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
- Encourage baby to stack blocks and then knock them down
- Establish consistency with routines like mealtimes and
- Sing, play music for, and read to your child regularly
- Ask your child guestions 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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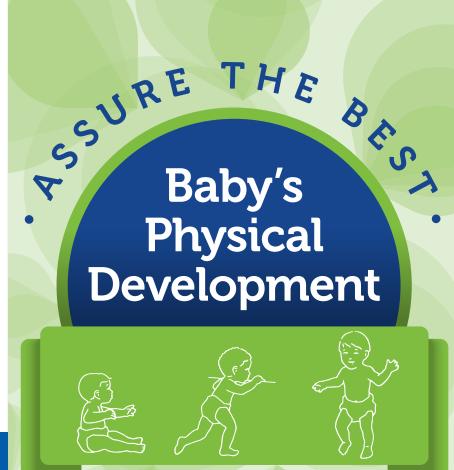






This message endorsed by the American Academy of Pediatrics, the National Association of Pediatric Nurse Practitioners. American College of Osteopathic Pediatricians and Pediatric Section of the American Physical Therapy Association.

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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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TYPICAL Speech **DEVELOPMENT***

Quiets or smiles in response

Turns head towards sound or voice

Begins to use consonant sounds

in babbling, e.g. "da, da, da"

Uses babbling to get attention

Begins to eat cereals

Uses increased variety

of sounds and syllable

combinations in babbling

and pureed foods

Sucks and swallows well during feeding

to sound or voice

Coos and smiles

BY

MONTHS

BY

MONTHS

BY

MONTHS

BY

MONTHS

BY

MONTHS

Play **DEVELOPMENT***

TYPICAL

Physical **DEVELOPMENT***

TYPICAL

While lying on their tummy...

Lifts and holds head up

self while sitting

and tummy to back

While standing with

weight with legs

support, accepts entire

Sits and reaches for

toys without falling

Moves from tummy

or back into sitting

Starts to move with

movement

alternate leg and arm

e.g. creeping, crawling

Uses hands to support

Rolls from back to tummy

Pushes up on arms



- Visually tracks a moving toy from to side
- Attempts to reach for a toy held above their chest
- Keeps head centered to watch faces or toys

Reaches for toys while on their tummy

While lying on their back...

- Transfers a toy from one hand to the other
- Reaches both hands to play with feet

In a high chair, holds and drinks from a bottle

- Explores and examines an object using both hands and mouth
- Turns several pages of a chunky (board) book at once
- In simple play imitates others

Finger feeds self

- Releases objects into a container with large opening
- Uses thumb and pointer finger to pick up tiny objects

- Pulls to stand and cruises along furniture
- Stands alone and takes several independent steps

Walks independently

Squats to pick up toy

and seldom falls

Difficulty lifting head

Stiff legs with little

or no movement

- () Rounded back
- Unable to lift head up
- Poor head control



SIGNS TO WATCH FOR IN

Physical

DEVELOPMENT

- Difficult to bring arms forward to reach out
- Arches back and stiffens legs



() Pushes back with head

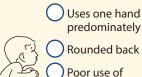
() Keeps hands fisted and

lacks arm movement

held back

) Arms

Stiff legs



arms in sitting

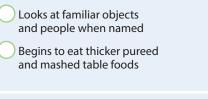
- Difficulty crawling
- Uses only one side of body to move
- Inability to straighten back
- - Cannot take weight on legs



- Sits with weight to one side
 - Strongly flexed or stiffly extended arms
 - Needs to use hand to maintain sitting



- Unable to take steps independently
- Poor standing balance, falls frequently
- Walks on toes



- Meaningfully uses "mama" or "dada"
- Responds to simple directions, e.g. "come here"
- Produces long strings of gibberish (jargoning) in social communication
- Begins to use an open cup
- May use 5 10 words
- Imitates simple words and actions
- Understands 50 words
- Increases variety of coarsely chopped table foods
- *Remember to correct your child's age for prematurity.

- Stacks two objects or blocks
- Helps with getting dressed/undressed
- Holds and drinks from a cup



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