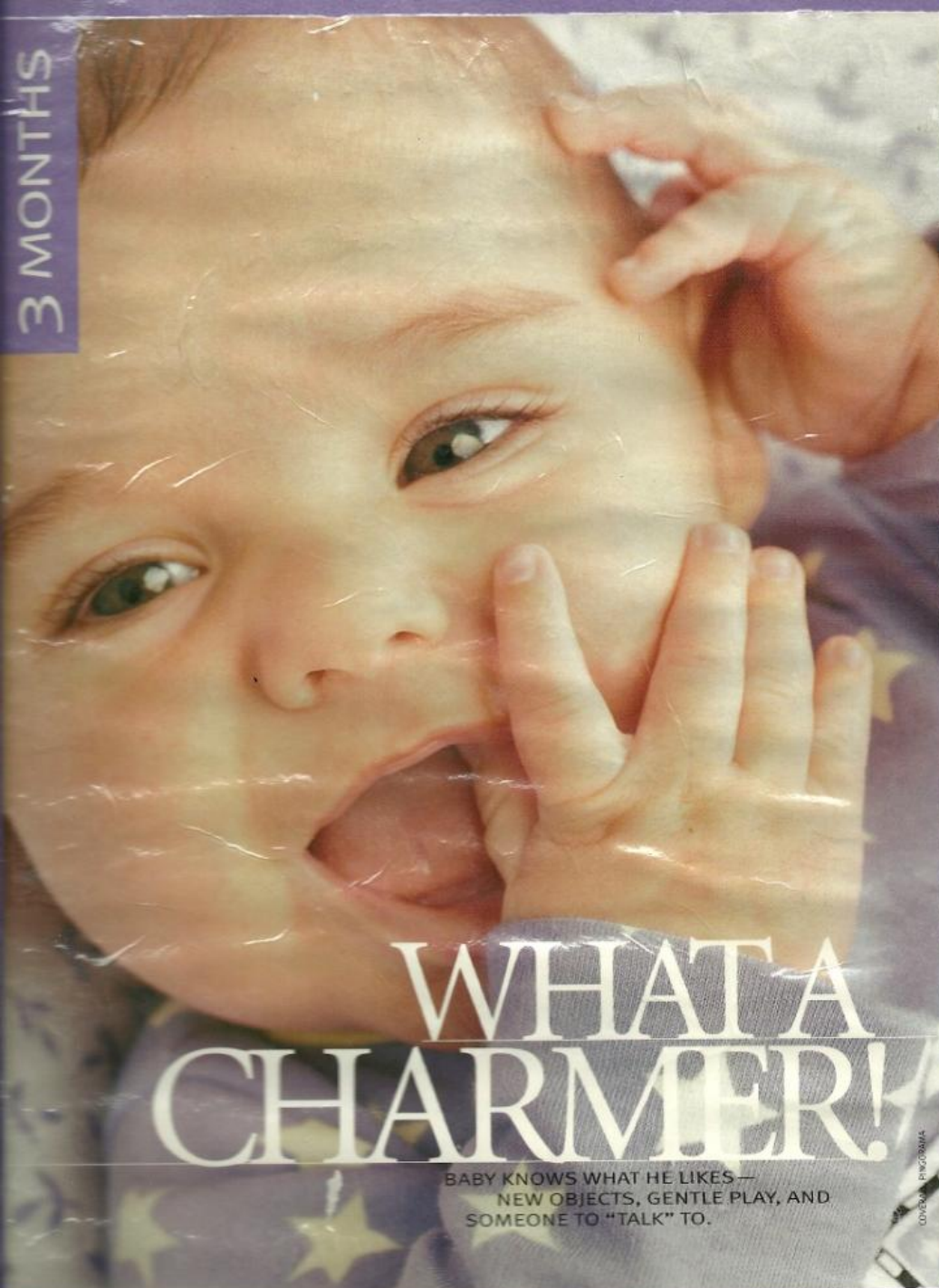
Reaching Out Spending time with baby brings many rewards. He enjoys being with you—and he'll be sure to let you know it.

# MONTH 2





3 MONTHS



WHAT A  
CHARMER!

BABY KNOWS WHAT HE LIKES —  
NEW OBJECTS, GENTLE PLAY, AND  
SOMEONE TO “TALK” TO.

COVER PHOTOGRAPH BY

# MONTH 3

## COGNITIVE

- Begins to show memory. Waits for expected reward, such as feeding.
- Begins to recognize and differentiate family members.
- Explores own face, eyes, and mouth with hand.
- Stops sucking to listen.
- Distinguishes speech sounds from other sounds.

## SOCIAL

- Smiles easily and spontaneously.
- Crying decreases dramatically.
- Gurgles and coos in response to sounds.
- Reacts differently to mother's presence; tries to attract her attention when she is nearby.

## PHYSICAL

- When on stomach, holds chest up and head erect for about ten seconds.
- May lift head for many minutes.
- Leans on elbows while on stomach.
- Able to sit with support.
- Facial expression, body tone, and vocalizing increase.
- When picked up, brings body up compactly.

## Sensorimotor

- Follows a slowly moving object with eyes and head from one side of body to the other.
- Can view fingers individually instead of in fist position.
- Visually seeks source of sound by turning head and neck.
- Grasp reflex disappearing and hands usually held open. May voluntarily hold and wave a toy.

**Intellectual**



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**Physical**

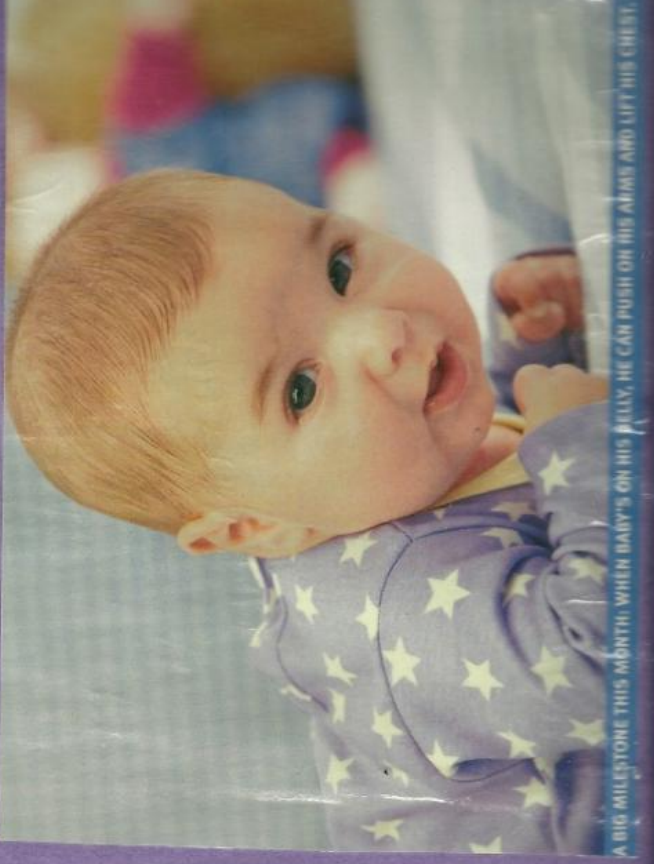


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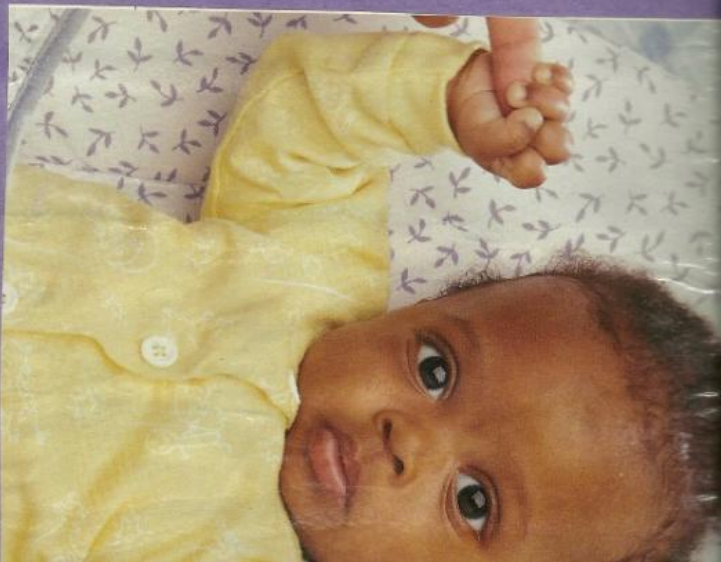
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A BIG MILESTONE THIS MONTH: WHEN BABY'S ON HIS BELLY, HE CAN PUSH ON HIS ARMS AND LIFT HIS CHEST.



**3 months**

**What a Charmer!** A big event this month is a true smile; it's also the time when baby begins to sleep through the night.

**MONTH 3**





4 MONTHS

*As Your B*

**Intellectual**



**Social**



**Physical**



**Sensorimotor**



# MONTH 4

## COGNITIVE

- Has responsive periods of an hour or more.
- Has memory span of five to seven seconds.
- Smiles and vocalizes more to an actual face than to an image.
- Becomes aware of distinctiveness of own act from external result.
- Is interested in making new sounds and imitates several tones.

## SOCIAL

- Laughs while socializing; cries if play is disrupted.
- Is interested in and may smile at mirror image.
- Attempts to soothe self.
- Vocalizes to initiate socializing.
- Adjusts responses to people.
- Is quieted by music.
- May interrupt feedings with play.

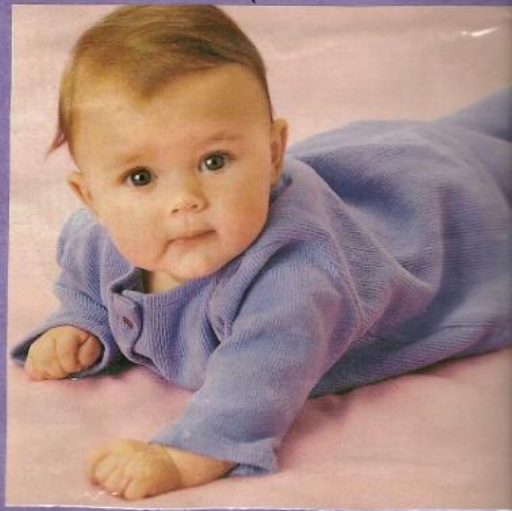
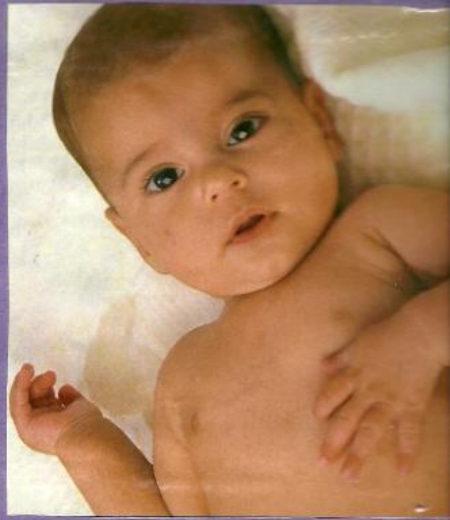
## PHYSICAL

- May roll from back to stomach or stomach to back.
- Turns head in all directions when seated or lying down.
- Holds head steady and erect for short time.
- May make swimming motions and move in crib.
- Can focus at different distance.

## Sensorimotor

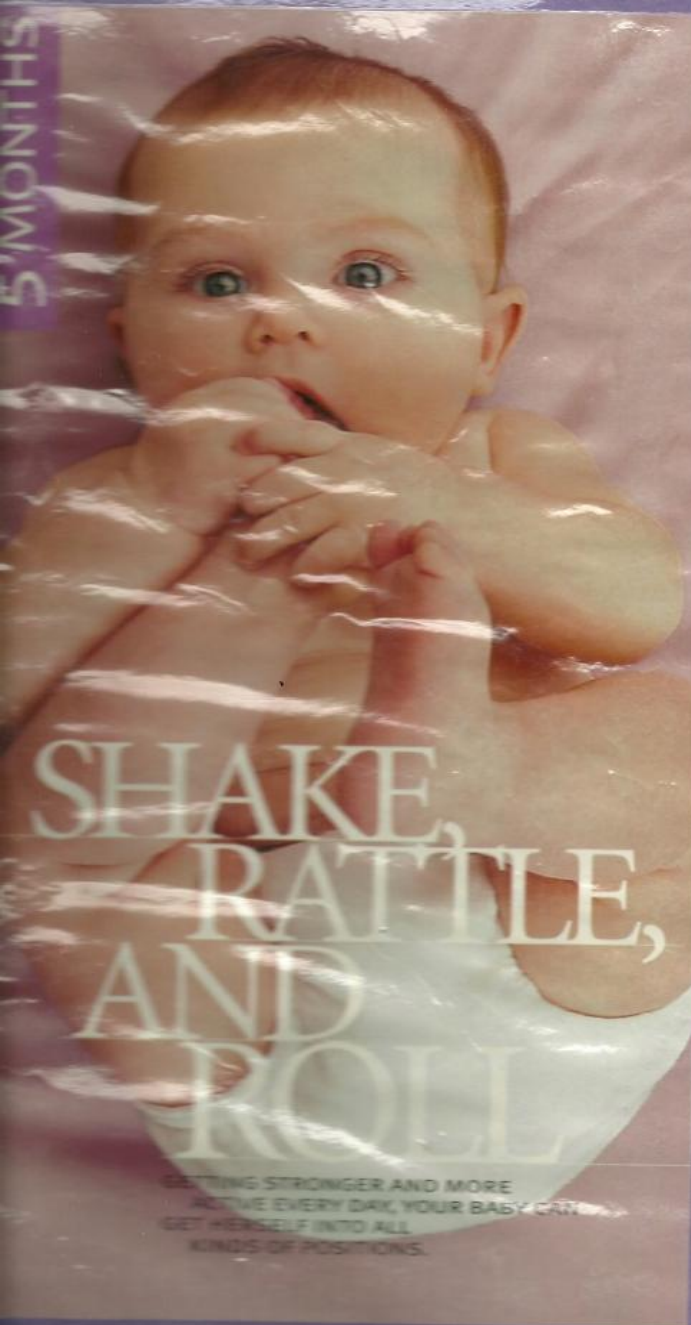
- Pulls dangling object toward self and carries to mouth.
- Stares at place from which object drops.
- Splashes and kicks in bath.
- Displays interest in and distinguishes smells.
- May hold small objects between index and second fingers.

# MONTH 4





# MONTH 5



## As Your Baby

### Intellectual



- Utters a few consonants (m).
- Discriminates mother from other people.
- Looks at a situation.
- Wants to turn, shake, taste objects.
- Leans on fallen object.
- Can squeal, grunt, blow "raspberries"
- Imitates movements.

### Social



- Smiles to make social contact and gain attention.
- Expresses protest; resists adult who tries to take toy.
- Knows parents and siblings; may resent strangers, particularly women.
- Makes faces in imitation.
- Likes to play at mealtime.

### Physical



- When seated or pulled to sit, balances head steadily and holds to erect.
- Rolls from back to stomach or stomach to back.
- May locomote by rocking, rolling, and twisting; on back, by kicking against flat surface.
- Brings feet to mouth and sucks toes.

### Sensorimotor



- Has steady grasp; raises hand near object; gradually closes gap and grasps.
- Has good aim when reaching and grasping a large ring.
- Plays with rattle placed in hand.
- May hold bottle with one or both hands.



### COGNITIVE

- Utters vowel sounds and a few consonants (d,b,l,m)
- Discriminates self and mother in mirror.
- Looks around in new situations.
- Wants to touch, hold, turn, shake, mouth, and taste objects.
- Leans over to look for fallen object.
- Can squeal, grunt, blow "raspberries"
- Imitates sounds and movements deliberately.

### SOCIAL

- Smiles or vocalizes to make social contact and gain attention.
- Expresses protest; resists adult who tries to take toy.
- Knows parents and siblings; may resent strangers, particularly women.
- Makes face in imitation. Likes to play at mealtime.

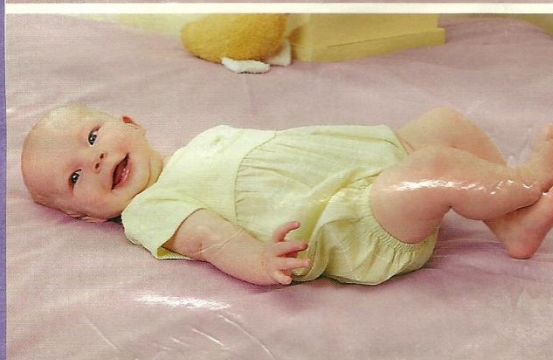
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# MONTH 5

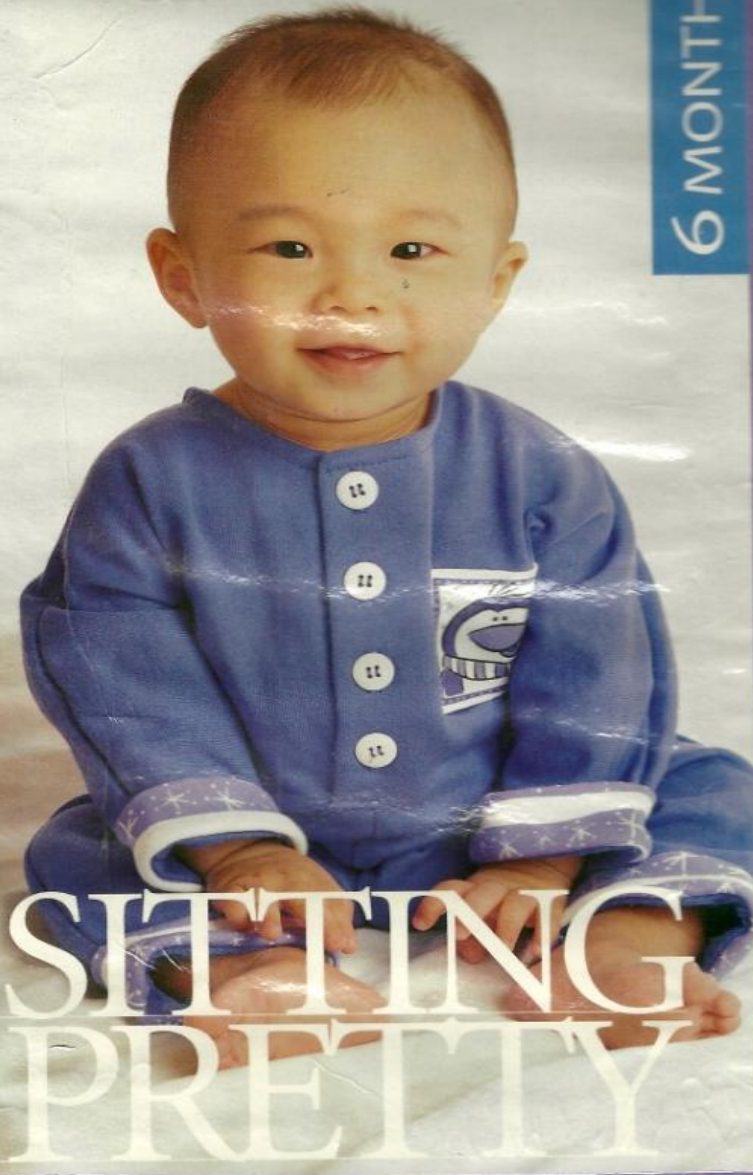


STRONGER MUSCLES AND GROWING FLEXIBILITY LET BABY ROLL FROM HER STOMACH TO BACK (OR FROM BACK TO STOMACH).



# MONTH 6

6 MONTHS



As Your E

Intellectual



Social



Physical



Sensorimotor



## COGNITIVE

- Inspects objects for a long time.
- Has abrupt mood changes and different emotions. Primary moods: pleasure, complaint, temper.
- Can utter more consonant sounds (f, v, th, s, sh, z, m, n).
- Likes to look at objects upside down and create changes in perspective.
- May compare two objects.

## SOCIAL

- Vocalizes pleasure and displeasure; grunts, growls, or complains; coos, gurgles and belly laughs.
- Disturbed by strangers.
- Smiles at mirror image.
- Coos or hums or stops crying in response to music.
- Turns when own name is heard.

## PHYSICAL

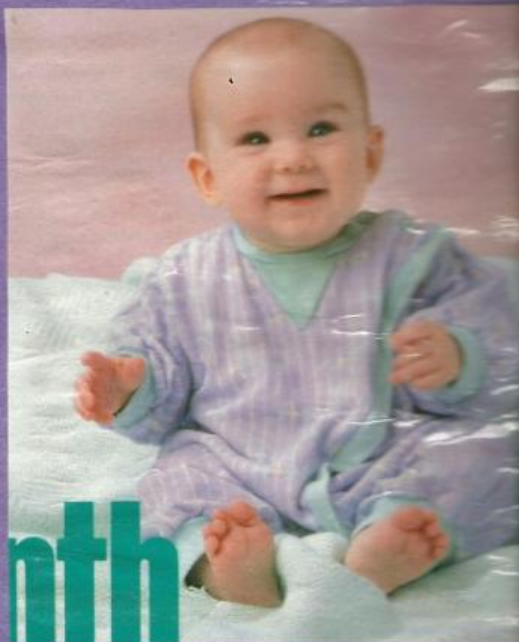
- Creeps by propelling self on stomach with legs and steering with arms; may go forward or backward.
- Turns and twists in all directions.
- Balances well when sitting.
- Sits alone briefly; may sit unsupported up to half an hour.

## Sensorimotor

- Likes to play with food.
- Has some interest in finger-feeding self.
- May manipulate cup and hold by handle.
- While rolling from back to side, may bend self nearly into sitting position.
- Turns head freely.
- Develops strong taste preferences.



# MONTH 6





**COGNITIVE**

- Has more concentrated attention, greater interest in detail.
- Responds with expectation to repetition of event or of signal.
- Imitates sounds or series of sounds.
- Most commonly makes sounds similar to ma, mu, da, di
- Vocalizes several sounds in one breath.
- Begins to learn implications of own acts.
- May associate picture of baby with self and give appropriate sound.
- Plays vigorously with noise-making toys, such as bell, music box, or rattle.

**SOCIAL**

- Shows humor and teases.
- Resists pressure to do something undesirable.
- Pats at mirror image.
- Is learning meaning of “no” by tone of voice.
- Shows desire to be included in social interaction.

**PHYSICAL**

- Balances head well.
- May crawl with abdomen off floor.
- Pushes up on hands and knees and rocks back and forth.
- May move by raising and lowering buttocks while on back.
- May have 2 teeth.

**Sensorimotor**

- Holds 2 objects simultaneously, one in each hand; may bang them together.
- Grasps, manipulates, mouths, bangs objects.
- Explores body objects with mouth and hands.
- May love to suck on toes.

# WHAT A MOUTHFUL!

SUCKING, BITING, AND CHEWING — EVERYTHING FROM HIS TOES TO YOUR HAIR — IS A BIG PART OF BABY'S DEVELOPMENT THIS MONTH.

# MONTH 7

## Intellectual



- Has more concentrated attention, greater interest in detail.
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- Vocalizes several sounds in one breath.
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## Social



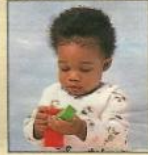
- Shows humor and teases.
- Resists pressure to do something undesirable.
- Pats at mirror image.
- Is learning meaning of "no" by tone of voice.
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## Physical



- Balances head well.
- May crawl (abdomen off floor).
- Pushes up on hands and knees and rocks back and forth.
- May move by raising and lowering buttocks while on back.
- May have two teeth.

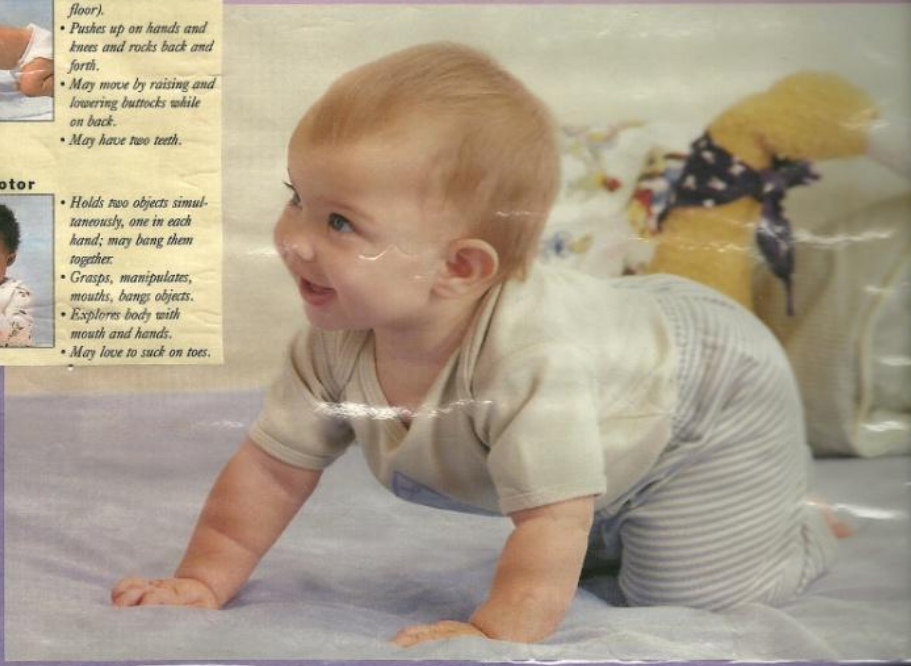
## Sensorimotor



- Holds two objects simultaneously, one in each hand; may bang them together.
- Grasps, manipulates, mouths, bangs objects.
- Explores body with mouth and hands.
- May love to suck on toes.



FOR YOUR BABY TO PUSH UP ON HER HANDS AND KNEES AND SWAY BACK AND FORTH THIS WAY







# GOING PLACES

AS BABY'S CRAWLING SKILLS IMPROVE, HE'S ON THE ROAD TO NEW DISCOVERIES.

## MONTH 8

### COGNITIVE

- Can recall past events.
- Examine objects as external, three –dimensional realities.
- Combines known bits of behavior into new acts.
- May say “mama” and “dada” as names.

### SOCIAL

- Pushes away undesirable objects.
- Is attached to parents; may be wary of strangers.
- Pats, smiles at, and kisses own image in mirror.
- Shouts for attention.
- Imitates people and behaviors out of sight and earshot.
- Doesn't like confinement.

### PHYSICAL

- Is developing pincer grasp.
- Can hold and manipulate one object while watching another.
- Points and follows with eyes what someone else points to.
- Crawls, either forward or backward.
- May crawl with object in one hand.
- Uses furniture to pull self to standing position.
- Stands with hands free while leaning against something.
- When held in standing position, puts one foot in front of the other.
- Claps and waves hands.
- Tastes everything.

# MONTH 8

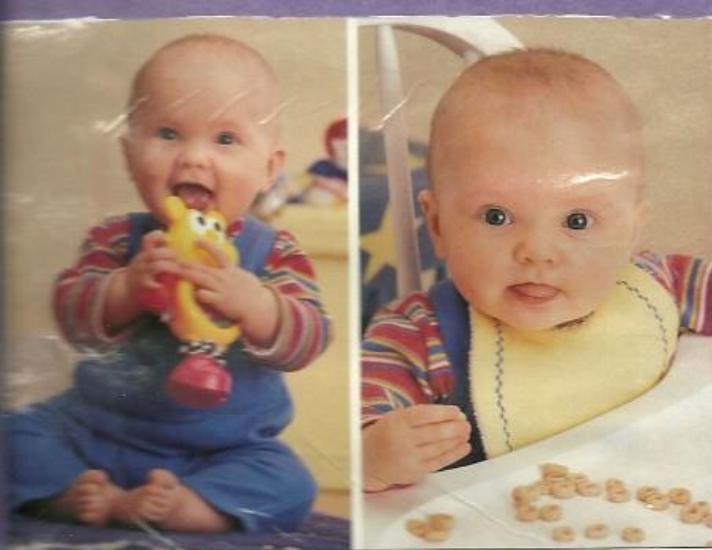
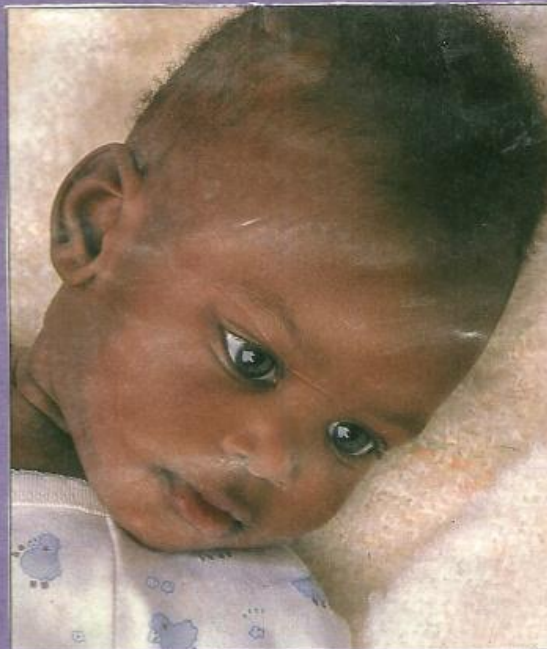


PHOTO ARTIST: BABY'S DEVELOPING ABILITY TO PICK UP SMALL OBJECTS USING THE PINCH GRASP LETS HIM GET IN TOUCH WITH HIS WORLD.



## 8 month milestones

- Pushes away undesirable objects
- Is attached to parents; may be wary of strangers
- Pats, smiles at, and kisses own image in mirror
- Shouts for attention
- Imitates people and behaviors out of sight and earshot
- Shows dislike of confinement

### PHYSICAL

- Is developing pincer grasp
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### INTELLECTUAL

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- May say "mama" and "dada" as names

*All babies reach milestones at different times. These highlights are meant as guidelines only.*



# MONTH 9

9 MONTHS



## COGNITIVE

- Uncovers a toy he saw hidden.
- Grows bored with repetition of same stimuli.
- May remember game from previous day.
- Can follow simple instructions.
- Fears heights; aware of vertical space.

## SOCIAL

- Imitates play; enjoys peek-a-boo.
- Deliberately chooses toy for play.
- May be sensitive to other children; cries if they cry.
- May learn to protect self and possessions.
- Begins to evaluate people's moods and motives.
- Imitates coughs, tongue, clicks, hisses.
- Wants to play near mother.
- Performs for audience; repeats act if applauded.

## PHYSICAL

- Crawls with one hand full.
- Can turn around when crawling.
- May sidestep. Or "cruise" along furniture.
- Sleep problems may be caused by practicing standing in the middle of the night.

## Sensorimotor

- Claps hands or bangs objects together at center of body.
- Picks up and manipulates two objects, one with each hand.
- May build tower of two blocks.
- Approaches small object with finger and thumb; large object with both hands.
- Uses handle to manipulate and drink from a cup.

CHILD'S PLAY: WHEN IT'S GAME TIME, BABY WILL GLADLY RISE TO THE OCCASION. SOME OF HIS FAVORITES THIS MONTH - PEEKABOO, BUILDING, SORTING, AND STACKING.



# MONTH 9

## Intellectual



- Uncovers a toy he saw hidden.
- Grows bored with repetition of same stimuli.
- May remember game from previous day.
- Can follow simple instructions.
- Fears heights; aware of vertical space.

## Social



- Initiates play; enjoys peekaboo.
- Deliberately chooses toy for play.
- May be sensitive to other children; cries if they cry.
- May learn to protect self and possessions.
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## Physical

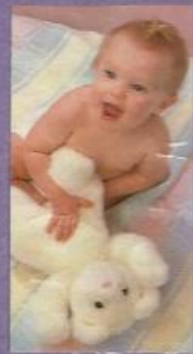


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## Sensorimotor



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- Picks up and manipulates two objects, one with each hand.
- May build tower of two blocks.
- Approaches small object with finger and thumb; large object with both hands.
- Uses handle to manipulate and drink from cup.





# MONTH 10

## COGNITIVE

- Increasingly imitates behaviors; rub self with soap, feeds others.
- May repeat word incessantly, making it an answer to every question.
- Understands and obeys some words and commands.
- Can point to body parts on request.
- Opens drawers to explore contents.
- Is interested in fitting things together.

## SOCIAL

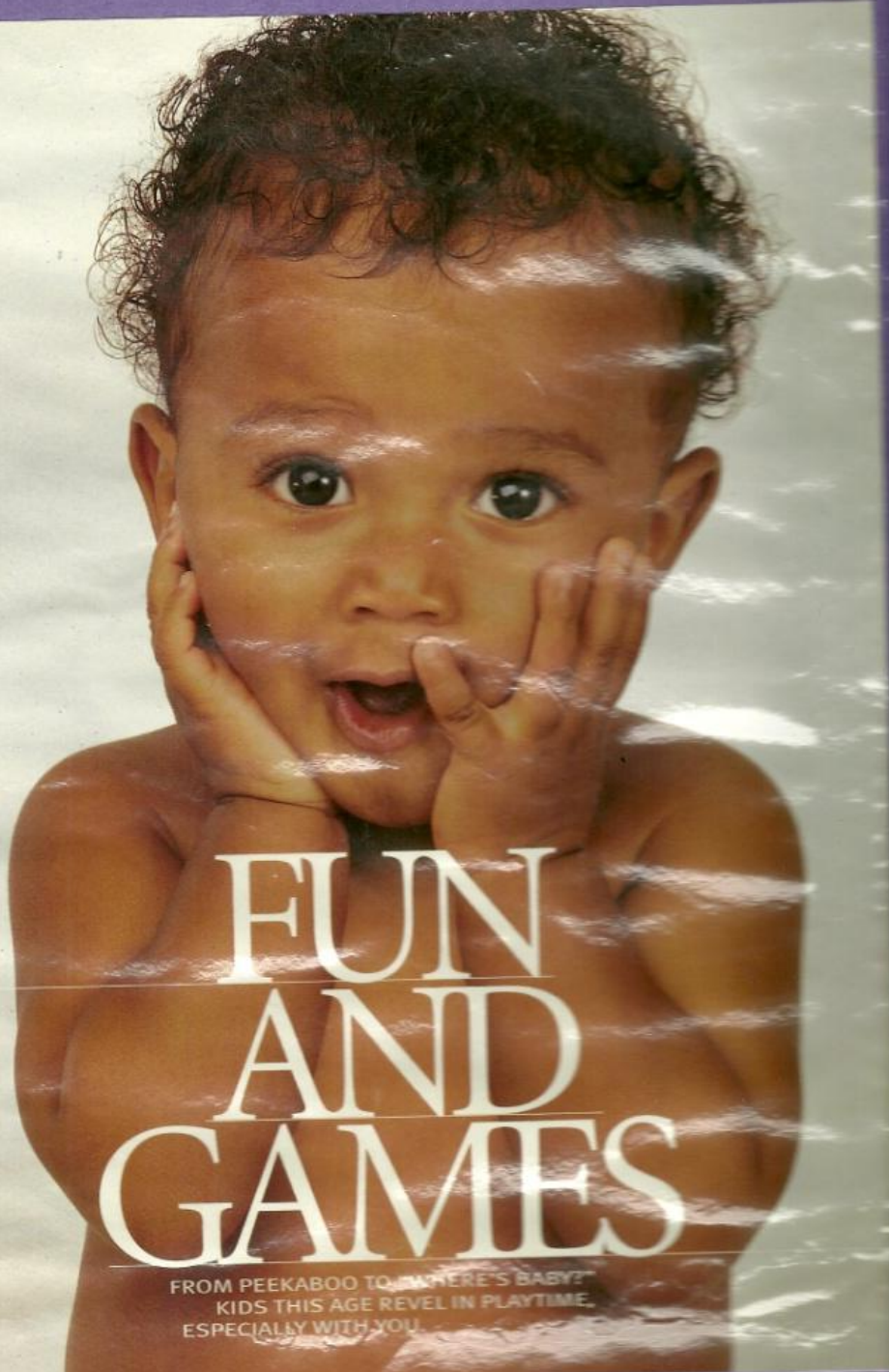
- Seeks companionship and attention.
- Grows aware of self and social approval.
- Imitates gestures, facial expressions, and sounds.
- Shows moods ;looks hurt, sad, happy, angry.
- Enjoys water play.
- Responds to music by rocking, bouncing, swaying, humming.
- Fear of strange places.
- Begins to learn sexual identity.
- Prefers one of several toys.

## PHYSICAL

- May be able to raise self to standing position.
- Climbs up and down from chairs.
- Sits down from standing position.
- Walks holding on with both hands.

## Sensorimotor

- Carries two small objects in one hand.
- Voluntarily releases object but does so awkwardly.
- Begins to prefer one hand and side of the body.
- Helps dress self.
- May differentiate use of hands.



FUN  
AND  
GAMES

FROM PEEKABOO TO "WHERE'S BABY?"  
KIDS THIS AGE REVEL IN PLAYTIME,  
ESPECIALLY WITH YOU.

**Intellectual**



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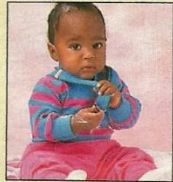
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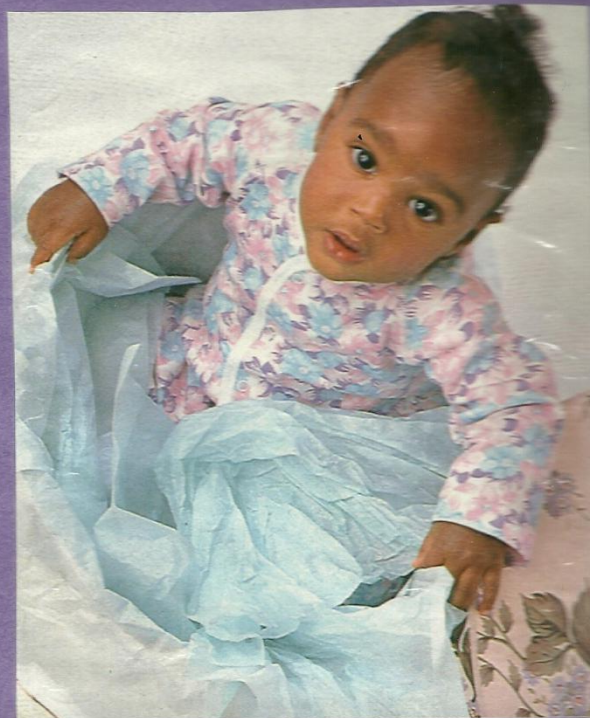
**Sensorimotor**



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WHETHER THEY'RE SPLASHING IN THE BATH OR TRYING OUT THEIR EXCITING MOTOR SKILLS, NEWLY MOBILE BABIES ARE ENCHANTED AND THRILLED WITH LIFE.



# MONTH 10



# MONTH 11

## COGNITIVE

- Recognizes words as symbols for objects (when hearing “airplane” points to the sky).
- Still speaks gibberish with a few intelligible sounds.
- Compares same act done with either side of the body.
- Can imitate inflections, speech rhythms, and facial expressions more accurately than speech sounds.
- May say two to three words besides “mama”.
- Experiments with means to attain goal (may use a small chair as a walker).

## SOCIAL

- Shows guilt.
- Seeks approval and tries to avoid disapproval.
- Enjoys such games as hide-and seek or rolling ball back and forth.
- Is not always cooperative.

## PHYSICAL

- Cruises furniture; may stand on toes.
- May lean over while standing against support.
- May take a step or two without holding on.
- Lowers self from standing position without falling.
- Climbs up stairs.
- Squats and stoops.

## Sensorimotor

- Picks up minutely small objects.
- Deliberately places objects.
- May carry spoon to mouth.
- May pull off socks and untie shoelaces.
- Lifts lid from box.
- Turns pages of book but not necessarily one at a time.



CRUISE  
CONTROL

NOW THAT BABY IS FINALLY UPRIGHT,  
SHE'S GOT A BRAND NEW VIEW OF  
THE WORLD—AND CAN'T WAIT  
TO CHECK IT OUT.

**Intellectual**



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BABIES ARE HYPOCHONDRIACALLY DRAWN TO STAIRS—THOUGH THEY'RE BETTER AT CLIMBING UP THAN GETTING DOWN.



YOUR BABY CAN USE HER FINGERS MORE PRECISELY.



# MONTH 11



12 MONTHS



LOOK WHO'S WALKING

ONCE YOUR BABY TAKES HIS FIRST TENTATIVE STEPS, LIFE WILL NEVER BE THE SAME. HIS JOURNEY TOWARD INDEPENDENCE HAS BEGUN.

As Your B...

**Intellectual**



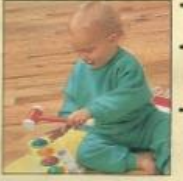
**Social**



**Physical**



**Sensorimotor**



# MONTH 12

**COGNITIVE**

- Identifies animals in picture books or magazines.
- Responds to directions and understands much of what is said to him.
- Babbles in short sentences.
- Remember events for longer periods.
- Searches for hidden object even if she hasn't seen it hidden but only remember its last location.
- Intensely curious about the objects in their world and how they work.

**SOCIAL**

- Gives affections to humans and favored objects.
- Resists napping; may have tantrums.
- Reacts sharply to separation from mother.
- Cares for doll or teddy bear by feeding, cuddling, bathing.
- May demand more help than necessary from adult because it's easier.
- May refuse to eat novel foods or to be fed by mother.

**PHYSICAL**

- May climb out of crib or play yard.
- Displays some combination of standing, walking, and cruising.
- Gets self to standing position by flexing knees, pushing off from squatting position.
- Climbs up and down stairs.
- Lowers self to sitting position with ease.

**Sensorimotor**

- Uses and reaches with a preferred hand.
- Likely to put one or two objects in mouth or under arm, then grasp a third.
- Uses pegboard and hammer board.

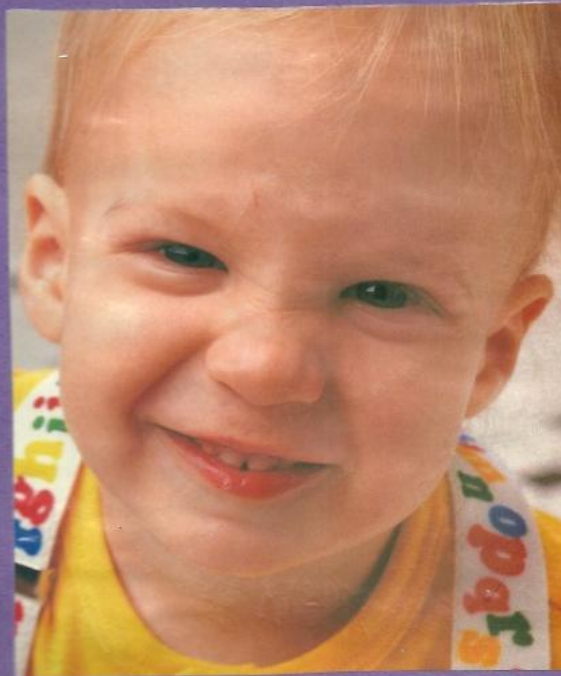
ONE-YEAR-OLDS ARE INTENSELY CURIOUS ABOUT THE OBJECTS IN THEIR WORLD AND HOW THEY WORK, AND THEIR PASSIONS ARE BECOMING EVIDENT.



# MONTH 12



ONE-YEAR-OLDS ARE INTENSELY CURIOUS ABOUT THE OBJECTS IN THEIR WORLD AND HOW THEY WORK, AND THEIR PASSIONS ARE BECOMING EVIDENT.





# .Great beginnings

*A month-by-month guide to your baby's development.*

BY DENA K. SALMON

**T**he first 12 months of a baby's life are truly amazing. At one end of the year is an almost helpless infant; at the other, a mobile explorer who has tripled her birth weight and sprouted a mouthful of teeth. This chart provides a fascinating overview of a baby's development. Bear in mind, though, that the dates for these milestones are those that an average baby may achieve during her first year. Your baby, of course, is not an average baby, and to prove it, she will surely deviate from these guidelines. But don't be alarmed. There is a great deal of normal variation in healthy babies' growth. That's why we've given you space to record the dates of your baby's milestones. From infancy to toddlerhood, you can chronicle your baby's remarkable journey.

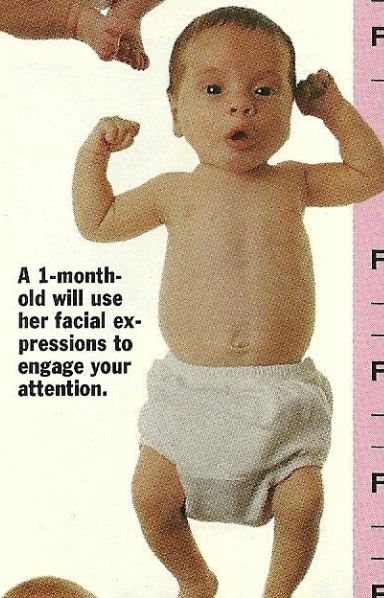


A 2-week-old baby spends more time asleep than awake.



He needs to know that the world is a warm place.

quickly to his needs. Try swaddling him when he cries to make him feel secure.



A 1-month-old will use her facial expressions to engage your attention.

## Month 1

Although helpless now except for sucking and grasping reflexes, your baby will grow quickly.

**By the fourth week's end, he may be able to:**

- Lift his head briefly when lying on his stomach.

- Calm down when you speak to him gently and hold him upright against your shoulder.
- Make an "ah" sound when he sees your face and hears you speak.

**To encourage your baby:** Cuddle, soothe, and respond

## Month 2

Your baby is set- when lying on her stomach.

**To encourage your baby:**

## The year ahead

Fill in the dates—and any details that you want to remember—of your baby's milestones and special moments.

First day home: \_\_\_\_\_

First outing: \_\_\_\_\_

First doctor's visit: \_\_\_\_\_

First bath: \_\_\_\_\_

First haircut: \_\_\_\_\_

First holiday: \_\_\_\_\_

First playmate: \_\_\_\_\_



ting into recognizable eating and sleeping patterns.

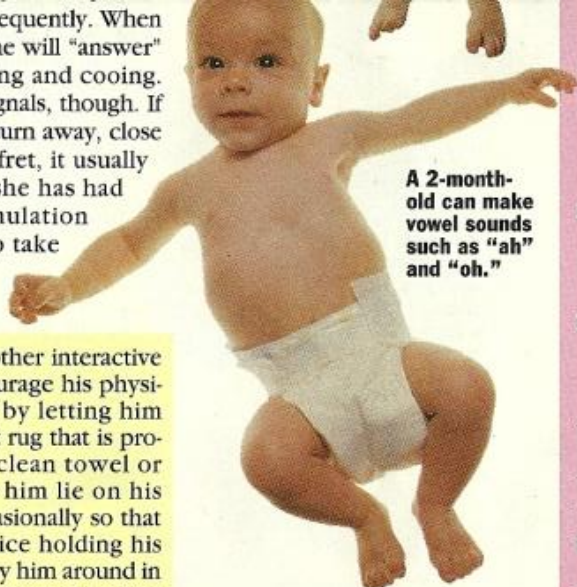
**By the eighth week's end, she may be able to:**

- Smile when you smile.
- Make a variety of gurgles, grunts, and humming sounds to express her feelings.
- Lift her head 45 degrees

● Recognize breast or bottle and squirm eagerly for it when she is hungry.

- Keep her head up when held in a sitting position with occasional bobs forward.
- Stay awake for longer periods during the day.
- Quiet and soothe herself by sucking on her fingers or a pacifier.

Talk to her frequently. When you pause, she will "answer" you by smiling and cooing. Watch her signals, though. If she starts to turn away, close her eyes, or fret, it usually means that she has had enough stimulation and needs to take a break.



A 2-month-old can make vowel sounds such as "ah" and "oh."

**Month 3**

Your baby is beginning to gain more control over his limbs—much to his delight—and so spends much of his time pumping his legs and waving his arms in the air.



The challenge this month: learning how hands work.

**By the end of this month, he may be able to:**

- Lift his head up 90 degrees when he is on his stomach.
- Bring both hands together.
- Sleep through the night.
- Use his closed fist to bat at a toy or object.
- Laugh and chuckle.

**To encourage your baby:**

Introduce him to "this little

piggy," and other interactive games. Encourage his physical freedom by letting him play on a soft rug that is protected by a clean towel or blanket. Let him lie on his stomach occasionally so that he can practice holding his head up. Carry him around in your arms and introduce him to your home, your pets, and the world outside.

**Month 4**

Your baby is beginning to realize that she influences the world around her, and she will try to figure out how one action affects another.

**By the end of this month, she may be able to:**

- Roll from stomach to back.

She may even be able to roll from back to stomach.

- Put objects within reach into her mouth—this is a sign of exploration, not teething.
- Reach for an object, although she often overshoots the mark.
- Be fascinated for minutes

exploring her own hands and possibly her feet, too.

**To encourage your baby:**

Provide safe playthings for her to explore. Help her developing language skills by imitating her sounds. Gently pull her into a sitting position.



A 3-month-old can lift his head with ease.

**Month 5**

Your baby's physical activity helps strengthen his muscles in preparation for sitting and crawling.

**By the end of this month, he may be able to:**

- Lift both arms and legs while he is on his stomach.
- Make a raspberry sound by



He gets a kick out of seeing his reflection in the mirror.

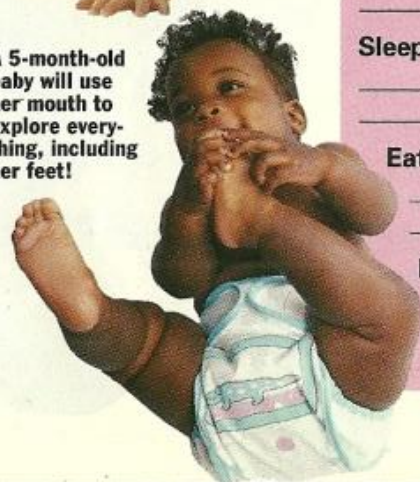
blowing his lips together.

- Easily bring objects to his mouth for oral exploration.

**To encourage your baby:**

Gently pull him into a standing position so he can practice balancing on two feet. To help him stay balanced when he sits, place a pillow behind him.

A 5-month-old baby will use her mouth to explore everything, including her feet!



Smiles: \_\_\_\_\_

Lifts head: \_\_\_\_\_

Laughs out loud: \_\_\_\_\_

Tracks a moving object: \_\_\_\_\_

Discovers hands: \_\_\_\_\_

Bats at a toy: \_\_\_\_\_

Favorite toy: \_\_\_\_\_

Reaches for an object: \_\_\_\_\_

Sleeps through the night: \_\_\_\_\_

Eats solid food: \_\_\_\_\_

Favorite food: \_\_\_\_\_

(Continued)



## Month 6

Your baby is increasingly able to express her feelings, especially her positive ones about you! Now she will snuggle against you in your lap, raise her arms to be

**Her hand-eye coordination is getting better.**

picked up, and reserve her best smiles for you alone.

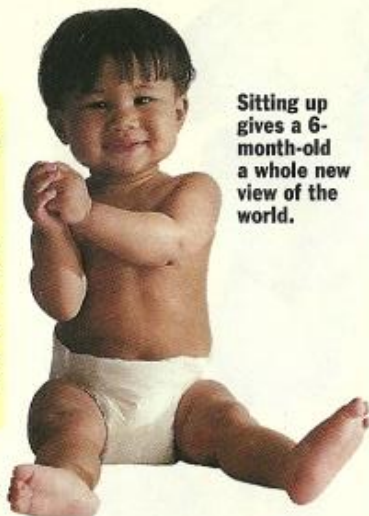
**By the end of this month, she may be able to:**

- Sit independently.
- Hold her own bottle.
- Begin to pass objects from hand to hand.
- Say "ba," "ma," "ga," and other consonant-vowel combinations.

- Show her strong attachment to you by crying when you leave the room.

**To encourage your baby:**

Play peekaboo to reinforce the idea that you can go away and come back. Introduce her to other babies so she can try out her social skills, and new places so she can expand her horizons.



Sitting up gives a 6-month-old a whole new view of the world.

## Month 7

Teething begins in earnest this month, although not all babies find the experience painful. Expect your baby's bottom two front teeth to poke through first. Offer him soft, rubbery toys to chew on, but you may find that he prefers his fingers.

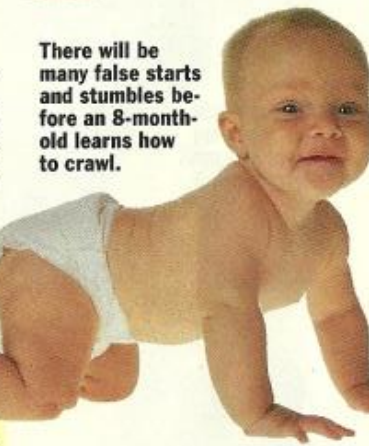
**By the end of this month, he may be able to:**

- Stand with support.
- Transfer an object from one hand to the other.
- Push up onto his hands and knees.
- Use rolling over to move about the room.

- Sip from a two-handled cup with your assistance.

**To encourage your baby:**

Baby-proof your home to provide a totally safe environment. Limit the use of the playpen so he has plenty of time to explore and learn by roaming about the house.



There will be many false starts and stumbles before an 8-month-old learns how to crawl.

## Month 8

Your baby will be increasingly independent as she plays for longer periods by herself. But having you in her sight will still be important.

**By the end of this month, she may be able to:**

- Feed herself a cracker or small pieces of food.

- Look for a dropped object.
- Crawl or creep.
- Pull up to standing.
- Use her index finger to point at things.
- Use her fingers to rake a piece of cereal and then pick it up with her fist.

**To encourage your baby:**

Set up play areas around the

house to promote her independent exploration. Introduce a calming bedtime routine to

help smooth the transition from playtime to sleep. Offer her a wide variety of finger foods to stimulate her interest in feeding herself.



As she readies herself for walking, a 9-month-old will sometimes push up on all fours.

## Month 9

Your baby will begin to play in an entirely new way: using two toys at the same time, sorting objects, putting small toys in a pail or pot.

**At the end of this month, he may be able to:**



Bathtime now means playtime.

- Take a few steps with some support from you.

**To encourage your baby:**

Let him hold onto your fingers while he practices his toddling skills. Introduce picture books made just for

Says "ma" or "ga": \_\_\_\_\_

Sits supported: \_\_\_\_\_

Rolls over: \_\_\_\_\_

Shakes a rattle: \_\_\_\_\_

Discovers feet: \_\_\_\_\_

Holds a bottle: \_\_\_\_\_

Sits alone: \_\_\_\_\_

Stands with support: \_\_\_\_\_

Drinks from a cup: \_\_\_\_\_

Waves bye-bye: \_\_\_\_\_

Plays peekaboo: \_\_\_\_\_

Claps hands: \_\_\_\_\_



- Crawl up stairs.
- Say "mama" or "dada."
- Enjoy water play.

- Object if you try to take a toy away from him.
- Respond to his name.

babies. The hinged bindings will fascinate him.

## Month 10

Along with a certain amount of stranger and separation anxiety, your child may show fearfulness of activities and sounds that did not bother

her before, such as having a shirt pulled over her head or hearing the tea kettle whis-

**She can work her fingers to pick up tiny objects.**



tle. She may also protest when you try to put her in a stroller or car seat, preferring to move about on her own.

**At the end of this month, she may be able to:**

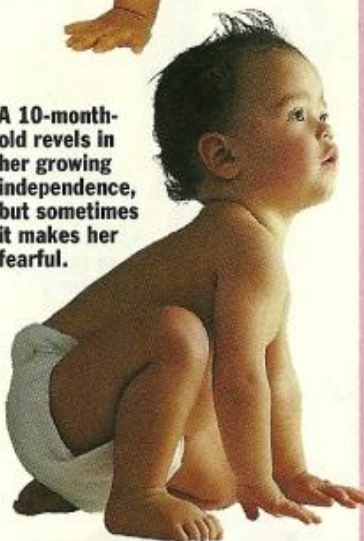
- Stand with a little support.
- Sit down from a standing position.
- Search for an object if she has seen it hidden.
- Repeat sounds and gestures for attention.

- Wave bye-bye.
- Grasp a tiny object, such as a piece of cereal, with her thumb and index finger.

**To encourage your baby:**

Be tactful and gentle when dealing with her fears. Keep confining rides to a minimum. At this age, your baby may be happier to crawl around in a safe part of your backyard than to be wheeled about in a stroller.

**A 10-month-old revels in her growing independence, but sometimes it makes her fearful.**



## Month 11

Many babies begin to "cruise" this month, hoisting themselves from chair to couch to coffee table. (Some babies, though, will still sit happily surrounded by a circle of toys.) He'll also understand simple instructions, and may even purposely ignore you when you say, "no!"

**By the end of this month, he may be able to:**

- Speak long babbling sentences that are fully inflected.
- Hold out his arm or leg to help you dress him.
- Hold a cup and drink from it independently.
- Drop objects for someone else to pick up.

- Take a step without holding onto anything.

**To encourage your baby:**

Let your baby cruise barefoot indoors for the best possible traction. Take his falls in stride by saying "uh-oh" instead of "oh no!" Now is a good time to introduce a stable riding toy.

**A 12-month-old is so proud when he learns to stand alone. He's almost walking!**

## Month 12

As her 1-year birthday approaches, your baby may seem like a perpetual-motion machine. But her attention span for quiet activities is also increasing.

**By the end of this month, she may be able to:**

- Give a kiss on request.
- Give and take a toy.
- Walk with or without help.

**To encourage your baby:**

When you play with toys together, let her show you what she has learned to do. Applaud her determined efforts to walk independently toward your open arms. Mastering walking is your baby's top priority now. □

*Dena K. Salmon is a contributing editor of Parents magazine.*

**Give that baby a spoon! She's ready to feed herself.**



Rolls a ball: \_\_\_\_\_

Cuts a tooth: \_\_\_\_\_

Crawls: \_\_\_\_\_

Climbs stairs: \_\_\_\_\_

Walks assisted: \_\_\_\_\_

Stands alone: \_\_\_\_\_

Takes a step: \_\_\_\_\_

Says "dada": \_\_\_\_\_

Says "mama": \_\_\_\_\_

Uses a spoon: \_\_\_\_\_

Walks alone: \_\_\_\_\_



If this information is not enough for you to complete the 1st year Development section in your study guide, you can:

Use the:

- ***Month by Month*** PPT on the blog
- ***First Year of Life*** word document on the blog
- **[Video links](#)**  2 of them
- Various search engines to fill it in.
- Room posters



First year link

**[Video link](#)**

<http://www.babycenter.com/>