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.

**Pathways.org Medical Roundtable**

Co-Chairmen
Michael E. Msall, MD, FAAP, FAACPDM and John F. Sarwark, MD, FAAP, FAACPDM, FAAOS

Committee
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Laura L. Dean, MD
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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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### TYPICAL Speech DEVELOPMENT* 
- Sucks and swallows well during feeding
- Quiets or smiles in response to sound or voice
- Coos and smiles
- Turns head towards sound or voice

**Important Parent Ideas:**

**Prevention!** is the best Early Detection different pace, seek help.

- 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.

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### TYPICAL Play DEVELOPMENT*
- While lying on their back...
  - Visually tracks a moving toy from side to side
  - Attempts to reach for a toy held above their chest
  - Keeps head centered to watch faces or toys

**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.

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### TYPICAL Physical DEVELOPMENT*
- While lying on their tummy...
  - Pushes up on arms
  - Lifts and holds head up

**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.

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### SIGNS TO WATCH FOR IN Physical DEVELOPMENT*
- Difficulty lifting head
- Stiff legs with little or no movement
- Pushes back with head
- Keeps hands fisted and lacks arm movement
- Arms held back
- Stiff legs

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

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**TYPICAL**

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Please visit [www.Pathways.org](http://www.Pathways.org) to find more FREE resources on child development.