



DEVELOPMENTAL MILESTONES



WHAT ARE MY BABY'S DEVELOPMENTAL MILESTONES?

- The milestones below show how babies typically develop from 1 month to 1 year.
- For babies born early, a corrected age is used until 2 years of age to track growth and development. The corrected age accounts for the early birth and gives a better idea of when your baby should reach certain milestones.
- For babies born at term, no corrected age is needed.

IF MY BABY WAS BORN EARLY, WHAT IS THEIR CORRECTED AGE?

Begin with your baby's actual age in weeks (number of weeks since the date of birth) and then subtract the number of weeks your baby was born early. This is your baby's corrected age.

$$\text{Actual age in weeks} - \# \text{ weeks born early} = \text{corrected age in weeks}$$

AT 1 MONTH (4 WEEKS)



SOCIAL

- Watches you as you move
- Attempts to self-soothe, such as bringing hands to mouth
- Fussy when bored, calms when picked up or spoken to
- Looks at objects for several seconds
- Has different types of cries for hunger and tiredness

LANGUAGE

- Makes brief, short vowel sounds
- Reacts to unexpected sound by quieting and/or turning to sound

MOTOR

- Moves both arms and legs
- Holds chin up when on tummy
- Opens fingers slightly when at rest

AT 2 MONTHS (8 WEEKS)



SOCIAL

- Smiles when you touch or talk to them
- Recognizes your face

LANGUAGE

- Makes cooing sounds
- Reacts to loud sounds by startling, crying, or getting very quiet

MOTOR

- More active with arms, hands, and legs
- No longer keeps their hands in tight fists
- Lifts head and chest when on tummy

AT 4 MONTHS (16 WEEKS)



SOCIAL

- Smiles intentionally to get your attention
- Slightly chuckles
- Looks for you or another caregiver when upset

LANGUAGE

- Turns head toward voices
- Makes longer cooing sounds, such as "oooo"

MOTOR

- Self-supports head when held
- Supports themselves on their forearms during tummy time
- Rolls over from tummy to back
- Holds objects in their hands

AT 6 MONTHS (24 WEEKS)



SOCIAL

- Recognizes familiar people
- Likes looking at their own reflection
- Responds when their name is called
- Laughs

LANGUAGE

- Makes babbling sounds, such as "da," "ga," "ba," or "ka"

MOTOR

- Leans on hands to support themselves when sitting
- Rolls over from back to tummy
- Passes a toy from one hand to another
- Bangs small objects on surface

AT 9 MONTHS (36 WEEKS)



SOCIAL

- May hold arms out to be picked up or wave bye-bye
- Looks for objects that they've dropped
- Shows different facial expressions to express emotion
- Turns toward you consistently when you call their name
- May cling to you or another caregiver when around strangers

LANGUAGE

- Says "Dada" or "Mama" nonspecifically
- Looks around when hearing things, such as "Where's your toy?"
- Mimics sounds that you make

MOTOR

- Sits up by themselves
- Pulls themselves up to stand
- Crawls
- Picks up small objects using 3 fingers and thumb
- Drops objects on purpose
- Bangs objects together

AT 12 MONTHS (48 WEEKS, OR 1 YEAR)



SOCIAL

- Looks for hidden objects
- Mimics new gestures
- Plays games with you, such as peekaboo and pat-a-cake

LANGUAGE

- Uses "Dada" or "Mama" intentionally
- Follows directions with gestures, such as motioning to the toy box and saying, "Give me your ball."
- Stops when you say no

MOTOR

- Takes first steps or walks holding on to furniture
- Stands without support
- Picks up small object using their pointer finger and thumb

MISSED A MILESTONE?



If you believe your child has missed a milestone, please talk to your healthcare professional to assess.

Content Sources: Your Premie's Growth & Developmental Milestones. The AAP Parenting website. <https://www.healthychildren.org/English/ages-stages/baby/preemie/Pages/Premie-Milestones.aspx>. Updated November 20, 2020. Accessed September 4, 2024.

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