

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



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



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.

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• ASSURE THE BEST •

Baby's Physical Development

FREE tools to maximize child development

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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!

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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BY 3 MONTHS

BY 6 MONTHS

BY 9 MONTHS

BY 12 MONTHS

BY 15 MONTHS

TYPICAL Speech DEVELOPMENT*	TYPICAL Play DEVELOPMENT*	TYPICAL Physical DEVELOPMENT*	SIGNS TO WATCH FOR IN Physical DEVELOPMENT*
<ul style="list-style-type: none">Sucks and swallows well during feedingQuiets or smiles in response to sound or voiceCoos and smilesTurns head towards sound or voice	<p>While lying on their back...</p> <ul style="list-style-type: none">Visually tracks a moving toy from side to sideAttempts to reach for a toy held above their chestKeeps head centered to watch faces or toys	<p>While lying on their tummy...</p> <ul style="list-style-type: none">Pushes up on armsLifts and holds head up	<ul style="list-style-type: none">Difficulty lifting head <ul style="list-style-type: none">Pushes back with headKeeps hands fisted and lacks arm movement
<ul style="list-style-type: none">Begins to use consonant sounds in babbling, e.g. "da, da, da"Uses babbling to get attentionBegins to eat cereals and pureed foods	<ul style="list-style-type: none">Reaches for toys while on their tummy <p>While lying on their back...</p> <ul style="list-style-type: none">Transfers a toy from one hand to the otherReaches both hands to play with feet	<ul style="list-style-type: none">Uses hands to support self while sittingRolls from back to tummy and tummy to backWhile standing with support, accepts entire weight with legs	<ul style="list-style-type: none">Rounded backUnable to lift head upPoor head control <ul style="list-style-type: none">Difficult to bring arms forward to reach outArches back and stiffens legs <ul style="list-style-type: none">Arms held backStiff legs
<ul style="list-style-type: none">Uses increased variety of sounds and syllable combinations in babblingLooks at familiar objects and people when namedBegins to eat thicker pureed and mashed table foods	<ul style="list-style-type: none">In a high chair, holds and drinks from a bottleExplores and examines an object using both hands and mouthTurns several pages of a chunky (board) book at onceIn simple play imitates others	<ul style="list-style-type: none">Sits and reaches for toys without fallingMoves from tummy or back into sittingStarts to move with alternate leg and arm movement e.g. creeping, crawling	<ul style="list-style-type: none">Uses one hand predominatelyRounded backPoor use of arms in sitting <ul style="list-style-type: none">Difficulty crawlingUses only one side of body to move <ul style="list-style-type: none">Inability to straighten backCannot take weight on legs
<ul style="list-style-type: none">Meaningfully uses "mama" or "dada"Responds to simple directions, e.g. "come here"Produces long strings of gibberish (jargoning) in social communicationBegins to use an open cup	<ul style="list-style-type: none">Finger feeds selfReleases objects into a container with large openingUses thumb and pointer finger to pick up tiny objects	<ul style="list-style-type: none">Pulls to stand and cruises along furnitureStands alone and takes several independent steps	<ul style="list-style-type: none">Difficulty getting to stand because of stiff legs and pointed toesOnly uses arms to pull up to standing <ul style="list-style-type: none">Sits with weight to one sideStrongly flexed or stiffly extended armsNeeds to use hand to maintain sitting
<ul style="list-style-type: none">May use 5 – 10 wordsImitates simple words and actionsUnderstands 50 wordsIncreases variety of coarsely chopped table foods	<ul style="list-style-type: none">Stacks two objects or blocksHelps with getting dressed/undressedHolds and drinks from a cup	<ul style="list-style-type: none">Walks independently and seldom fallsSquats to pick up toy	<ul style="list-style-type: none">Unable to take steps independentlyPoor standing balance, falls frequentlyWalks on toes

*Remember to correct your child's age for prematurity.

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