

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

This developmental guide details infant milestones by age. Remember, each child develops differently. If you have specific questions or concerns, let your nurse or doctor know.

If your baby was born prematurely (before 37 weeks of pregnancy), you need to look at the milestone guidelines a little differently. The age at which your baby is expected to reach various milestones is based on date, not birthday. So if your baby was born two months early, they will most likely achieve milestones two months later than the guidelines below predict.

By the end of their first month, most babies:

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| Make jerky, quivering arm movements | Bring hands near face |
| Move head from side to side while lying on stomach | Prefer human faces over other shapes |
| Recognize some sounds, including parents' voices | Keep hands in tight fists |
| Prefer black-and-white or high-contrast patterns | Hear very well |
| Focus on objects 8 to 12 inches away | |

By the end of their third month, most babies:

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|---|--------------------------------------|
| Support upper body with arms when lying on stomach | Open and shut hands |
| Stretch legs out and kick when lying on stomach or back | Bring hands to mouth |
| Push down on legs when feet are placed on a surface | Grab and shake hand toys |
| Recognize familiar objects and people at a distance | Follow moving object with eyes |
| Begin to babble and to imitate some sounds | Watch faces closely |
| Start using hands and eyes in coordination | Smile at the sound of parents' voice |
| Raise head and chest when lying on stomach | Enjoy playing with other people |

By the end of their seventh month, most babies:

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|--|---------------------------------------|
| Roll over both ways (stomach-back and back-stomach) | Reach for object with hand |
| Develop full-color vision and mature distance vision | Sit up |
| Support whole weight on legs when held upright | Respond to own name |
| Struggle to get objects that are out of reach | Distinguish emotions by tone of voice |
| Babble chains of consonants (ba-ba-ba-ba) | Explore objects with hands & mouth |
| Transfer objects from one hand to the other | Enjoy playing peek-a-boo |
| Use voice to express joy and displeasure | Show an interest in mirror images |

IMPORTANT NOTICE

Contact the on-call nurse if you are experiencing any change in your baby's current health condition.
 For ALL emergencies requiring IMMEDIATE medical attention, call 911.

By their first birthday, most babies:

Walk holding onto furniture, & a few steps without support
Use simple gestures-shaking head “no” & waving bye-bye
Explore objects in many ways (shaking/banging/throwing)
Begin to use objects correctly (drink from cup, brush hair)
Look at correct picture when an image is named
Use pincer grasp (thumb and forefinger)
Respond to “no” and simple verbal requests
Use exclamations, such as “oh-oh!”

Get into hand & knees position
Sit without assistance
Crawl
Pull self up to stand
Say “dada” and “mama”
Try to imitate words
Find hidden objects easily

By their second birthday, most children:

Recognize names of familiar people, objects & body parts
Walk up and down stairs while holding on to support
Use two- to four-word sentences (“want snack”)
Say several single words (by 15 to 18 months)
Use simple phrases (by 18 to 24 months)
Climb on and off furniture without help
Carry large toy or several toys while walking
Begin to sort objects by shapes and colors
Pull toys behind them while walking

Walk alone
Begin to run
Kick a ball
Scribble with crayon
Build tower of 4 blocks or more
Follow simple instructions
Begin to play make-believe
Imitate behavior of others
Show growing independence

Source: American Academy of Pediatrics. "Caring for Your Baby and Young Child: Birth to Age 5, Fourth Edition" (Bantam Books, 2005).

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