Tips for Baby Development

**BIRTH–3 MONTHS**

- Help baby’s motor development by engaging in Tummy Time every day
- Give baby plenty of cuddle time and body massages
- Encourage baby’s responses by presenting objects with bright colors and faces
- Talk to baby every day to show that language is used to communicate

**4–6 MONTHS**

- Encourage baby to practice Tummy Time, roll over, and reach for objects while playing
- Talk to baby to encourage language development, baby may begin to babble
- Communicate with baby; imitate baby’s noises and praise them when they imitate yours

**7–9 MONTHS**

- Place toys in front of baby to encourage movement
- Play cause and effect games like peek-a-boo
- Name and describe objects for baby during everyday activities
- Introduce “junior” and soft foods around 8 months

**10–12 MONTHS**

- Provide push and pull toys for baby to use as they learn how to walk
- Encourage baby to stack blocks and then knock them down
- Establish consistency with routines like mealtimes and bedtimes
- Sing, play music for, and read to your child regularly
- Ask your child questions to help stimulate decision making process

**13–15 MONTHS**

- Place cushions on floor to encourage baby to crawl over and between
- While baby is standing at sofa set a toy slightly out of reach to encourage walking using furniture as support
- Use picture books to work on communication and bonding
- Encourage two-way communication by responding to baby’s giggles and coos

About Pathways.org

The mission of Pathways.org, since 1985, is to empower parents and health professionals with FREE tools and resources to maximize a child’s motor, sensory, and communication development. The Pathways.org Medical Roundtable is instrumental in achieving this mission through strategic and supportive direction.

Pathways.org Medical Roundtable

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Shirley Welsh Ryan

**Questions?**

Please call our “parent-answered” toll-free number, or email us. We will send you more information and refer you to therapists in your area.

800-955-CHILD (2445)
friends@pathways.org
www.pathways.org

This message endorsed by the American Academy of Pediatrics, the National Association of Pediatric Nurse Practitioners, American College of Osteopathic Pediatricians and Pediatric Section of the American Physical Therapy Association.
<table>
<thead>
<tr>
<th><strong>TYPICAL Speech DEVELOPMENT</strong>*</th>
<th><strong>TYPICAL Play DEVELOPMENT</strong>*</th>
<th><strong>TYPICAL Physical DEVELOPMENT</strong>*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sucks and swallows well during feeding</td>
<td>While lying on their back...</td>
<td>While lying on their tummy...</td>
</tr>
<tr>
<td>Quiets or smiles in response to sound or voice</td>
<td>Visually tracks a moving toy from side to side</td>
<td>Pushes up on arms</td>
</tr>
<tr>
<td>Coos or vocalizes other than crying</td>
<td>Attempts to reach for a rattle held above their chest</td>
<td>Lifts and holds head up</td>
</tr>
<tr>
<td>Turns head toward direction of sound</td>
<td>Keeps head in the middle to watch faces or toys</td>
<td></td>
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</tbody>
</table>

**SIGNS TO WATCH FOR IN TYPICAL DEVELOPMENT***

**Important Parent Ideas:**

- **Prevention!**
- Young development is the Best
- Early Detection
- Different pace, seek help
- **Remember to correct your child’s age for prematurity.**

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**What Every Parent Should Know**

Pathways.org’s unique chart allows you to track your child’s physical, play, and speech development. Remember to trust your instincts. You know your child best. If you feel your baby is developing at a different pace, seek help.

**Early Detection is the Best Prevention!**

- **Keep a notebook** of your concerns and observations.
- **Review this chart** and check the signs you see in your baby.
- **Share your concerns, this chart, and your notebook with your child’s doctor or health provider.**

**Please visit www.Pathways.org to find more FREE resources on child development.**

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**BY 3 MONTHS**

- Sucks and swallows well during feeding
- Quiets or smiles in response to sound or voice
- Coos or vocalizes other than crying
- Turns head toward direction of sound

**BY 6 MONTHS**

- Begins to use consonant sounds in babbling, e.g. “dada”
- Uses babbling to get attention
- Begins to eat cereals and pureed foods
- Increases variety of sounds and syllable combinations in babbling
- Looks at familiar objects and people when named
- Begins to eat junior and chopped table foods
- Increases variety of coarsely chopped table foods

**BY 9 MONTHS**

- Finger feeds self
- Releases objects into a container with a large opening
- Uses thumb and pointer finger to pick up tiny objects
- Vocabulary consists of 5 – 10 words
- Imitates new, less familiar words
- Understands 50 words
- Increases variety of coarsely chopped table foods

**BY 12 MONTHS**

- Pulls to stand and cruises along furniture
- Stands alone and takes several independent steps
- Only uses arms to pull up to standing
- Vocabulary consists of 5 – 10 words
- Imitates new, less familiar words
- Understands 50 words
- Increases variety of coarsely chopped table foods

**BY 15 MONTHS**

- Helps with getting undressed
- Holds and drinks from a cup
- Stacks two objects or blocks
- Squats to pick up toy

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