



Baby's Development

Birth – 1 Month

- Cuddles
- Begins to Smile
- Responds to Sound
- Reacts to touch
- Lifts & turns head
- Highly disorganized daily patterns of sleeping, eating & crying.
- Feedings twice a night with 5-6 daytime feedings
- Bowel movements 3-4 times daily

2 Months - 3 Months

- Reacts more to Mom & Dad than others
- Coos, laughs, smiles and responds back
- Can hold head at 45° angle
- Already has a preference of sleeping positions
- Can briefly grasp rattle in hand
- Responds to loud noises
- May only need feeding once a night
- Bowel movements are twice daily & close to feedings
- Is awake longer; by as much as 10 hours a day
- Sleep periods are longer and not as many, 2-4 daily.

- Can sleep 7 hours during the night
- Loves bath time

4 Months – 6 Months

- Feeding is now once a night
- Bats at objects
- Rolls from stomach to back
- Begins reaching with both arms at the same time
- Smiles, laughs, squeals & babbles
- Daily patterns of eating and sleeping are becoming more regulated
- Holds a rattle
- Brings hands together
- Follows objects 180°
- Can hold head up 90°, shoulders up
- Predictable schedules for feeding and bowel movements
- Splashes in bath
- Kicks & lifts head

6 Months – 9 Months

- Responds to name & sound
- Rolls from back to stomach
- Plays with feet
- Babbling
- Imitates sound
- May hold own bottle to feed
- Lifts cup
- Sits with support
- Reaches for objects
- Reacts to strangers
- Starts to develop taste preference

- Ready for solids & may show an interest in feeding himself using his fingers
- May take a cup
- Sleeps through the night

- Walks without support
- Can feed himself a little
- Starts to speak; raise & lower pitch
- Starts speaking; uses 4-5 words

9 Months – 12 Months

- Says Mama, Dada, but not particular
- Pulls to stand
- Understands a few words
- Babbling
- Plays Pat-a-Cake & Peek-a-Boo
- Crawls and/or creeps
- Sits up
- Feeds self
- Drinks from cup
- May develop fear of bath
- May have anxiety with strangers

12 Months

- Waves Bye-bye
- Says Mama, Dada to the right person
- Lowers from a standing to sitting position without falling
- Gives hugs
- Can grasp
- May take a few steps; can walk with help
- Plays with toys
- Insists on feeding himself
- Begins trying to drink with a cup & using a spoon
- Eats three times a day
- Takes an afternoon nap
- Can put one object into another

15 Months – 18 Months

18 Months – 24 Months

- Starts running
- Now using up to 10-15 words
- Climbs up or down one stair
- Pulls toys on wheels
- Scribbles with crayons
- Understands easy directions

Child's Development

2 Years – 3 Years

- Puts two to three words together
- Turns pages in a book
- Recognizes pictures
- Can distinguish upside pictures
- When asked, gives toys
- Can kick a ball

3 Years – 4 Years

- Opens doors
- Asks and answers simple questions
- Speaks clearly and is understood by family members
- Able to walk upstairs holding the railing
- Unbuttons large buttons
- Able to stand briefly on one foot
- Stacks objects by size
- Can you tell you he needs to use the restroom

4 Years – 5 Years

- Knows their own last name, own age, and sex
- Hops in place
- Throws a ball over their head
- Knows the six basic colors
- Can copy a circle
- Washes their hands without help

5 Years – 6 Years

- Recognizes name in print
- Comprehends “yesterday” and “tomorrow”
- Speaks in sentences with correct grammar
- Puts shoes on the correct feet
- Starting to write – able to print a few capital letters
- Runs on tiptoe