



Baby's First Year Milestones

2 MONTHS

Language & Communication

- Reacts to sounds
- Vocal with "cooing"

Social & Emotional

- Calms down when picked up or spoken to
- Looks at you
- Smiles back with interactions

Movement & Physical

- Able to lift head up while lying on belly
- Move arms and legs
- Open and shuts hands

Cognitive

- Looks at objects for a few seconds

4 MONTHS

Language & Communication

- Vocalizes prolonged cooing like "oooo" and "aahh"
- Turns head to you when you talk

Social & Emotional

- Smiles and giggles back at you
- Moves and makes sounds to get your attention

Movement & Physical

- Independently holds head up
- Grasps a toy when given one
- Rolls over from belly to back
- Pushes up onto forearms during tummy time

Cognitive

- Looks at own hands

6 MONTHS

Language & Communication

- Babbles
- Blows spit bubbles
- Squeals

Social & Emotional

- Smiles at self in mirror
- Recognizes familiar people
- Responds to name by turning

Movement & Physical

- Rolls over from back to belly
- Supports self with hands when sitting up independently

Cognitive

- Puts things in mouth
- Seals lips to communicate they are done eating
- Reaches or grabs for a toy

9 MONTHS

Language & Communication

- Says "Mama" or "Dada" or repetitive sounds
- Reaches for you to be carried

Social & Emotional

- Turns when name is called
- Waves "bye-bye"
- Responds to peek-a-boo
- Has "stranger danger"

Movement & Physical

- Gets to sitting position without support
- Pulls up to stand
- Moves from sitting to lying down
- Picks up small toys with pincer grasp
- Alternates objects between hands
- Balances on hands and knees
- Crawls

Cognitive

- Looks for dropped objects
- Bangs toys together

1 YEAR

Language & Communication

- Calls you "Mama" or "Dada" intentionally
- Understands the word "no"

Social & Emotional

- Imitates movements or gestures

Movement & Physical

- Drinks from an open cup
- Stands independently
- Takes first steps

Cognitive

- Looks for objects you hide
- Puts objects into a cup



Babys Guide

David Baud



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