



# **Birth – 1 year Informational Packet**

**Focus Learning Academies  
&  
Focus North High School**



# Infant Safe Sleep

## Overview

On average, a baby dies every other week due to unsafe sleep practices in Franklin County. This is approximately 22 babies who die suddenly each year. In fact, sleep-related infant deaths are a major reason for Franklin County's high infant mortality rate (IMR), and they are the leading cause of death for babies who are one month to one year of age. Too many babies die in unsafe sleep environments. In Franklin County (2012-2014), 89% of babies who died while sleeping were either not alone, not on their backs, or not in a crib. Most of these deaths are preventable.

Learn why it's safest for our baby to follow the ABCs of safe sleep – Alone. Back. Crib. Every baby, every sleep!

## Why the ABC's?

**Alone:** 2 out of 3 babies who died while sleeping were sharing an adult bed, couch or chair. Share the room, not the bed.

**Back:** Babies who sleep on their backs are less likely to choke than those who sleep on their stomachs and are also able to breathe easier.

**Crib:** Empty cribs are safest, using a firm mattress and fitted sheet. No bumper pads, pillows, blankets or stuffed animals, or else babies may suffocate or strangle themselves.

## At Birth - 3 months your baby should:

### Physical Skills

- Raises head & chest when on stomach
- Stretches & kicks on back
- Opens and shuts hands
- Brings hand to mouth
- Grasps and shakes toys

### Social Skills

- Begins to develop social smile
- Enjoys playing with people
- More communicative
- More expressive with face & body
- Imitates some movements & expressions

### Sensory Milestones

- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination
- Prefers sweet smells

- Prefers soft to coarse sensations

## **At 4 - 7 months your baby should...**

### Physical Skills

- Rolls both ways
- Sits with and without support of hands
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses raking grasp

### Social Skills

- Enjoys social play
- Interested in mirror images
- Responds to expressions of emotions
- Appears joyful often

### Cognitive Thinking

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

## **At 8 - 12 months your baby should...**

### Physical Skills

- Gets to sitting position without help
- Crawls forward on belly
- Assumes hands-and-knees positions
- Gets from sitting to crawling position
- Pulls self up to stand
- Walks holding on to furniture

### Social Skills

- Shy or anxious with strangers
- Cries when parents leave
- Enjoys imitating people in play
- Prefers certain people and toys
- Tests parental response
- Finger-feeds himself

### Cognitive Thinking

- Explores objects in different ways
- Finds hidden objects easily

- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly

## AAP Schedule of Well-Child Care Visits



Parents know who they should go to when their child is sick. But pediatrician visits are just as important for healthy children.

The American Academy of Pediatrics (AAP) developed a set of comprehensive health guidelines for well-child care, called [\*Bright Futures\*](#), for pediatricians to follow. Each well-child visit has an age-appropriate pre-visit questionnaire. You will notice the questions focus on developmental milestones, nutrition, safety, your child and family's emotional well-being, and recommendations from the AAP.

- [2 to 5 days old](#)
- [1 month old](#)
- [2 months old](#)
- [4 months old](#)
- [6 months old](#)
- [9 months old](#)
- [12 months old](#)
- [15 months old](#)
- [18 months old](#)
- [2 years old](#) (24 months)

### The Benefits of Well-Child Visits:

- **Prevention.** Your child gets scheduled immunizations to prevent illness. You also can ask your pediatrician about nutrition and safety in the home and at school.
- **Tracking growth and development.** See how much your child has grown in the time since your last visit, and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning.
- **Raising concerns.** Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or getting along with other family members. Bring your top three to five questions or concerns with you to talk with your pediatrician at the start of the visit.



- **Team approach.** Regular visits create strong, trustworthy relationships among pediatrician, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children. This team approach helps develop optimal physical, mental and social health of a child.

## Introducing Solid Foods to Your Baby – Tips, Solid Food Charts For Babies and Other Useful Information about Starting Solids

- Introducing solid foods to your baby is a really big milestone. This milestone is a lot of fun and a lot of worry as well. One of the most important things to keep in mind is that your baby has so many years of food experiences ahead that there is no need to rush things!
- Remember, you are taking the first steps to helping your little one develop healthy eating habits that will last a lifetime. Here you will find pages of useful information and solid food charts for you to review and get a sense of what your baby may be eating at a certain age or stage. This information will help ease your mind as you are introducing solid foods and will also ease the transition to solid foods for your baby.

## Current Recommendations for Introducing Solid Foods

- Current recommendations indicate that breast milk or formula should be baby's main source of nutrition until at least 6 months of age. While many pediatricians recommend starting solid foods sometime between 4 and six months of age, the earlier introduction of solid foods may have certain risk factors; consult your pediatrician. For example, the "Introduction of complementary feedings [solid foods] before 6 months of age generally does not increase total caloric intake or rate of growth and only substitutes foods that lack needed nutrients and the protective components of human milk (and formula).

## Is Your Baby Ready for Solid Food?

- How do you know if your baby is ready for solid foods? There are many signs to look for that will indicate that your little one may be ready to begin the journey into solid foods. Your baby may be 3 months old or 4 months old when you start to feel she may need "something more" than formula or breast milk.
- Maybe she is beginning to awaken more often at night or eat more often than "usual" and you wonder if introducing solid foods may be what she needs. Please keep in mind that a growth spurt will occur between 3-4 months of age. Your baby may begin to wake more frequently at night for a feeding and/or may begin to eat non-stop (cluster feed) as she once did as a newborn.

## Beginning Solid Foods

When you find that your baby is ready for solid foods, consider skipping the boxed cereal and starting out with [avocado](#), [sweet potato](#), [banana](#) or [pear](#)!

You should give your baby one new food at a time, and wait a minimal of 2 to 3 days before starting another. Many parents follow the "[4 day wait rule](#)" and choose to wait 4 days between introducing new

foods. After each new food, watch for any allergic reactions such as diarrhea, rash, or vomiting. If any of these occur, stop using the new food and consult with your child's doctor.

Within a few months of starting solid foods, according to the AAP, you should offer your baby a variety of foods each day that may include the following:

- Breast milk and/or formula
- Meats
- Cereal
- Vegetables
- Fruits
- Eggs and fish

## Introducing Allergenic Foods to Babies and Food Allergies

Changes to how to introduce allergenic foods to your baby are slowly taking place. "Many pediatricians recommend against giving eggs and fish in the first year of life because of allergic reactions, *but there is no evidence that introducing these nutrient-dense foods after 4 to 6 months of age determines whether your baby will be allergic to them.*"

Remember, the [World Health Organisation](#), the [American Academy of Pediatrics](#), [Health Canada](#), [Health Insite – Australia](#) and the [Department of Public Health \(U.K.\)](#) as well as the [CDC](#) all recommend that babies receive nothing but breast milk and/or formula for the first 6 months of age. What does the WHO say?

"Complementary feeding should be *timely*, meaning that all infants should start receiving foods in addition to breast milk from 6 months onwards. It should be *adequate*, meaning that the nutritional value of complementary foods should parallel at least that of breast milk. Foods should be prepared and given in a safe manner, meaning that measures are taken to minimize the risk of contamination with pathogens. And they should be given in a way that is *appropriate*, meaning that foods are of appropriate texture and given in sufficient quantity." [WHO Complementary Feeding](#)

Further, the "WHO recommends that infants start receiving complementary foods at 6 months of age in addition to breast milk, initially 2-3 times a day between 6-8 months, increasing to 3-4 times daily between 9-11 months and 12-24 months with additional nutritious snacks offered 1-2 times per day, as desired."

**Remember, always consult with your pediatrician regarding introducing solid foods to your baby and specifically discuss any foods that may pose allergy risks for your baby.**



# Introducing Solids

## A Month-by-Month Schedule

Courtesy of Momtastic.com

4-6  
months

1. She has head control and can eat in a sitting position.
2. Her extrusion reflex has disappeared.
3. She's curious about food.

### Cereal

Single-grain rice cereal  
Oatmeal

Mix a little with breast milk or formula and feed it to your baby from a rubber-tipped spoon. Start with a fairly watered-down version and gradually thicken the consistency as she becomes more comfortable. As she transitions to solids, she'll only need a few teaspoons at a time. These first foods are complements, not substitutions for breast milk or formula. Once she has the hang of eating cereal off a spoon, it's time to introduce fruits and vegetables.

6-8  
months

1. Introduce 1 new food at a time.
2. Thin thicker foods with breast milk or formula.
3. Start with mild-tasting fruits and vegetables, such as peas and apples.
4. Buy (or prepare) purees with a very smooth texture.
5. Strain homemade purees to remove graininess.
6. Peel fruits and veggies with thick or fibrous skins.
7. Introduce meat into your baby's diet, too.

### Fruits

Avocados  
Apricots  
Apples  
Bananas  
Mangoes

Peaches  
Pears  
Plums  
Prunes  
Parsnips  
Peas  
Carrots  
Zucchini  
Yellow Squash  
Acorn/  
Butternut Squash  
Sweet Potatoes  
Green Beans

### Protein

Beef  
Lamb  
Chicken  
Turkey  
Lentils

### Vegetables

8-10  
months

It's now okay to offer combinations—just make sure there isn't more than one food in the mix that he hasn't tried. Texture-sensitive babies may start tolerating slightly coarser purees, so fruits, vegetables, and proteins that were hard to get perfectly smooth before, like green beans and beef, may prove more acceptable to your child. At this age, babies can handle the fiber found in heartier fruits and veggies like blueberries and broccoli. It's also a good time to introduce new forms of protein, like fish and tofu.

### Fruits

Apricots  
Blueberries  
Melons  
Blueberries  
Cherries  
Mangos

### Vegetables

Asparagus  
Broccoli  
Cauliflower  
Beets  
Eggplant  
Zucchini

### Meat

Fish  
Tofu

10-12  
months

1. Cut items into small pieces.
2. Foods should mash easily so they are able to be gummed.
3. Talk to your pediatrician about allergy risks.
4. Introduce acidic foods slowly.

### Fruits

Nectarines  
Kiwi  
Strawberries  
Cherries  
Oranges

### Vegetables

Tomatoes

### Meat

Eggs

### Cereal

Pasta

This chart is conservative in nature. It should not be used to replace the advice of your doctor. Foods are grouped by age relative to ease of digestibility, taste, texture and possible allergy risks for baby's stage.

*Always consult your baby's pediatrician about introducing new foods, and feeding your baby.*

Momtastic



# Nutrition

You'll probably notice a sharp drop in your toddler's appetite after his first birthday. Suddenly he's picky about what he eats, turns his head away after just a few bites, or resists coming to the table at mealtimes. It may seem as if he should be eating more now that he's so active, but there's a good reason for the

change. His growth rate has slowed, and he really doesn't require as much food now.

## Feeding and Nutrition: One-Year-Old

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Your toddler needs about 1,000 calories a day to meet his needs for growth, energy, and good nutrition. If you've ever been on a 1,000-calorie diet, you know it's not a lot of food. But your child will do just fine with it, divided among three small meals and two snacks a day. Don't count on his always eating it that way, however, because the eating habits of toddlers are erratic and unpredictable from one day to the next. He may eat everything in sight at breakfast but almost nothing else for the rest of the day. Or he may eat only his favorite food for three days in a row, and then reject it entirely. Or he may eat 1,000 calories one day, but then eat noticeably more or less on the subsequent day or two. Your child's needs will vary, depending on his activity level, his growth rate, and his metabolism.

As a general rule, it's a real mistake to turn mealtimes into sparring matches to get him to eat a balanced diet. He's not rejecting you when he turns down the food you prepared, so don't take it personally. Besides, the harder you push him to eat, the less likely he is to comply. Instead, offer him a selection of nutritious foods at each sitting, and let him choose what he wants. Vary the tastes and consistencies as much as you can.

If he rejects everything, you might try saving the plate for later when he's hungry. However, don't allow him to fill up on cookies or sweets after refusing his meal, since that will just fuel his interest in empty-calorie foods (those that are high in calories but relatively low in important nutrients, such as vitamins and minerals) and diminish his appetite for nutritious ones. Hard as it may be to believe, your child's diet will balance out over several days if you make a range of wholesome foods available and don't pressure him to eat a particular one at any given time.

Your toddler needs foods from the same four basic nutrition groups that you do:

1. Meat, fish, poultry, eggs
2. Dairy products
3. Fruits and vegetables
4. Cereal grains, potatoes, rice, breads, pasta

When planning your child's menu, remember that cholesterol and other fats are very important for his normal growth and development, so they should not be restricted during this period. Babies and young toddlers should get about half of their calories from fat. You can gradually decrease the fat consumption once your child has reached the age of two (lowering it to about one-third of daily calories by ages four to five). While you should not lose sight of the fact that childhood obesity is a growing problem, youngsters

in the second year of life need dietary fat. If you keep your child's caloric intake at about 1,000 calories a day, you shouldn't have to worry about overfeeding him and putting him at risk of gaining too much weight.

By his first birthday, your child should be able to handle most of the foods you serve the rest of the family—but with a few precautions. First, be sure the food is cool enough so that it won't burn his mouth. Test the temperature yourself, because he'll dig in without considering the heat. Also, don't give him foods that are heavily spiced, salted, buttered, or sweetened. These additions prevent your child from experiencing the natural taste of foods, and they may be harmful to his long-term good health.

Young children seem to be more sensitive than adults to these flavorings and may reject heavily spiced foods.

Your little one can still choke on chunks of food that are large enough to plug his airway. Keep in mind that children don't learn to chew with a grinding motion until they're about four years old. In his second year of life, make sure anything you give him is mashed or cut into small, easily chewable pieces. Never offer him peanuts, whole grapes, cherry tomatoes (unless they're cut in quarters), carrots, seeds (i.e., processed pumpkin or sunflower seeds), whole or large sections of hot dogs, meat sticks, or hard candies (including jelly beans or gummy bears), or chunks of peanut butter (it's fine to thinly spread peanut butter on a cracker or bread). Hot dogs and carrots in particular should be quartered lengthwise and then sliced into small pieces. Also make sure your toddler eats only while seated and supervised by an adult. Although he may want to do everything at once, "eating on the run" or while talking increases his risk of choking. Teach him as early as possible to finish a mouthful prior to speaking.

By his first birthday or soon thereafter, your toddler should drink his liquids from a cup. He'll need less milk now, since he'll get most of his calories from solid foods.

## **Fitness**

At this age, your child will seem to be continually on the go—running, kicking, climbing, jumping. This yearlong energy spurt certainly will keep you on the go. But take heart—his activity level will strengthen his body and develop his coordination.

## **Cognitive Development: One-Year-Old**

As you watch your toddler at play, have you noticed how hard she concentrates on everything she does? Each game or task is a learning proposition, and she'll gather all sorts of information about the way things work. She'll also now be able to draw on facts she's already learned in order to make decisions and find solutions to play-related challenges. However, she'll be interested in solving only those problems that are appropriate for her developmental and learning level, so hand her a toy that fascinated her at eleven months and she may walk away bored. Or suggest a game that's too advanced and she'll object. She'll be especially attracted to mechanical devices, such as wind-up toys, switches, buttons, and knobs. It may be difficult for you to judge exactly what she can and can't handle at this age, but it's not hard for her to decide. Provide her with a range of activities, and she'll select the ones that are challenging but not completely beyond her abilities.

Imitation is a big part of her learning process at this age. Instead of simply manipulating household objects, as she did during her first year, she'll actually use a brush on her hair, babble into the phone, turn the steering wheel of her toy car, and push it back and forth. At first, she'll be the only one involved in



these activities, but gradually she'll include other players. She might brush her doll's hair, "read" to you from her book, offer a playmate a pretend drink, or hold her toy phone to your ear. Because imitation is such an important part of her behavior and learning, now, perhaps more than ever, you need to be aware of the behaviors that you are modeling for her. Remember, things that you say or do might be replayed (either to your great pleasure or dismay!) over and over again as she plays and learns. Older siblings are crucial here. This copying behavior happens between toddlers and their older siblings. It is an ideal time to take advantage of these natural developmental cues.

Well before her second birthday, your toddler will excel at hiding games, remembering where hidden objects are long after they leave her sight. If you pocket her ball or cracker while she's playing, you may forget all about it, but she won't!

As she masters hide-and-seek, she'll also become more understanding about separations from you. Just as she knows that a hidden object is somewhere, even when she can't see it, she'll now recognize that you always come back, even when you're away from her a whole day. If you actually show her where you go when you leave her—to work or to the grocery store, for example—she'll form a mental image of you there. This may make the separation even easier for her.

At this age, your toddler is very much the director; she lets you know what role she wants you to play in her activities. Sometimes she'll bring you a toy so you can help her make it work; other times she'll pull it away from you to try it by herself. Often, when she knows she's done something special, she'll pause and wait for your applause. By responding to these cues, you'll provide the support and encouragement she needs to keep learning.

You also must supply the judgment that she still lacks. Yes, she now understands how certain things behave, but—because she can't see how one thing affects another—she doesn't yet grasp the full notion of consequences. So even though she may understand that her toy wagon will roll downhill, she can't predict what will happen when it lands in the middle of the busy street below. Although she knows that a door swings open and shut, she doesn't know that she has to keep her hand from getting caught in it. And even if she's found out the hard way once, don't assume she's learned her lesson. Chances are she doesn't associate her pain with the chain of events that led up to it, and she almost certainly won't remember this sequence the next time. Until she develops her own common sense, she'll need your vigilance to keep her safe.

## Emotional Development: 1 Year Olds

Throughout her second year, your child will swing back and forth constantly between fierce independence and clinging to you. Now that she can walk and do things for herself physically, she has the power to move away from you and test her new skills. But at the same time, she's not yet entirely comfortable with the idea that she's an individual, separate from you and everyone else in the world. Especially when she's tired, sick, or scared, she'll want you there to comfort her and fend off loneliness.

It's impossible to predict when she'll turn her back on you and when she'll come running for shelter. She may seem to change from one moment to the next, or she may seem mature and independent for several whole days before suddenly regressing. You may feel mixed reactions to this, as well: While there are moments when it feels wonderful to have your baby back, there are bound to be other times when her fussing and whining is the last thing you need. Some people call this period the first adolescence. It reflects some of your child's mixed feelings about growing up and leaving you, and it's absolutely normal. Remember that the best way to help her regain her composure is to give her attention and reassurance



when she needs it. Snapping at her to “act like a big girl” will only make her feel and act more insecure and needy.

Brief separations from you may help your toddler become more independent. She’ll still suffer some separation anxiety and perhaps put up a fuss when you leave her—even if it’s just for a few minutes. But the protest will be brief. Chances are, you may be more upset by these separations than she is, but try not to let her know that. If she believes her fussing has a chance of getting you to stay, she’ll continue to fuss with similar occasions in the future. As tempting as it might be to quietly “sneak” away, she might actually become more clingy because she then never knows when you’re going to disappear next. Instead, leave her with a kiss and a promise to return. And when you do come back, greet her enthusiastically and devote your full attention to her for a while before moving on to other chores or business. When your child understands that you always return and continue to love her, she’ll feel more secure.

## Hand and Finger Skills: 1 Year Olds

Given all the large motor skills your one-year-old is mastering, it’s easy to overlook the more subtle changes in her ability to use her hands, both alone and in coordination with her eyes. These developments will allow her much more control and precision as she examines objects and tries new movements. They also will greatly expand her ability to explore and learn about the world around her.

At twelve months, it’s still a challenge for her to pick up very small objects between her thumb and forefinger, but by the middle of her second year, this task will be simple. Watch how she’ll manipulate small objects at will, exploring all the ways they can be combined and changed. Some of her favorite games might include:

- Building towers of up to four blocks, then knocking them down
- Covering and uncovering boxes or other containers
- Picking up balls or other objects in motion
- Turning knobs and pages
- Putting round pegs into holes
- Scribbling and painting

These activities not only will help her develop hand skills but also will teach her spatial concepts, such as “in,” “on,” “under,” and “around.” As she nears two years and her physical coordination improves, she’ll be able to try more complex games, such as:

- Folding paper (if you show her how)
- Putting large square pegs into matching holes (which is more difficult than it is with round pegs, because it involves matching angles)
- Stacking up to five or six blocks
- Taking toys apart and putting them back together
- Making shapes from clay

By her second birthday, your toddler may demonstrate a clear tendency toward right- or left-handedness. However, many children don’t show this preference for several years. Other children are ambidextrous, being able to use both hands equally well. They may never establish a clear preference. There’s no reason to pressure your toddler to use one hand over the other or to rush the natural process that leads her to this preference.

# Booting the Bottle

## If your child doesn't know how to use a sippy cup...

A baby who can sit up by herself, hold her head up, and open her mouth for a spoon is ready to add a cup to her mealtime mix. First do a quick show-and-tell by holding the cup to her mouth and dribbling some liquid onto her lips; take the valve out of a non-spill cup in order to do this. If you're using a cup with handles, hold them so that your baby sees how to maneuver them herself. If she doesn't get the hang of it, try using a straw. Consider a small plastic water bottle with a spout and a fold-out straw. Once you squeeze the bottle and squirt the drink into your child's mouth a few times, she should start figuring out how to suck from the spout.

## If your baby adores her bottle...

Start with a slow-and-easy approach, replacing one regular [bottle feeding](#) with a sippy cup. Do this every few days until you're completely bottle-free. When that happens, make a big deal of the milestone and help your child understand that it's a good thing -- it means she's getting bigger. "Right before my daughter's first birthday, I had her throw out a bottle and say, 'Bye-bye.' Then we told the bottle she didn't need it anymore," says Erin Ridley, of Sioux Falls, South Dakota. "I put all the other bottles out of sight. She did great!" If your child isn't up for such a change, hide the bottles one by one.

## Resisting Change

### If your little one really likes to suck on things...

Sucking can be a way for babies to seek comfort, so offer a substitute lovey (say, a blankie or a stuffed animal) while he switches to cups. But then make sure you don't let your child repeat the pattern and get overly attached to his new cup. "Lots of children like to carry a sippy around too, so it's best to give an open cup at snacktime and mealtime," says Katie Mulligan, R.D., a pediatric dietitian in Warwick, Rhode Island. This will help encourage the concept of drinking only when seated.

### If you worry your baby will go hungry without a bottle...

Between 6 and 12 months, as your baby eats more solid food, the amount of formula or breast milk he drinks will naturally decline. So yes, he may drink less as he figures out how to use his sippy cup, but he'll probably also take a keener interest in his jarred peaches -- which is totally normal. If you're worried, try serving your baby three meals a day of solid food, along with a sippy cup of formula or breast milk, recommends Jill Castle, R.D., a pediatric dietitian in Nashville. Offer regular bottles between meals, which can serve as snacks. As your baby gets bigger and eats more [solids](#), slowly phase out the bottles so that your baby is off them by 12 months.

### If your baby cries when she can't have a bottle in her crib...

Taking the bottle away at bedtime is a good idea even if you're not transitioning to a sippy cup just yet. A bottle in bed may be soothing, but all that liquid pools in your little one's mouth once she's asleep, boosting the likelihood of both cavities and ear infections. Make over your baby's bedtime routine by

feeding her in a chair, then offering another comfort object for her to hold there instead, like a favorite teddy bear. Once she's used to that, replace the bottle with a sippy cup -- and a snuggle. "When I introduced the sippy cup, I held my boys close while they drank from it, much like bottle-feeding," says Jessie Charles, a mother of three from Brigham City, Utah. "I think the closeness and one-on-one time made the transition a lot easier."

For more great information visit the following websites:

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

<https://www.healthychildren.org/English/Pages/default.aspx>

<http://www.asha.org/public/speech/development/01.htm>



# Month-by-Month Developmental Milestone Chart



Your baby's first year is one of the most exciting and amazing times for you to watch her grow. Print this developmental milestone chart, and check off each milestone as your little one grows into her first year of life. It's important to remember that babies develop at different rates, and this printable represents general guidelines. If you are concerned your baby is not meeting certain milestones on time, talk to your child's doctor.

## 1 month

- \_\_\_ Makes eye contact and stares at faces
- \_\_\_ Responds to parent's voice
- \_\_\_ Lifts head while lying on tummy
- \_\_\_ Moves head from side to side while lying on tummy
- \_\_\_ Follows objects briefly with eyes
- \_\_\_ Begins to coo, gurgle, and make other vocal sounds
- \_\_\_ Makes equal movements with hands and feet

## 2 months

- \_\_\_ Coos, gurgles, and makes other vocal sounds
- \_\_\_ Sees black and white patterns
- \_\_\_ Follows objects across field of vision
- \_\_\_ Discovers hands
- \_\_\_ Holds head up for short periods of time
- \_\_\_ Smiles and laughs
- \_\_\_ Briefly grasps and holds objects placed in hand

## 3 months

- \_\_\_ Smiles and laughs
- \_\_\_ Holds head steady
- \_\_\_ Imitates some movement and facial expressions
- \_\_\_ Brings hand to mouth
- \_\_\_ Blows bubbles
- \_\_\_ Knows parent's face
- \_\_\_ Lifts head and shoulders when lying on tummy
- \_\_\_ Supports upper body with arms when lying on tummy

## 4 months

- \_\_\_ Begins reaching
- \_\_\_ Uses arms simultaneously
- \_\_\_ Grasps and releases toys
- \_\_\_ Brings hands together
- \_\_\_ Relaxes and opens hands at rest
- \_\_\_ Bears weight on legs
- \_\_\_ Coos and makes noise when spoken to
- \_\_\_ Rolls over from tummy to back

## 5 months

- \_\_\_ Reacts & turns towards sounds and voices
- \_\_\_ Grasps smaller objects
- \_\_\_ Rolls over in both directions
- \_\_\_ Plays with hands and feet
- \_\_\_ Begins "creeping"
- \_\_\_ Supports body weight on legs when held in standing position
- \_\_\_ Reaches with one hand
- \_\_\_ Transfers objects from hand to hand

## 6 months

- \_\_\_ Imitates sounds
- \_\_\_ Begins eating solid foods
- \_\_\_ Sits without support
- \_\_\_ Picks up dropped objects
- \_\_\_ Sits in high chair
- \_\_\_ May start teething (this can occur from 4-7 months of age)
- \_\_\_ Enjoys hearing own voice
- \_\_\_ Vocalizes to mirror and toys
- \_\_\_ Begins to make sounds that resemble one-syllable words

# Month-by-Month Developmental Milestone Chart



## 7 months

- \_\_\_ Responds to name
- \_\_\_ Uses voice to express joy and displeasure
- \_\_\_ Finds objects that are partially hidden
- \_\_\_ Explores with hands and mouth
- \_\_\_ Drags objects towards self
- \_\_\_ May start crawling (this can occur from 6-10 months of age)
- \_\_\_ Jabbers and combines syllables
- \_\_\_ Enjoys social play

## 8 months

- \_\_\_ Says "mama" and "dada" to both parents (not specific)
- \_\_\_ Stands with support or while holding onto something
- \_\_\_ Crawls
- \_\_\_ Points at objects
- \_\_\_ Turns away when finished eating

## 9 months

- \_\_\_ Begins "cruising" along furniture
- \_\_\_ Drinks from a sippy cup
- \_\_\_ Begins to eat with fingers
- \_\_\_ Begins to bang objects together
- \_\_\_ Displays separation and stranger anxiety
- \_\_\_ Combines syllables into word-like sounds

## 10 months

- \_\_\_ Waves goodbye
- \_\_\_ Eats well with fingers
- \_\_\_ Picks objects up with pincer grasp
- \_\_\_ Begins understanding the word "no"
- \_\_\_ Says "mama" and "dada" to the correct parent
- \_\_\_ Stands alone momentarily

## 11 months

- \_\_\_ Plays patty-cake and peek-a-boo
- \_\_\_ Begins to imitate others
- \_\_\_ Stands alone for a couple of seconds
- \_\_\_ Cruises
- \_\_\_ Claps hands
- \_\_\_ Puts toys into containers
- \_\_\_ Indicates wants with gestures other than crying
- \_\_\_ Understands simple instructions

## 12 months

- \_\_\_ Says one word other than "mama" and "dada"
- \_\_\_ Imitates others' sounds and activities
- \_\_\_ Pulls off socks
- \_\_\_ Stands well; may begin to walk
- \_\_\_ Uses exclamations like "Uh-oh!"
- \_\_\_ Begins to use objects correctly