

First Year Milestones

Developmental Milestones by the End of the First Month

Developmental Milestones by the End of the First Month			
Movement	Visual	Hearing	Smell and Touch
<ul style="list-style-type: none"> • Makes jerky, quivering arm thrusts • Brings hands within range of eyes and mouth • Moves head from side to side while lying on stomach • Head flops backward if unsupported • Keeps hands in tight fists • Strong reflex movements 	<ul style="list-style-type: none"> • Focuses 8 to 12 inches away • Eyes wander and occasionally cross • Prefers black-and-white or high-contrast patterns • Prefers the human face to all other patterns 	<ul style="list-style-type: none"> • Hearing is fully mature • Recognizes some sounds • May turn toward familiar sounds and voices 	<ul style="list-style-type: none"> • Prefers sweet smells • Avoids bitter or acidic smells • Recognizes the scent of his/her own mother's breast milk • Prefers soft to coarse sensations • Dislikes rough or abrupt handlings
Developmental Health Watch			
<p>If, during the second, third, or fourth weeks of your baby's life, he/she shows any of the following signs of developmental delay, notify your pediatrician.</p>			
<ul style="list-style-type: none"> • Sucks poorly and feeds slowly • Doesn't blink when shown a bright light • Doesn't focus and follow a nearby object moving side to side <ul style="list-style-type: none"> • Rarely moves arms and legs; seems stiff • Seems excessively loose in the limbs, or floppy • Lower jaw trembles constantly, even when not crying or excited <ul style="list-style-type: none"> • Doesn't respond to loud sounds 			

Developmental Milestones by the End of 3 Months

Developmental Milestones by the End of 3 Months			
Movement	Visual	Hearing and Speech	Social/Emotional
<ul style="list-style-type: none"> • Raises head and chest when lying on stomach • Supports upper body 	<ul style="list-style-type: none"> • Watches faces intently • Follows moving objects • Recognizes familiar objects 	<ul style="list-style-type: none"> • Smiles at the sound of your voice 	<ul style="list-style-type: none"> • Begins to develop a social smile • Enjoys playing with other people, and may cry when playing stops

<p>with arms when lying on stomach</p> <ul style="list-style-type: none"> • 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 • Brings hand to mouth • Takes swipes at dangling objects with hands • Grasps and shakes hand toys 	<p>and people at a distance</p> <ul style="list-style-type: none"> • Starts using hands and eyes in coordination 	<ul style="list-style-type: none"> • Begins to babble • Begins to imitate some sounds • Turns head toward direction of sound 	<ul style="list-style-type: none"> • Becomes more communicative and expressive with face and body • Imitates some movements and facial expressions
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Developmental Health Watch

Although each baby develops in his/her own individual way and at his/her 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.

- Still has Moro Reflex after 4 months
- Doesn't seem to respond to loud sounds
- Doesn't notice his/her hands by 2 months
- Doesn't smile at the sound of your voice by 2 months
- Doesn't follow moving objects with his/her eyes by 2 to 3 months
 - Doesn't grasp and hold objects by 3 months
 - Doesn't smile at people by 3 months
- Cannot support his/her head well at 3 months
- Doesn't reach for and grasp toys by 3 to 4 months
 - Doesn't babble by 3 to 4 months
 - Doesn't bring objects to her mouth by 4 months
- Begins babbling, but doesn't try to imitate any of your sounds by 4 months
- Doesn't push down with legs when feet are planted on a firm surface by 4 months
 - 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 pay attention to new faces, or seems very frightened near new faces or surroundings
 - Still has the tonic neck reflex at 4 to 5 months

Developmental Milestones by the End of 7 Months

Developmental Milestones by the End of 7 Months				
Movement	Vision	Language	Cognitive	Social/Emotional
<ul style="list-style-type: none"> • Rolls both ways (front to back, back to front) • Sits with, and then without, support of hands • Supports her whole weight on his/her legs • Reaches with one hand • Transfers object from hand to hand • Uses raking grasp (not pincer) 	<ul style="list-style-type: none"> • Develops full color vision • Distance vision matures • Ability to track moving objects matures 	<ul style="list-style-type: none"> • Responds to own name • Begins to respond to “no” • Distinguishes emotions by tone of voice • Responds to sound by making sounds • Uses voice to express joy and displeasure • Babbles chains of consonants 	<ul style="list-style-type: none"> • Finds partially hidden objects • Explores with hands and mouth • Struggles to get objects that are out of reach 	<ul style="list-style-type: none"> • Enjoys social play • Interested in mirror images • Responds to other people’s expression of emotions
Developmental Health Watch				
<p>Each baby develops in his/her own particular manner, so it’s impossible to tell exactly when or how your child will perfect a given skill. These are just a general idea of the changes you should expect. However, alert your pediatrician if your baby displays any of the following signs of possible developmental delay for this age range.</p>				
<ul style="list-style-type: none"> • Seems very stiff with tight muscles • Seems very floppy like a rag doll • Head still flops back when body is pulled up to a sitting position <ul style="list-style-type: none"> • Reaches with one hand only • Refuses to cuddle • Shows no affection for the person who cares for him/her 				

- Doesn't seem to enjoy being around people
- One or both eyes consistently turn in or out
- Persistent tearing, eye drainage, or sensitivity to light
 - Does not respond to sounds around him/her
- Has difficulty getting objects to his/her mouth
- Does not turn his head to locate sounds by 4 months
- Doesn't roll over in either direction (front to back or back to front) by 5 months
 - Seems inconsolable at night after 5 months
 - Doesn't smile spontaneously by 5 months
 - Cannot sit with help by 6 months
- Does not laugh or make squealing sounds by 6 months
 - Does not actively reach for objects by 6 to 7 months
- Doesn't follow objects with both eyes at near (1 foot) and far (6 feet) ranges by 7 months
 - Does not bear some weight on legs by 7 months
- Does not try to attract attention through actions by 7 months
 - Does not babble by 8 months
- Shows no interest in games of peekaboo by 8 months

Developmental Milestones by the End of 12 Months

Developmental Milestones by the End of 12 Months			
Social/Emotional	Movement	Language	Cognitive
<ul style="list-style-type: none"> • Shy or anxious with strangers • Cries when mother or father leaves • Enjoys imitating people in his/her play • Shows specific preferences for certain people and toys • Tests parental responses to his/her actions during feedings (What do you do when he/she refuses food?) • Tests parental responses to his/her behaviors (What do you do if 	<ul style="list-style-type: none"> • Reaches sitting position without assistance • Crawls forward on belly • Assumes hands-and-knees position • Creeps on hands and knees • Gets from sitting to crawling or lying on stomach position • Pulls self up to stand • Walks holding on to furniture • Stands momentarily 	<ul style="list-style-type: none"> • Pays increasing attention to speech • Responds to simple verbal requests • Responds to "no" • Uses simple gestures, such as shaking head for a "no" • Babbles with inflection • Says "dada" and "mama" • Uses exclamations, such as "Oh-oh!" • Tries to imitate words 	<ul style="list-style-type: none"> • Explores objects in many different ways (shaking, banging, throwing, dropping) • Finds hidden objects easily • Looks at correct picture when the image is named • Imitates gestures • Begins to use objects correctly (drinking from cup, brushing hair, dialing phone,

<p>he/she cries after you leave the room?)</p> <ul style="list-style-type: none"> • May be fearful in some situations • Prefers regular caregiver over all others • Repeats sounds or gestures for attention • Finger-feeds him/herself • Extends arm or leg to help when being dressed 	<p>without support</p> <ul style="list-style-type: none"> • May walk two or three steps without support 		<p>listening to receiver)</p>
Developmental Health Watch			
<p>Each baby develops in his/her own particular manner. These are just a general idea of the changes you should expect. However, alert your pediatrician if your baby displays any of the following signs of possible developmental delay for this age range.</p>			
<ul style="list-style-type: none"> • Does not crawl • Drags one side of the body while crawling (for over one month) <ul style="list-style-type: none"> • Cannot stand when supported • Does not search for objects that are hidden while he watches <ul style="list-style-type: none"> • Says no single words (such as “mama” or “dada”) • Does not learn to use gestures, such as waving or shaking head <ul style="list-style-type: none"> • Does not point to objects or pictures 			

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

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