**DEVELOPMENTAL MILESTONES: Birth to 12 Months**

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| **PHYSICAL**  **Newborn:** Rough, random, uncoordinated, reflexive movement  **1-3 months:** Can hold head up; uses arms to prop; begins to push up when on tummy; arm and leg movement is smoothing out  **4-6 months:** Purposeful grasp; roll over; head lag disappears; reaches for objects; transfer objects from hand to hand; plays with feet; exercises body by stretching & moving; touch genitals; rock on stomach for pleasure  **6-9 months:** Sits in “tripod”; push head and torso up off the floor; support weight on legs; rolls over in both directions; rocks back and forth; may stand with support and may bounce  **9 -12 months:** Gets to and from sitting; crawls; pulls to standing; stooping and recovering; finger-thumb opposition; eye-hand coordination but no hand preference; some start cruising/walking; puts things in mouth; moves things smoothly from one hand to the other | **COGNITIVE**  **1-3 months:** Curious and interested in environment and faces, starts to follow things with eyes; can become “bored” if activity doesn’t change  **4-6 months:** Responds to affection; uses hand and eyes together (reaching for toy); follows moving things with eyes side to side; watches faces closely; recognizes familiar people and things at a distance  **6-9 months:** Discriminates between parents and others/strangers; trial and error problem solving; brings things to mouth; shows curiosity; looks at self in mirror  **9-12 months:** Beginning of symbolic thinking; points to pictures in books in response to verbal cues; object permanence; some may use single words; receptive language more advanced than expressive language; starts to use things for proper purpose; understands “no”; plays peek-a-boo  **1 year:** Explores things in different ways by shaking, banging, throwing; finds hidden things easily; looks at right things when named; copies gestures, uses containers | **SOCIAL**  **1-3 months:** Makes eye contact and states at faces; responds to parent’s voice; begins to smile at others; looks at parent regularly; coos; gurgles; turns towards sound  **4-6 months:** Responsive to social stimuli; facial expressions of emotion; turns towards sounds and voices; smiles spontaneously; babbles and copies sounds; responds to sounds by making sounds  **6-9 months:** Uses voice to express joy and frustration; knows familiar faces; likes to play with others; responds to own name  **9-12 months:** Socially interactive; plays games (i.e. patty-cake) with caretakers; stranger anxiety; separation anxiety; solitary play; waves good-bye; points, copies sounds and gestures  **1 year:** Hands you a book when they want a story; puts out arm or leg to help with dressing; repeats sounds or actions for attention; waves “bye-bye”; shakes head “no”; makes sounds with changes in tone (more like speech) | **EMOTIONAL**  **Birth – 1 year:** Learns fundamental trust in self, caretakers, and the environment  **1-3 months:** Can briefly calm self, may suck on hands or bring hand to mouth; can briefly calm self  **4-6 months:** Copies smiling and frowning; cries in different ways to show pain, tired, hunger; likes to play with others and may cry when playing stops;  **6-9 months:** Enjoys hearing own voice, sounds; uses voice to express joy and frustration; looks at self in mirror responds to other people’s emotions;  **9-12 months:** May be afraid of strangers; may be clingy with familiar adults; has favorite toy;  **1 year:** Shy or nervous with strangers; Cries when parent leaves, shows fear in new situations at times; has favorite things and people; puts out arm or leg to help with dressing; enjoys playing “peek-a-boo” and “pat-a-cake” |

\*All timeframes are estimations and related to aggregate data. Your specific child may reach a specific “milestone” earlier or later than other children. This handout is meant to give generally agreed upon timeframes for child development milestones. If you have concerns about your specific child, always check with your pediatrician.