

Milestones from Birth - One

Age 1 Week

Follows human faces
Responds to parent's face & voice
Has flexed posture
Moves entire body

1 Month

Eyes begin to focus on people
Recognizes mother
Begins to smile
Makes involuntary sounds; burps, sighs
Responds to sound by blinking, crying, quieting, changing respiration
Lifts head
Sleeps 3-4 hours at a time
When crying, can be consoled

2 Months

Focuses eyes well
Follows moving objects
Shows interest in surroundings
Can lift head and neck when on stomach
Some head control in upright position

3 Months

Coos
Responds to voices
Holds head up when sitting
Lifts head from prone
Smiles spontaneously
Looks at hands
Recognizes familiar objects

4 Months

Babbles and coos
Smiles, laughs, and squeals
Holds head straight
Holds hands open or loosely fistled
Grasps objects when placed in hand
Wiggle and kicks with arms, legs
Sits propped up
Pushes feet when held in standing position
Puts hands in mouth
Looks to see where sound is coming from
Reaches for objects
May sleep at least 6 hours
Able to fall asleep by self

5 Months

Plays constantly with rattle, other toys
Reaches for toys and gets them
Puts everything in mouth
Smiles at self in mirror

6 Months

Begins to roll over
Controls head well

Very interested in everything
Starts to transfer toys from one hand to other
Chatters and babbles
Sits well with support
Can see almost as well as an adult
Knows difference between angry, happy, sad, and playful tones of voice
Says "Dada" "Mama"
Bears weight on feet
Starts to self-feed
Can comfort self

7 months

Begins to sit without support
Holds two toys at once
Plays with feet
Pulls hair and ears

8 months

Stands with support for brief period
Picks up quite small objects
Calls people, can get attention
Gets around on stomach

9 Months

Complex and tuneful babble
Sits well without support
Responds to own name
Understands a few words
Babbles/imitates
Crawls and creeps
May pull self to a stand
Shakes, bangs, and throws objects
Feeds self with fingers
Starts to use a cup
Sleeps through the night

10 Months

Points with index finger
Enjoys dropping things on floor and looks for them
Starts to be shy of strangers

11 Months

Walks around furniture, cruises
Waves bye-bye
Crawls well
Saves himself when he trips
Understands commands
Learns to understand depth

12 Months

May walk unaided
Can pick up objects with thumb and forefinger
Has vocabulary of 2-3 words
Pulls self up to a standing position
Fits objects together in simple ways
Plays social games, peek-a-boo
Drinks from cup