

BABY MILESTONES



Babies grow quickly in their first year of life, and tracking their developmental milestones can help you monitor their growth and learning.

NEWBORN MILESTONES

0-2 Months

In these first months, your baby's eyesight, movements, and noises move from reflexive to intentional. Coos and smiles appear, too!

- Coos and cries to communicate
- Looks toward noises and your voice
- Holds head up
- Starts pushing up on hands during tummy time
- Movements transition from jerky to smooth
- Recognizes and focuses you
- First smiles

Focuses on faces

My Newborn's milestone age _____



INFANT MILESTONES

3-6 Months

Look forward to more socializing, more communication, and the beginnings of Baby becoming mobile! These months are filled with play and learning about the world around them.

Pushes up on elbows during tummy time

- First laughs
- Babbles and attempts to copy sounds
- Stretches and kicks legs when lying down
- Coordinates eyes and hands
- Enjoys playing and cries when play stops
- Holds head and chest up during tummy time
- Sits and stands with support
- Grabs, shakes, and swipes at toys
- Rolls over
- Smiles at your voice and socially
- Pulls things toward them with raking grasp
- Starts to transfer things between hands

My Infant's milestone age _____



BABY MILESTONES

7-9 Months

Baby is really showing off their personality now! They're also endlessly curious and making moves to explore. Get ready for lots of babbling and new skills.

Sits without support

- Moves toward items of interest
- Vocally expresses happiness or frustration
- Claps, waves, points
- New teeth allow biting softer finger foods and feeding themselves
- Plays peek-a-boo
- Understands the word "no"
- Bangs toys together
- Changes positions (tummy to sitting, sitting to pulling up)
- Babbles with strings of consonants and vowels
- Uses the pincer grasp
- Mimics sounds and gestures

My Baby's milestone age _____



OLDER BABY MILESTONES

10-12 Months

Approaching their first birthday, Baby is constantly active, keeping you on your toes as they cruise around on theirs! Just babyproof and encourage that curiosity.

- Pulls up, stands, and possibly takes first steps!
- Points to familiar objects
- Enjoys experiential cause-and-effect play
- Enjoys music and songs
- Helps during diaper changes and dressing
- Sits and balances while throwing something
- Stacks and sorts toys
- Uses two hands, and alternating hand movements to play and explore
- Holds books, cups, and eating utensils
- Meaningfully refers to Mama or Dada
- Finds hidden objects

My Older Baby's milestone age _____



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