

Baby and Child Growth and Development

INTRODUCTION

Each child develops at his or her own pace. The suggested timelines are when most children usually start the activity. For children who are less than 18 months old and who were born prematurely, subtract the length of prematurity from his or her age. For example, if a 2-month-old baby was born one month early, his or her development should be compared to that of a 1-month old baby. If your child is not performing an activity at the age listed, there probably is no need to be concerned. However, if your child is late doing several activities discuss it with your child's doctor.

1 MONTH

- Able to raise head from surface when lying on tummy
- Pays attention to someone's face in his or her direct line of vision
- Moves arms and legs in energetic manner
- Likes to be held and rocked

3 MONTHS

- Eyes follow a moving object
- Able to hold head erect
- Grasps objects when placed in his or her hand
- Babbles

4 MONTHS

- Holds a rattle for an extended period of time
- Laughs out loud
- Sits supported for short periods of time
- Recognizes bottle and familiar faces

5 MONTHS

- Reaches for and hold objects
- Stands firmly when held

- Stretches out arms to be picked up
- Likes to play peek-a-boo

6 MONTHS

- Turns over from back to stomach
- Turns toward sound
- Sits with a little support (one hand bracing him or her)
- Persistently reaches for objects out of his or her reach
- Listens to own voice
- Squeals
- Reaches for and grasps objects and brings them to mouth
- Holds, sucks or bites cookie or cracker
- Begins chewing

7 MONTHS

- Can transfer objects from one hand to the other
- Can sit for a few minutes unsupported
- Pats and smiles at image in a mirror
- Creeps by pulling body with arms and leg kicks
- Is shy at first with strangers

8 MONTHS

- Can sit steadily for about five minutes
- Crawls on hands and knees
- Grasps things with thumb and first two fingers
- Likes to be near parent

9 MONTHS

- Says Ma-Ma or Da-Da
- Responds to his or her name
- Can stand for a short time holding onto support
- Able to hit two objects together on his or her own
- Copies sounds



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10 MONTHS

- Able to pull him or herself up at side of crib or playpen
- Can drink from a cup when it is held

11 MONTHS

- Can walk holding onto furniture or sides of crib or playpen
- Can find an object placed under another object

12 MONTHS

- Can wave bye-bye
- Can walk with one hand held
- Says two words besides Ma-Ma or Da-Da
- Enjoys some solid foods
- Finger-feeds him or herself
- Likes to have an audience

15 MONTHS

- Walks by him or herself
- Shows wants by pointing and gesturing
- Scribbles on paper after shown how
- Begins using a spoon
- Cooperates with dressing

18 MONTHS

- Can build a tower with three blocks
- Likes to climb and take things apart
- Can say six words
- Tries to put shoes on
- Drinks from cup held by both hands
- Likes to help a parent

2 YEARS

- Able to run
- Walks up and down stairs using alternate feet

- Says at least 50 words
- Sometimes uses two-word sentences
- Points to objects in a book

3 YEARS

- Can repeat two numbers in a row
- Knows his or her own sex
- Dresses himself except buttoning
- Can copy a circle
- Can follow two commands of on, under or behind
- Knows parts of the body
- Jumps lifting both feet off ground
- Can build tower with nine blocks

4 YEARS

- Can repeat a simple six-word sentence
- Can wash hands and face without help
- Can copy a cross
- Can stand on one foot
- Can catch a tossed ball

5 YEARS

- Can follow three commands
- Can copy a square
- Can skip

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APEC provides free training, information, and consultation to families. Visit our training calendar for more information about learning opportunities at www.alabamaparentcenter.com or call our center. To refer a child to Alabama Early Intervention call 1-800-543-3098. Babies V.1

