



# Woman's Center for Wellness

Fitness | Nutrition | Spa Services | Therapy

## Baby's Building Blocks Steps in Child Development

No two babies develop skills at the same time or in the same way. If you have concerns about your baby's development, discuss them with your child's pediatrician. If therapy is recommended, seek a qualified pediatric physical, occupational or speech therapist or audiologist (hearing specialist).

### Newborn–2 months

- Likes to be swaddled
- Hands are frequently fisted
- Tries to step when supported in a standing position
- Soothed by parent's voice
- Startled from hearing loud and unexpected sounds
- Moves in a jerky manner
- Strives to control head
- Turns head toward your finger when rubbing the corner of his mouth
- Begins to grab your finger
- Takes 15-30 minutes to eat
- Sucks to calm himself
- Sucks to eat

#### Activities and Toys

- Brightly colored toys
- Mobiles
- Soft rattles
- Boppy pillow
- Supervised play and lying on stomach (tummytime)

### 3–5 months

- Benefits from tummytime
- Begins to squeal and laugh
- Brings toys and hands to mouth
- More head control (holds head up but may still bob)
- More controlled movement

- Pushes onto forearms when lying on stomach
- Rolls from stomach to back
- Begins to roll from back to stomach
- Tracks faces and sounds with eyes
- Develops more routine eating and sleeping habits

#### Activities and Toys

- Baby gyms
- Mirrors
- Soft squeeze toys
- Tummytime

### 6–8 months

- Babbles with consonant sounds (ma ma, da da)
- Begins playing peek-a-boo
- Begins to sit by himself
- Hands and toys often in mouth
- Good head control
- May get onto hands and knees
- May get in and out of sitting position
- Wants something repeated
- Turns eyes toward person calling his name
- Turns head toward sounds
- Rolls from one place to another
- Begins drinking from a sippy cup (be sure he can sit on his own)

#### Activities and Toys

- Musical and electronic toys
- Push button toys

## 9–12 months

- Begins to walk sideways around furniture
- Begins to pull to stand up
- Crawls on his own
- Begins to respond to requests
- Enjoys putting objects in and out of containers
- Pokes fingers into small holes
- Begins using gestures and sounds or simple words
- Recognizes common words such as no and cup
- Puts everything into mouth
- Tries to feed himself

### Activities and Toys

- Busy boxes
- Stacking rings
- Toys that open and close

## 13–15 months

- Points to familiar pictures and facial parts when named

- Follows simple commands
- Understands simple questions
- Climbs well
- Walks on his own
- Lets you know his needs
- Listens to simple songs, stories and rhymes
- Responds when called from another room
- Rolls ball
- Says more words each month
- Turns board books pages
- Uses thumb and fingers to pick up small objects
- Drinks from a cup by their self
- Feeds himself finger snacks
- Shows interest in eating with a spoon by himself

### Activities and Toys

- Board books
- Push and pull toys
- Shape sorters

As your baby is learning to walk, doctors recommend you keep your baby's feet bare.

When looking for shoes for outdoors, choose shoes that have a roomy fit with flexible soles, flexible uppers and flat, nonskid bottoms.

