

Growth and Development

Age One Month Through Three Months

Movement Milestones By the End of This Period

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on his legs when his feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

Visual Milestones By the End of This Period

- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

Hearing and Speech Milestones By the End of This Period

- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head towards direction of sound

Toys and Activities Appropriate for This Period

- Images or books with highcontrast patterns
- Bright, varied mobile
- Unbreakable mirror
- Rattles
- Sing to baby
- Play varied music from music boxes, records, or tapes

Age Four Months Through Seven Months

Movement Milestones by the End of This Period

- Rolls both ways (front to back, back to front)
- Sits with, and then without, support of his hands
- Supports his whole weight on his legs
- Reaches with one hand
- Transfers objects from hand to hand
- Uses raking grasp (not pincer)

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Visual Milestones By the End of This Period

- Develops full color vision
- Distance vision matures
- Ability to track moving objects matures

Language Milestones By the End of This Period

- Responds to own name
- Begins to respond to "no"
- Distinguishes emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of consonants

Cognitive Milestones By the End of This Period

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

Social/Emotional Milestones By the End of This Period

- Enjoys social play
- Interested in mirror images
- Responds to other people's expressions of emotion

Toys Appropriate for a Four to Seven Month Old

- Unbreakable mirror attached to something
- Soft balls, including some that make soft, pleasant sounds
- Textured toys that make sounds
- Toys that have fingerholds
- Musical toys, such as bells, maracas, tambourines
- See-through rattles that show the pieces making the noise
- Old magazines with bright pictures for you to show them
- Baby books with board, cloth, or vinyl pages

Age Eight Months through Twelve Months

Movement Milestones By the End of This Period

- Gets to sitting position without assistance
- Crawls forward on belly
- Assumes handsandknees position
- Creeps on hand and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support

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- May walk two or three steps without support

Milestones in Hand and Finger Skills By the End of This Period

- Uses pincer grasp
- Bangs two cubes together
- Puts objects into container
- Takes objects out of container
- Lets objects go voluntarily
- Pokes with index finger
- Tries to imitate scribbling

Language Milestones By the End of This Period

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to "no"
- Uses simple gestures, such as shaking head "no"
- Babbles with inflection
- Says "dada" and "mama"
- Uses exclamations, such as "OhOh!"
- Tries to imitate words

Cognitive Milestones By the End of This Period

- Explores objects in many different ways (shaking, banging, throwing)
- Finds hidden objects easily
- Look at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from a cup, brushing hair, dialing phone, listening to receiver)

Social/Emotional Milestones By the End of This Period

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his play
- Shows specific preferences for certain people and toys
- Test parental responses to his actions during feedings
- Test parental responses to his behavior
- May be fearful in some situations
- Prefers mother and/or regular caregiver over all others
- Repeats sounds or gestures for attention
- Fingerfeeds himself
- Extends arm or leg to help when begin dressed

Appropriate Toys for This Age Group

- Stacking toys in different sizes, shapes, colors

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- Cups, pails, and other unbreakable containers
- Unbreakable mirrors of various sizes
- Pushpull toys, Squeeze toys
- Large building blocks
- "Busy boxes" that push, open, squeak, and move
- Large dolls and puppets
- Cars, trucks, and other vehicle toys made of flexible plastic, with nosharp edges or removable parts
- Balls of all sizes
- Toy telephones
- Records, tapes, music boxes, and musical toys

Age Twelve Months through TwentyFour Months

Movement Milestones By the End of This Period

- Walks alone
- Pulls toys behind him while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Climbs onto and down from furniture unassisted
- Walks up and down stairs holding on to support

Milestones in Hand and Finger Skills By the End of This Period

- Scribbles spontaneously
- Turns over container to pour out contents
- Builds tower of four blocks, or more
- Might use one hand more frequently than the other

Language Milestones By the End of This Period

- Points to objects or pictures when it's named for him
- Recognizes names of familiar, objects, and body parts
- Says several single words (by fifteen to eighteen months)
- Uses phrases (by eighteen months to twenty four months)
- Uses twoto fourword sentences
- Repeats words overheard in conversation

Cognitive Milestones By the End of This Period

- Finds objects even when hidden under two or three covers
- Begins to sort by shapes and colors
- Begins makebelieve play

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Social Milestones By the End of This Period

- Imitates behavior of others, especially adults and older children
- Increasingly aware of himself as separate from others
- Increasingly enthusiastic about company of other children

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Emotional Milestones By the End of This Period

- Demonstrates increasing independence
- Begins to show defiant behavior
- Episodes of separation anxiety increase towards midyear, then fade

Toys Appropriate for this Age Group

- Board books with large pictures, simple stories
- Books and magazines with photographs of babies
- Blocks
- Nesting toys
- Simple shape sorts and pegboards
- Beginner's jigsaw puzzles
- Toys that encourage makebelieve play (kitchen sets, brooms)
- Digging toys (bucket, shovel, rake)
- Dolls of all sizes
- Cars, trucks, trains
- Unbreakable containers of all shapes and sizes
- Balls of all shapes and sizes
- Push and pull toys
- Outdoor toys (slides, swings, sandboxes)
- Beginner's tricycle
- Connecting toys (links, large stringing beads, Sshapes)
- Stuffed animals
- Child keyboard and other musical instruments
- Large crayons
- Toy telephone
- Unbreakable mirrors of all sizes
- Dress up clothes

Age Two Years Old Through Three Years Old

Movement Milestones By the End of This Period

- Climbs well
- Walks up and down stairs, alternating feet
- Kicks ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling

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Milestones in Hand and Finger Skills By the End of This Period

- Makes vertical, horizontal, and circular strokes with pencil or crayon
- Turns book pages one at a time
- Builds a tower of more than six blocks
- Holds a pencil in writing position
- Screws and unscrews jar lids, nuts and bolts
- Turns rotating handles

Language Milestones By the End of This Period

- Follows a two or three component command
- Recognizes and identifies almost all common objects and pictures
- Understands most sentences
- Understands physical relationships ("on," "in," "under")
- Uses four and five word sentences
- Uses pronouns (I, you, me, we, they) and some plurals (cats, dogs)
- Strangers can understand most of his words

Cognitive Milestones By the End of This Period

- Makes mechanical toys work
- Matches an object in his hand or room to a picture in a book
- Plays make believe with dolls, animals, and people
- Sorts objects by shape and color
- Completes puzzle with three or four pieces
- Understands concept of "two"

Social Milestones By the End of This Period

- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of "mine" and "his/hers"

Emotional Milestones By the End Of This Period

- Expresses affection openly
- Expresses a wide range of emotions
- By three, separates easily from parents
- Objects to major changes in routine