

Infant developmental domains

Every child develops at a different pace. These guidelines are meant to serve as a reference only. It is perfectly normal for a child to move at a slower or faster pace during their first year. Parents and caregivers should follow the babies cues and work towards helping the baby master developmental goals at their own pace.

1-3 months

Responding to human voice, smiles and eye contact: Make eye contact with the baby. Smile and use high and low tones when singing and talking. Be expressive when engaging with the baby throughout the day and during diaper changes.

Opportunity to use all five senses

Show colorful and reflective objects 8"-12" away from babies face to develop focus

Follow with eyes from side to side

Encourage baby to turn head by moving objects slowly to the left or right of babies view

Encourage baby to turn head to the sound of your voice

Look at clear simple pictures and designs

Grasp small rattle or toy briefly

Looks in a mirror

Laughs: Play with baby and tickle to encourage laughing

Looks at hands & feet

Lift baby to standing position and support with feet on a firm surface. Baby will begin to learn to bounce by straightening and bending the knees

Tummy time for **3-5 mins, 3 times per day**. (Follow infants cues, do not continue tummy time if infant is fussing. Try to gradually increase the length of tummy time until the goal is met.

4-5 months

Shake a small toy briefly

Lifts head to look around

Sit supported with a steady head

Show colorful and reflective objects 12"-18" away from babies face to develop focus

Allow opportunities to bat and hit at hanging toys

Roll over front to back

Roll over back to front

Recognizes the sound of his/her name

Look for partially hidden objects

Encourage reaching while on tummy

Encourage infant "talk" by mimicking their sounds back to them and praising and smiling when they make a sound in response to your voice.

Hold a bottle

Sit in a high chair

Reach with one hand to pick something up

Sit without support

Tummy time for **5-7 mins, 5 times per day**. Goal should be for the baby to support more weight on the elbows allowing his/her chest to rise.

6-7 months

Reach for nearby toy on tummy

Extend arms and legs (alternately or together) off surface when on tummy and raise neck

Encourage swimming motions that may lead to tummy crawling

Encourage baby to pull up into a sitting position

Respond joyfully to emotion (be silly to promote laughter)

Rock on hands and knees

Look for hidden objects under a blanket

Can take an item from someones hand and give it back

Sit without support

Lunge forward and get on hands and knees

Encourage infant "talk" by mimicking their sounds back to them and praising and smiling when they make a sound in response to your voice.

8-9 months

Look at objects when named

Turn pages in a board book

Pull a string

Take things out of containers

Pick up small finger foods and place in mouth with pincer grasp

Pull up to stand, but not get down (provide one on one support)

Wave bye-bye

Drop things into a small container or opening

Shake, bang, throw & drop objects

Crawl, scoot, creep or move from one place to another

Get to sitting position without assistance

Plays peek a boo

Clap

Nod yes

Says mama and dada

Participate in activity or song

10-12 months

Make a stack of two blocks

Crawl in, around and over obstacles

Pushes walking toys

Follow simple directions (touch body parts)

Poke at holes with pointing finger

Fit one thing into another

Look at pictures in a book

Looks at correct picture when object is named

Imitates (fingerplays or actions in songs)

Roll a ball

Help pull off simple clothing

Can place 3 nesting cups correctly

Walks while holding walking bar

Stands momentarily without support

Make a stack of three blocks

Scribbles with markers

Takes 2 or 3 steps without assistance

Bring a familiar person an object that belongs to them

Engage in pretend play (kitchen play, brush hair, feed baby, use wash cloth)