



# Developmental Milestones

## Month 1

### Movement

- Lies flexed, like they would in the womb
- Baby may barely lift head or move head from side to side while lying on stomach
- Makes jerky, uncontrolled arm and leg movements
- Brings hands within range of eyes and mouth and may exhibit purposeless opening and closing of hands
- Cannot hold head up if unsupported
- Keeps hands tightly fisted
- Strong reflex movements

### Visual

- Focuses 8-12 inches away
- Eyes wander and may occasionally cross
- Shows interest in black-and-white or high contrast patterns
- Prefers the human face to all other patterns

### Hearing

- Recognizes some sounds
- May turn toward familiar sounds or voices

### Smell and Touch

- Prefers sweet smells, and avoids bitter or acidic smells
- Baby recognizes the scent of their own mother's breastmilk
- Prefers soft sensations
- Dislikes rough or abrupt handling

### Developmental Health Watch

If you notice any of the following signs by the end of your baby's first month, contact your pediatrician for more information.

- Sucks poorly and feeds slowly
- Doesn't blink when shown a bright light
- Doesn't focus or follow a nearby object moving side to side
- Rarely moves arms and legs, or seems stiff
- Seems excessively loose in the limbs, or floppy
- Lower jaw trembles constantly, even when not crying

- Doesn't respond to loud sounds

Copyright 2000. American Academy of Pediatrics.

Caring for Baby and Young Child: Birth to Age 5, Bantam 1999

## **Month 2**

### Movement

- Limbs relax and stretch partially
- Lifts head 45 degrees
- Head is wobbly while held sitting
- Hands partially unfold and may be able to hold rattle briefly
- Swipes aimlessly
- Muscle twitches lessen

### Visual

- Able to hold eye contact
- Studies faces and vaguely mimics facial gestures
- Tracks moving persons or objects

### Language/social

- Coos, squeals, and gurgles
- Smiles responsively and may show emotions such as delight or distress
- Able to quiet self with thumb

### Cognitive

- Makes associations between behaviors and responses, such as being fed after crying

## **Month 3**

### Movement

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Able to stretch limbs all the way out
- Pushes down on legs when feet are placed on a firm surface
- Opens and shuts hands
- Able to bring hands to mouth, sucks on fingers and fists
- Swipes at dangling objects, plays with hands
- Grabs toys or clothing and hair of others

### Visual

- Watches faces intently
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

### Hearing and Language

- Smiles at the sound of your voice

- Begins to imitate some sounds and may draw out vowel sounds, such as ‘aaah’ and ‘oooh’
- May begin to laugh
- Turns head toward direction of sound

#### Cognitive/social

- Learns that smiles, cries, and body language cause people to react
- Learns cause and effect, like touching mobile will cause it to move
- Becomes more expressive and communicates more with face and body
- Enjoys playing with other people, and may cry when playing stops
- Imitates some movements and facial expressions

## Month 4

#### Movement

- Stands with support
- Able to lift head 90 degrees and scan 180 degrees
- Rolls tummy-to-side
- Uses two-handed embracing reach
- Explores clothing
- Uses mitten-like grasp

#### Visual

- Develops better depth perception
- Gazes intently
- Tracks accurately

#### Language/social

- Shapes mouth to change sounds and blows bubbles
- Laughs when tickled
- May flap arms to be picked up or motion for attention

#### Cognitive

- Forms mental images of what to expect when given a cue
- Becomes aware that people and things have labels, such as ‘mommy’, ‘daddy’, or ‘cat’

## Month 5

#### Movement

- Stands, holding on for balance
- Rolls purposefully from tummy-to-back
- Assumes push-up position
- Wiggles forward and may crane neck forward to see
- Begins block play and is able to transfer toys from hand to hand

#### Visual

- Interested in colors
- Watches mouth movements

#### Language/social

- Babbles to get attention
- Mimics sounds, inflection, and gestures
- May show interest in solid foods

#### Cognitive

- Learns which sounds/gestures get a response
- Shows decision making expressions during hand play

## Month 6

#### Movement

- May be able to sit briefly by self, or with little support
- Sits in high chair
- Able to roll over onto both sides
- Helps to hold the bottle during feeding
- Bounces when held in a standing position
- Explores by mouthing and banging objects together
- Reaches precisely for objects and is able to grasp small objects and toes

#### Language/social

- Strings out longer and more varied sounds
- Experiments with pitch and volume of new sounds
- Imitates familiar actions you perform
- Able to open mouth for spoon

## 1 Year

#### Movement

- Able to drink from a cup with help
- Feeds his/herself finger foods like raisins, Cheerio's, or bread crumbs
- Grasps small objects by using thumb and forefinger
- Uses index finger to point or poke
- Sits well without support
- Crawls on hands and knees
- Able to pull up to standing position or take steps while holding onto furniture
- Cooperate with dressing by offering a foot or an arm

#### Language/social

- Copies sounds or actions of those around
- Says their first word
- Responds to music with body motion
- Tries to accomplish simple goals, like crawling to a toy
- Looks for an object that goes out of sight

- Tries to 'talk' with you
- Shows affection to familiar adults
- Shows mild to severe separation anxiety from parent
- Shows apprehension about strangers
- Understands simple commands

If you are concerned about your child's development, or interested in developmental testing, contact your child's pediatrician or your local health department.