

Milestones & Development

Birth to 3 Months

During the first 3 months, your baby is learning to trust and know that dependable, loving care is always there. They are also forming a secure attachment to you and their other primary caregivers. This developmental stage is called the **being stage**.



Social Milestones

- Can smile intentionally by 2 months
- Recognizes and prefers family and familiar faces
- Recognizes family and familiar voices



Physical Milestones

- Kicking, grasping, sucking (based on reflexes)
- Head-turning begins as a reflex and becomes purposeful as they gain control of their head and strengthen neck muscles.
- Feeding and sleeping are unpredictable. Sleep patterns become predictable over time.
- Discovers their hands and can bring them to their mouth



Emotional Milestones

- Cries to signal they have a need
- Crying typically increases at 2 weeks old and peaks around 2 months. Typically begins to decrease around 3-4 months old.
- Being comforted typically quiets crying. There may be times when they can't stop crying.
- Dependant on parents to cope with emotions.



Cognitive (Learning & Thinking)

- Begins learning at birth
- Startled by loud noises
- Coos and Goos (pleasure sounds)
- Prefers people/faces/voices to toys

Every baby is different and develops at their own pace. If you have concerns about your baby's development reach out to your trusted healthcare professional.

Milestones & Development

3 to 6 Months

From 3 - 6 months, your baby is learning to trust and know that dependable, loving care is always there. They are also forming a secure attachment to you and their other primary caregivers. This developmental stage is called the **being stage**.



Social Milestones

- Smiles and laughs
- Prefers familiar voices and faces
- Prefers being around people to being alone
- Responds to voices and facial expressions



Physical Milestones

- Reaches for objects
- Puts/holds their hands together
- Pushes up and lifts head and chest off the floor
- More head control and can hold their head steady
- May begin to sit with support
- Rolls from back to tummy/tummy to back
- Doubles birth weight by 4-5 months

Emotional Milestones

- Has a different cry for different needs
- May begin to settle themselves back to sleep. Still needs comfort
- Expresses emotions with their face, body, voice and actions
- Strong attachment to primary caregivers (separation anxiety may begin)



Cognitive (Learning & Thinking)

- Begins to explore by reaching, grasping and putting things in their mouth
- Turns towards sounds
- Babbles, coos, gurgles
- Repeats actions to get attention/a response from parents
- Gets excited at the sight of food/bottle/breast

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Milestones & Development

6 to 12 Months

From 6 to 12 months, it is important for your baby is continuing to practice earlier tasks as well as to explore and discover their surroundings. They do this by moving, grasping, touching and tasting. This developmental stage is called the **doing stage**.



Social Milestones

- Enjoys games (peek-a-boo & Pat-a-cake)
- Might be anxious around unfamiliar people
- Might cry/cling to parents if they leave (daycare, babysitter etc)
- Purposeful play with toys



Physical Milestones

- Sits up with support/rolls, crawls, sits up
- Picks things up with fingers and thumb
- Begins to resist dressing/undressing
- Helps/resists feeding First teeth come
- through More organized sleep patterns
- Typically naps twice a day Pulls to
- stand/walks holding furniture Triples
- Birth Weight by 1 year



Emotional Milestones

- Shows fear/anxiety over people and situations they didn't before
- Prefers to stay close to parents/primary caregiver
- Gets excited/happy when parents/primary caregiver returns
- Begins to read/recognize others' emotions



Cognitive (Learning & Thinking)

- Babbles and imitates sounds/actions
- Recognizes simple words and phrases
- Gets excited at the sight of food'
- Object permanence (realizes things exist even out of sight)
- Responds to their name
- Points to familiar objects/people
- May say a few words (not always clearly)
- Starts to remember routines
- Stacks, nests, puts things in containers

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