

# Developmental Milestones: 0-4 months

It is important to know that each baby is unique and develops at his or her own pace. The developmental milestones listed below will give you a general idea of the changes you can expect by the end of this period.

## Social and Emotional Development

- When you talk or smile at your baby, they will smile back at you around 2 months of age
- Displays a variety of emotions (i.e. distress, excitement, delight)
- Enjoys playing with other people and may cry when the playing stops
- Becomes more communicative and expressive with their face and body (i.e. hands open wide; one or both arms lift up; arms and legs move with the rhythm of your voice)
- Imitates some movements and facial expressions

## Movement

- At birth, body movements are erratic and "jerky" but become increasingly smoother over this period
- Raises head when lying on stomach by
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface by four months
- Discovers hands and fingers, will look at them, and will often bring hands to mouth
- Takes swipes at dangling objects
- Grasps and shakes toys, rattles, etc.

## Vision

- Ability to focus increases but distance remains within 12 inches
- Watches faces intently
- Follows moving objects by moving head from side to side
- Recognizes familiar objects and people at a distance
- Starts coordinating hand and eye movements

## Hearing and Speech

- Smiles at the sound of your voice
- Begins to babble, gurgle, and coo
- Begins to imitate some sounds
- Turns head toward direction of sounds

## Areas of Possible Concern 0-4 months

Although each baby develops in his or her individual way and at their own rate, failure to reach certain milestones may signal medical or developmental problems requiring special attention. If you notice any of the following warning signs in your infant at this age, discuss them with your pediatrician.

- Doesn't seem to respond to sounds by making eye contact, smiling, turning toward, or becoming startled
- Doesn't notice his/her own hands by two months
- Doesn't smile at the sound of your voice by two months
- Has difficulty following moving objects with his/her eyes by two to three months
- Struggles to grasp and hold objects by three months
- Doesn't smile at people by three months
- Has trouble supporting head at three months
- Doesn't reach for and grasp toys
- Has difficulty bringing objects to mouth
- May begin to babble, but doesn't attempt to imitate any of your sounds
- Doesn't push down with legs when feet are placed on a firm surface
- Has trouble moving one or both eyes in all directions
- Crosses his/her eyes most of the time. (Occasional crossing of the eyes is normal in these first months.)
- Doesn't seem to notice new faces, or seems scared by new faces and/or different surroundings.

# Developmental Milestones: 4-6 months

It is important to know that each baby is unique and develops at his or her own pace. The developmental milestones listed below will give you a general idea of the changes you can expect by the end of this period.

## Social and Emotional Development

- Is interactive and playful, often smiling and cooing
- Becomes interested and is often entertained by looking at his/her self in the mirror
- Responds to other peoples' expressions of emotion
- More clearly communicates with their emotions making it easier to identify feelings like distress, excitement, and delight
- Is very expressive with their face and body (i.e. hands open wide; one or both arms lift up; arms and legs move with the rhythm of your voice)
- Attempts to copy movements and facial expressions of caregiver

## Cognitive (Thinking and Learning)

- Is able to find a partially hidden object
- Explores with hands and mouth (i.e. puts toys in mouth)
- Attempts to get objects that are out of reach

## Language

- Seems to respond to name by turning toward you or smiling
- Begins to recognize emotions by caregiver's voice
- Begins to respond to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds (i.e. ba-ba-ba, da-da-da, etc.)

## Movement

- Rolls both ways (front to back, back to front)
- Sits independently and may lean on hands for support
- Is able to support whole weight on legs when assisted
- Reaches with one hand
- Uses hands in a swiping motion to bring objects near

## Vision

- Focuses clearly
- Becomes fascinated with mirror image
- Ability to track moving objects with head and eyes improves
- Continues to be very interested in faces
- Follows moving objects by moving head from side to side

- Recognizes familiar objects and people at a distance
- Has good eye-hand coordination

## Areas of Possible Concern 4-6 months

Although each baby develops in his or her individual way and at their own rate, failure to reach certain milestones may signal medical or developmental problems requiring special attention. If you notice any of the following warning signs in your infant at this age, discuss them with your pediatrician.

- Body seems very stiff OR floppy, almost like a rag doll
- Head still flops back when body is pulled up to a sitting position
- Still has Moro reflex (startle response)
- Tends to reach with one hand only
- Seems to resist cuddling or being held for an extended amount of time
- Doesn't seem to express much affection for the person who cares for him/her through smiling or eye contact
- Doesn't seem to enjoy being around people often cringing, crying, or resisting eye contact
- One or both eyes consistently turn in or out
- Eyes seem to often tear up or become "goopy"
- Seems sensitive to light by closing eyes, crying, or looking away
- Does not seem to respond to sounds by turning head or becoming startled
- Has difficulty getting objects to mouth
- Doesn't roll over front to back OR back to front by about five months
- Seems inconsolable at times
- Is not smiling spontaneously
- Is unable to sit with help
- Does not laugh or make squealing sounds

# Developmental Milestones: 6-9 months

It is important to know that each baby is unique and develops at his or her own pace. The developmental milestones listed below will give you a general idea of the changes you can expect by the end of this period.

## Social and Emotional Development

- May become shy or anxious with strangers
- Demonstrates a strong attachment to primary caregiver
- Develops a deeper attachment to siblings and other familiar people
- Loves games like "peek-a-boo" and "pat-a-cake"
- May enjoy playing with food
- Continues to smile and coo with familiar people
- Adores playing with balls, rattles, and squeaky toys
- Enjoys looking at him/her self in the mirror
- Displays a variety of emotions (i.e. distress, excitement, delight)
- Is very expressive with their face and body (i.e. hands open wide; one or both arms lift up; arms and legs move with the rhythm of your voice)
- Will often copy movements and facial expressions of others

## Cognitive (Thinking and Learning)

- Is able to find a hidden object
- Explores with hands and mouth (i.e. puts toys in mouth)
- Attempts to get objects that are out of reach

## Language

- Usually recognizes name
- Understands and responds to the word "no"
- Continues to differentiate various emotions by tone of voice
- Begins to respond to sound by making sounds
- Uses voice to express joy and displeasure
- Loves to babble and squeal using chains of sounds

## Movement

- Rolls both ways (front to back, back to front)
- Is able to support whole weight on legs and will often make jumping motions when held in a standing position
- Can transfer object from hand to hand
- Rests on elbows
- Sits alone
- Begins crawling or attempts to crawl forward on belly
- Is able to transfer objects from hand to hand and can better manipulate objects
- Holds objects between thumb and forefinger (pincer grasp)

# Areas of Possible Concern 6-9 months

Although each baby develops in his or her individual way and at their own rate, failure to reach certain milestones may signal medical or developmental problems requiring special attention. If you notice any of the following warning signs in your infant at this age, discuss them with your pediatrician.

- Seems to resist cuddling or being held for an extended amount of time
- Doesn't seem to enjoy being around people, including caregivers, often cringing, crying, or resisting eye contact
- Eyes seem to often tear up or become "goopy"
- Seems sensitive to light by closing eyes, crying, or looking away
- Does not seem to respond to sounds by turning head or becoming startled
- Has difficulty getting objects to mouth
- Does not roll over
- Is unable to sit with help
- Does not laugh or make squealing sounds
- Is not actively reaching for objects or tends to reach with one hand only
- Doesn't seem to follow objects with both eyes at distances that are near (12 inches) and far (6 feet)
- When held up on a strong surface, does not bear SOME weight on legs
- Does not use body, face, and actions to attract the attention of others
- Does not babble, laugh, or make squealing sounds
- Shows very little or no interest in games like peek-a-boo, pat-a-cake, etc.
- Shows very little sign or effort of learning to crawl

# Developmental Milestones: 9-12 months

It is important to know that each baby is unique and develops at his or her own pace. The developmental milestones listed below will give you a general idea of the changes you can expect by the end of this period.

## **Social and Emotional Development**

- Demonstrates a strong attachment to family members and other familiar people
- Enjoys looking at him/her self in the mirror
- Displays a variety of emotions (i.e. distress, excitement, delight)
- Will often copy movements and facial expressions of others
- Becomes shy or anxious with strangers
- Often cries when mother or father leaves
- May develop a strong liking to a favorite toy or blanket
- Shows specific preferences for certain people or objects (i.e. toys and special blankets)
- May begin to test boundaries set by parents in behavior and eating
- May become fearful in some situations
- Will initiate sounds or gestures for attention
- Extends arm or leg to help when being dressed

## **Cognitive (Thinking and Learning)**

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Is able to find hidden object
- Is able to look at or point to the correct picture when a certain object/image is named
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)

## **Play**

- Adores playing with balls, rattles, and squeaky toys
- Enjoys playing with cause-and-effect toys (i.e. pop-up toys, musical toys, etc)
- May begin to show signs of pretend play (i.e. putting telephone to ear, pretending to eat, pushing a car and imitating any other everyday life activities)
- Continues to enjoy interacting with people in his/her play, especially with games like "peek-a-boo" and "pat-a-cake"

## **Language/Communication**

- Points to objects out of reach
- Draws caregivers attention to objects or areas of interest
- Recognizes own name
- Uses voice to express joy and displeasure
- Begins to experiment with single syllables and imitating words
- Understands and responds to simple verbal requests such as "no"
- Uses simple gestures, such as shaking head for "no", waving, blowing kisses
- Begins to explore with varying voice intonations; this may seem like talking although is often difficult to understand
- May begin to say "dada" and "mama" appropriately
- Uses exclamations, such as "Uh-oh!"

## Movement

- Goes from a sitting to lying position without assistance
- Crawls
- May walk on hands and knees
- Goes from a sitting to crawling position or to laying on stomach without assistance
- Begins to pull self to standing position
- May begin to walk while holding on to furniture (cruising)
- May stand momentarily without support
- May walk two or three steps without support
- May begin to walk with support

## Hand and Finger Skills

- Holds objects between thumb and forefinger (pincer grasp)
- Enjoys banging two objects together
- Begins exploring by putting objects into container and then taking them out again
- Lets objects go voluntarily
- Pokes with index finger
- May attempt to scribble if given paper and a crayon
- May begin exploring with blocks and/or Legos

# Areas of Possible Concern 9-12 months

Although each baby develops in his or her individual way and at their own rate, failure to reach certain milestones may signal medical or developmental problems requiring special attention. If you notice any of the following warning signs in your infant at this age, discuss them with your pediatrician.

- Seems to resist cuddling or being held
- Doesn't seem to enjoy being around people, including caregivers, often cringing, crying, resisting eye contact, or moving away from
- Has poor eye contact
- Shows no interest in other children
- Seems sensitive to varying degrees of light and/or sound by closing eyes, crying, putting hands to ears, and looking or turning away
- Does not seem to respond to voices or sounds
- When held up on a strong surface, does not bear SOME weight on legs
- Shows very little or no interest in games like peek-a-boo, pat-a-cake, etc.
- Does not crawl
- Drags one side when crawling (for over one month)
- Does not search for objects that are hidden even though he/she watched where they were placed
- Does not say single words such as "mama" or "dada"
- Does not use gestures, such as waving or shaking head
- Doesn't seem to express much affection for the person who cares for him or her
- Does not point to objects or pictures
- Experiences a dramatic loss of skills he or she once had