



# Speaking for Children

**What's best for our youngest children is best for everyone!**

## **Developmental Milestones for Babies 0-2**

During the first year of life, your baby will grow and develop at an amazing speed. Her weight will double by 5 to 6 months, and triple by her first birthday. And she is constantly learning. Major achievements—called developmental milestones—include smiling, rolling over, grabbing toys with their hands, sitting up, standing, walking, etc. And your heart will likely melt at the sound of her first “mama” or “dada.”

No two babies are exactly alike. Your baby will develop at his or her own pace, but most babies reach certain milestones at similar ages. However, it's not unusual for a healthy, “normal” baby to be a little slower in some areas or race ahead in others.

The age at which your baby is expected to reach various milestones is based on his due date, not his birthday. So if your baby was born (before 37 weeks of pregnancy), he may achieve milestones that number of weeks or months later than the guidelines below predict. Follow-up to monitor the developmental progress of babies born premature is recommended. Monitoring can happen through California Children's Services' High Risk Follow-up program (ask your pediatrician) or through the Early Learning Institute's Watch Me Grow Program (WMG). (See below for more information on WMG)

The following milestones are only guidelines. Your baby's health care provider will evaluate your baby's

development at each well-baby visit. Remember: Always talk to your child's health care professional if you have concerns about your baby's development.

### **By the end of their first month, most babies:**

- Make jerky, quivering arm movements
- Bring hands near face
- Keep hands in tight fists
- Move head from side to side while lying on stomach
- Focus on objects 8 to 12 inches away
- Prefer human faces over other shapes
- Prefer black-and-white or high-contrast patterns
- Hear very well
- Recognize some sounds, including parents' voices

### **By the end of their third month, most babies:**

- Raise head and chest when lying on stomach
- Support upper body with arms when lying on stomach
- Stretch legs out and kick when lying on stomach or back
- Push down on legs when feet are placed on a firm surface
- Open and shut hands
- Bring hands to mouth
- Grab and shake hand toys
- Follow moving object with eyes
- Watch faces closely
- Recognize familiar objects and people at a distance
- Start using hands and eyes in coordination

- Begin to babble and to imitate some sounds
- Smile at the sound of parents' voices
- Enjoy playing with other people
- May cry when playing stops

### By the end of their seventh month, most babies:

- Roll over both ways (stomach to back and back to stomach)
- Sit up
- Reach for object with hand
- Transfer objects from one hand to the other
- Support whole weight on legs when held upright
- Develop full-color vision and mature distance vision
- Use voice to express joy and displeasure
- Respond to own name
- Babble chains of consonants (ba-ba-ba-ba)
- Distinguish emotions by tone of voice
- Explore objects with hands and mouth
- Struggle to get objects that are out of reach
- Enjoy playing peek-a-boo
- Show an interest in mirror images

### By their first birthday, most babies:

- Sit without assistance
- Get into hands-and-knees position
- Crawl
- Pull self up to stand
- Walk holding onto furniture, and possibly a few steps without support
- Use pincer grasp (thumb and forefinger)
- Say "dada" and "mama"
- Use exclamations, such as "oh-oh!"
- Try to imitate words
- Respond to "no" and simple verbal requests
- Use simple gestures, such as shaking head "no" and waving bye-bye
- Explore objects in many ways (shaking, banging, throwing, dropping)
- Begin to use objects correctly (drinking from cup, brushing hair)

- Find hidden objects easily
- Look at correct picture when an image is named

### By their second birthday, most children:

- Walk alone
- Pull toys behind them while walking
- Carry large toy or several toys while walking
- Begin to run
- Kick a ball
- Climb on and off furniture without help
- Walk up and down stairs while holding on to support
- Scribble with crayon
- Build tower of four blocks or more
- Recognize names of familiar people, objects and body parts
- Say several single words (by 15 to 18 months)
- Use simple phrases (by 18 to 24 months)
- Use two- to four-word sentences ("want snack")
- Follow simple instructions
- Begin to sort objects by shapes and colors
- Begin to play make-believe
- Imitate behavior of others
- Show growing independence

Source: American Academy of Pediatrics.

### What to do when you suspect your child has a developmental delay

A simple screening can help determine the degree of the delay and what the next steps might be. Screenings are available from the child's medical care provider or for free from the Watch Me Grow program. For more information call (707) 591-0170 or visit the web site: [www.earlylearninginstitute.com](http://www.earlylearninginstitute.com).

Service options will depend upon the age of the child and the type and severity of the delay. Free referral help is available to families, should they need it.

### About First 5 Sonoma County

First 5 Sonoma County funds children's health insurance and programs that improve childcare quality, help children succeed in school, and help parents provide safe and nurturing environments for their children. For more information on *First 5 Sonoma County* and its programs, please call 565-6680 or visit [www.first5sonomacounty.org](http://www.first5sonomacounty.org)