

Growth and Development

One Month

- Can lift head briefly and turn it from side to side
- Makes kicking and thrusting motions with arms and legs
- Hands are usually closed; will grasp your finger when baby's palm is touched
- Quiets to your voice and eyes fix on parent's face when talking to baby
- Make some sounds other than crying
- Baby opens mouth looking for nipple when cheek is lightly touched.

Two Months

- Has more head control and can hold head erect while in sitting position with some bobbing.
- Can lift head 45 degrees when lying on stomach
- Hands will open more often.
- Coos and smiles when talked to; may recognize parents.
- Head and eyes turn toward sound, object or light.
- Follows objects with eyes.

Three Months

- Can roll side to back
- Lifts head 90 degrees when lying on stomach – bears weight on forearms
- Will hold onto rattle.
- Holds hands together.
- Has spontaneous social smile.
- Makes a variety of sounds.
- Follows objects 180 degrees with eyes.
- Interested in surroundings; recognizes familiar faces and people.

Four Months

- Balances head while in sitting position
- Has no head lag when pulled to sitting position.
- When placed on stomach, can lift head and chest with extended arms.
- Holds toy firmly.
- Is starting to reach out with both hands.
- Inspects and plays with own hands.
- Turns head to sounds.
- Laughs aloud, coos, gurgles.
- Enjoys play, games, and toys.

Five Months

- Can roll from stomach to back and to sides.
- Sits with support.
- Is able to reach out and grasp an object.
- Jabbers, squeals, vocalizes attitudes such as pleasure, displeasure, eagerness, satisfaction.
- Smiles at mirror image.
- Able to discriminate strangers from family.

Six Months

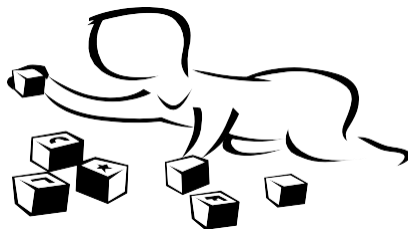
- May sit alone briefly.
- Rolls back to stomach.
- Bounces on feet when held standing.
- Reaches with one hand – can pick up objects such as a block.
- Can hold one object in each hand.
- Transfers objects from hand to hand.
- Brings objects to mouth.
- Turns and twists in all directions.
- Can take food from spoon and sips of liquid from a cup.
- Make 4 or more different sounds.

Seven to Eight Months

- Sits alone steadily – uses hands for play.
- Readily bears weight on legs when supported.
- Gets self to sitting.
- Scoots on abdomen or may crawl.
- Pivots on tummy.
- Uses thumb and first and second fingers to grasp a block.
- Uncovers hidden toys and works to get a toy that's out of reach.
- Can ring bell on purpose.
- Can lift a cup with both hands.
- Feeds self a cracker and other finger foods.
- Pats, smiles at, tries to kiss mirror image.
- Fears strangers – is attached to mother.
- Listens to familiar words.
- Uses two syllable sounds such as “dada” but does not attach a meaning to them.
- Pushes away things not wanted.

Nine Months

- Teeth begin to emerge (varies a great deal).
- Crawls or can move around the room on abdomen.
- May stand holding onto furniture.
- Can sit steadily for many minutes.
- Begins to use thumb and first finger to pick up small objects.
- Bangs objects together.
- Responds to simple commands such as “no – no”.
- Enjoys games such as Pat-a-Cake, So Big, Peek-a-Boo, etc.
- Jabbers – says “mama”, “dada”.



Ten Months

- Pulls self to stand – sits by falling down.
- May start side stepping along furniture.
- Learns words and appropriate gestures such as “no - no” and “bye – bye”.
- Says “mama” and “dada” with meaning.
- Pokes index finger at toys or food in a dish.
- Has good pincer grasp – thumb and first finger.
- Shows moods – happy, sad, and angry.
- Mimics you – vocalizes to get your attention.
- Prefers certain favorite toys.
- Fears strange places.

Eleven to Twelve Months

- Walks well holding onto furniture.
- Stands alone.
- Walks with help to gradually walk alone.
- Gets down from standing.
- Uses fingers for feeding – may carry spoon to mouth with spills.
- Responds to simple commands such as “Give it to me”.
- Uses jargon along with a few meaningful words.
- Turns pages of a book; holds and marks with crayons.
- Cooperates in dressing and may pull off socks and untie shoelaces.
- Imitates movements of adults and children.
- Remains fearful in strange places and clings to mother.

**REMEMBER THAT CHILDREN NORMALLY WILL VARY
WITH THEIR DEVELOPMENTAL PROGRESS**

[cdc.gov/milestones](https://www.cdc.gov/milestones)

[helpmegrowutah.org](https://www.helpmegrowutah.org)