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
- Offer toys that allow two-handed exploration and play
- 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**

- 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

**13–15 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

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**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.

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**Pathways.org Medical Roundtable**

**Co-Chairmen**

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Shirley Welsh Ryan

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**Pathways.org empowers parents and health professionals with FREE tools and resources to maximize a child’s motor, sensory, and communication development.**

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<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>
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<tr>
<td>Quiets or smiles in response to sound or voice</td>
<td>Quietly tracks a moving toy from side to side</td>
<td>Pushes up on arms</td>
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<tr>
<td>Coos and smiles</td>
<td>Attempts to reach for a toy held above their chest</td>
<td>Lifts and holds head up</td>
</tr>
<tr>
<td>Turns head towards sound or voice</td>
<td>Keeps head centered to watch faces or toys</td>
<td></td>
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<tr>
<td>Begins to use consonant sounds in babbling, e.g. “da, da, da”</td>
<td>Reaches for toys while on their tummy</td>
<td>Uses hands to support self while sitting</td>
</tr>
<tr>
<td>Uses babbling to get attention</td>
<td>While lying on their back...</td>
<td>Rolls from back to tummy and tummy to back</td>
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<tr>
<td>Begins to eat cereals and pureed foods</td>
<td>Transfers a toy from one hand to the other</td>
<td>While standing with support, accepts entire weight with legs</td>
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<tr>
<td></td>
<td>Reaches both hands to play with feet</td>
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<tr>
<td>Uses increased variety of sounds and syllable combinations in babbling</td>
<td>In a high chair, holds and drinks from a bottle</td>
<td>Sits and reaches for toys without falling</td>
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<tr>
<td>Looks at familiar objects and people when named</td>
<td>Explores and examines an object using both hands and mouth</td>
<td>Moves from tummy or back into sitting</td>
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<tr>
<td>Begins to eat thicker pureed and mashed table foods</td>
<td>Turns several pages of a chunky (board) book at once</td>
<td>Starts to move with alternate leg and arm movement, e.g. creeping, crawling</td>
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<td></td>
<td>In simple play imitates others</td>
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</tr>
<tr>
<td>Meaningfully uses “mama” or “dada”</td>
<td>Finger feeds self</td>
<td>Pulls to stand and cruises along furniture</td>
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<tr>
<td>Responds to simple directions, e.g. “come here”</td>
<td>Releases objects into a container with large opening</td>
<td>Stands alone and takes several independent steps</td>
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<tr>
<td>Produces long strings of gibberish (jargoning) in social communication</td>
<td>Uses thumb and pointer finger to pick up tiny objects</td>
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<tr>
<td>Begins to use an open cup</td>
<td></td>
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<tr>
<td>May use 5 – 10 words</td>
<td>Stacks two objects or blocks</td>
<td>Pulls to stand and cruises along furniture</td>
</tr>
<tr>
<td>Imitates simple words and actions</td>
<td>Helps with getting dressed/undressed</td>
<td>Stands alone and takes several independent steps</td>
</tr>
<tr>
<td>Understands 50 words</td>
<td>Holds and drinks from a cup</td>
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<tr>
<td>Increases variety of coarsely chopped table foods</td>
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**Important Parent Ideas:**

- 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.

*“It is okay to check boxes in both areas of Typical Development and Signs To Watch For columns.”

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