

Milestones

1 month

- Prefer black and white
- Focus 8-12 inches away
- Hear very well
- Prefer human faces
- Recognize parents voices

3 months

- Watch faces closely
- Open and shut hands
- Grab and shake toys
- Follow many objects with eyes
- Smile at parents' voices
- Babble and imitate sounds
- Stretch legs out and kick when on tummy or back
- Raise head and chest when lying on tummy
- Enjoy playing with other people

7 months

- Roll over
- Sit up
- Reach for objects with hands
- Support whole weight on legs when held upright
- Develop full color vision and mature distance vision
- Use voice to express joy and displeasure
- Babble chains (ba-ba-ba-ba)
- Distinguish emotions by tone of voice
- Struggle to get objects out of reach
- Enjoy peek-a-boo
- Respond to name
- Explore objects with hands and mouth
- Show an interest in mirror images

12-24 months

- Get into hands and knees position
- Pull self to stand up
- Walk
- Pincer grasp (thumb and forefinger)
- Say “Dada” and “mama”
- Use exclamations such as “Uh Oh!”
- Respond to “no” and simple verbal requests
- Imitate words
- Use simple gestures like waving and shaking head “no”
- Explore objects by (shaking, banging, throwing, dropping)
- Find hidden objects easily
- Look at a correct picture when an image is named

Adapted from American Academy of Pediatrics. “Caring for Your Baby and Young Child: Birth to Age 5, Fourth Edition” (Bantam Books, 2005)