

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

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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



Pathways.org is a 501(c)(3) not-for-profit organization.

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.

• 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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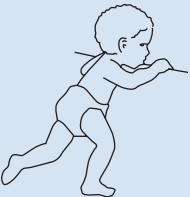




BY 3 MONTHS

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"><input type="checkbox"/> Sucks and swallows well during feeding<input type="checkbox"/> Quiets or smiles in response to sound or voice<input type="checkbox"/> Coos or vocalizes other than crying<input type="checkbox"/> Turns head toward direction of sound	<p>While lying on their back...</p> <ul style="list-style-type: none"><input type="checkbox"/> Visually tracks a moving toy from side to side<input type="checkbox"/> Attempts to reach for a rattle held above their chest<input type="checkbox"/> Keeps head in the middle to watch faces or toys	 <p>While lying on their tummy...</p> <ul style="list-style-type: none"><input type="checkbox"/> Pushes up on arms<input type="checkbox"/> Lifts and holds head up	 <ul style="list-style-type: none"><input type="checkbox"/> Difficulty lifting head<input type="checkbox"/> Stiff legs with little or no movement  <ul style="list-style-type: none"><input type="checkbox"/> Pushes back with head<input type="checkbox"/> Keeps hands fisted and lacks arm movement
<ul style="list-style-type: none"><input type="checkbox"/> Begins to use consonant sounds in babbling, e.g. “dada”<input type="checkbox"/> Uses babbling to get attention<input type="checkbox"/> Begins to eat cereals and pureed foods	<ul style="list-style-type: none"><input type="checkbox"/> Reaches for a nearby toy while on their tummy <p>While lying on their back...</p> <ul style="list-style-type: none"><input type="checkbox"/> Transfers a toy from one hand to the other<input type="checkbox"/> Reaches both hands to play with feet	 <ul style="list-style-type: none"><input type="checkbox"/> Uses hands to support self in sitting<input type="checkbox"/> Rolls from back to tummy<input type="checkbox"/> While standing with support, accepts entire weight with legs	 <ul style="list-style-type: none"><input type="checkbox"/> Rounded back<input type="checkbox"/> Unable to lift head up<input type="checkbox"/> Poor head control  <ul style="list-style-type: none"><input type="checkbox"/> Difficult to bring arms forward to reach out<input type="checkbox"/> Arches back and stiffens legs  <ul style="list-style-type: none"><input type="checkbox"/> Arms held back<input type="checkbox"/> Stiff legs
<ul style="list-style-type: none"><input type="checkbox"/> Increases variety of sounds and syllable combinations in babbling<input type="checkbox"/> Looks at familiar objects and people when named<input type="checkbox"/> Begins to eat junior and mashed table foods	<ul style="list-style-type: none"><input type="checkbox"/> In a high chair, holds and drinks from a bottle<input type="checkbox"/> Explores and examines an object using both hands<input type="checkbox"/> Turns several pages of a chunky (board) book at once<input type="checkbox"/> In simple play imitates others	 <ul style="list-style-type: none"><input type="checkbox"/> Sits and reaches for toys without falling<input type="checkbox"/> Moves from tummy or back to sitting<input type="checkbox"/> Creeps on hands and knees with alternate arm and leg movement	 <ul style="list-style-type: none"><input type="checkbox"/> Uses one hand predominately<input type="checkbox"/> Rounded back<input type="checkbox"/> Poor use of arms in sitting  <ul style="list-style-type: none"><input type="checkbox"/> Difficulty crawling<input type="checkbox"/> Uses only one side of body to move  <ul style="list-style-type: none"><input type="checkbox"/> Inability to straighten back<input type="checkbox"/> Cannot take weight on legs
<ul style="list-style-type: none"><input type="checkbox"/> Meaningfully uses “mama” or “dada”<input type="checkbox"/> Responds to simple commands, e.g. “come here”<input type="checkbox"/> Produces long strings of gibberish (jargoning) in social communication<input type="checkbox"/> Begins to use an open cup	<ul style="list-style-type: none"><input type="checkbox"/> Finger feeds self<input type="checkbox"/> Releases objects into a container<input type="checkbox"/> Uses thumb and pointer finger to pick up tiny objects	 <ul style="list-style-type: none"><input type="checkbox"/> Pulls to stand and cruises along furniture<input type="checkbox"/> Stands alone and takes several independent steps	 <ul style="list-style-type: none"><input type="checkbox"/> Difficulty getting to stand because of stiff legs and pointed toes<input type="checkbox"/> Only uses arms to pull up to standing  <ul style="list-style-type: none"><input type="checkbox"/> Sits with weight to one side<input type="checkbox"/> Strongly flexed or stiffly extended arms<input type="checkbox"/> Needs to use hand to maintain sitting
<ul style="list-style-type: none"><input type="checkbox"/> Vocabulary consists of 5 – 10 words<input type="checkbox"/> Imitates new, less familiar words<input type="checkbox"/> Understands 50 words<input type="checkbox"/> Increases variety of coarsely chopped table foods	<ul style="list-style-type: none"><input type="checkbox"/> Stacks two objects or blocks<input type="checkbox"/> Helps with getting undressed<input type="checkbox"/> Holds and drinks from a cup	 <ul style="list-style-type: none"><input type="checkbox"/> Walks independently and seldom falls<input type="checkbox"/> Squats to pick up toy	 <ul style="list-style-type: none"><input type="checkbox"/> Unable to take steps independently<input type="checkbox"/> Poor standing balance, falls frequently<input type="checkbox"/> Walks on toes
*Remember to correct your child’s age for prematurity.		Please visit www.Pathways.org to find more FREE resources on child development.	