



It's very important to understand that as your baby learns new skills, they may fall over and bump into things. Babies are very tough and these little accidents are normal. When these things happen, your baby is learning the correct way to move and perform new skills.

If your baby has a serious fall, gets a deep cut or hits their head, you should contact your baby's doctor.

Parent Resources

Developmental Milestones and Warning Signs

- <http://www.cdc.gov/ncbddd/actearly/milestones/>
- <https://pathways.org/milestones/>

References:

1. CDC | Milestones | Learn the Signs. Act Early. | NCBDDD. Cdc.gov. 2016. Available at: <http://www.cdc.gov/ncbddd/actearly/milestones/>. Accessed April 11, 2016.
2. 2016. Available at: http://assets.nydailynews.com/polopoly_fs/1.1289187.1363312073!/img/httpImage/image.jpg_gen/derivatives/article_970/babies15n-3-web.jpg. Accessed April 5, 2016.
3. 2016. Available at: <http://users.rowan.edu/~mercad73/babygross7.jpg>. Accessed April 11, 2016.
4. 2016. Available at: <http://nspt4kids.com/wp-content/uploads/2013/05/sitting-baby.jpg>. Accessed April 11, 2016.
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Typical Development

Knowing what is normal as your baby grows and develops



Just like how each baby looks and acts differently, each baby develops and grows differently. While there is a "typical" pattern that all babies follow, the time that they reach each step can vary. It is very important to remember this as your baby gets older and learns new skills. This pamphlet is meant to be a guide to understand what is normal for your baby as they grow and develop as well as signs of possible developmental delay.

This guide will be organized based on your baby's age (in months). Each age group will have list of motor skills that your baby should be learning to do by that age. Signs of possible developmental delays are included for each age range as well.

Remember, babies will learn to do things at their own pace! If your baby hasn't learned each skill, it doesn't mean something is wrong. You should consult your baby's doctor any time you have a question or concern about your baby's development.

3 MONTHS OLD

Your baby should: **Signs of delay:**

- | | |
|--|--|
| • Lift and hold up head while on tummy | • Cannot lift head from tummy |
| • Push up on arms while on tummy | • Does not move arms or legs independently |
| • Reach for toys held above chest | • Stiff legs |



6



4

6 MONTHS OLD

Your baby should: **Signs of delay:**

- | | |
|--|--|
| • Roll over in both directions | • Doesn't reach for items around them |
| • Sit independently, without support | • Cannot roll over in either direction |
| • Reaches for items and brings them to mouth | • Cannot bring items to mouth |



3



5

9 MONTHS OLD

Your baby should: **Signs of delay:**

- | | |
|-------------------------------------|---|
| • Stand, holding a support surface | • Doesn't sit without support |
| • Pull on things to stand | • Doesn't bear weight through legs when supported |
| • Crawl | • Doesn't move items between hands |
| • Move items between hands smoothly | |

12 MONTHS OLD

Your baby should: **Signs of delay:**

- | | |
|----------------------------------|-------------------------------------|
| • Walk holding onto furniture | • Doesn't crawl |
| • Stand independently | • Doesn't copy gestures like waving |
| • Take a few steps independently | • Can't stand with support |

18 MONTHS OLD

Your baby should: **Signs of delay:**

- | | |
|---|-------------------------------|
| • Walk and run independently | • Cannot walk independently |
| • Drink from a cup and eat with a spoon | • Loses skills gained earlier |
| • Scribble | • Doesn't point to items |
| • Walk up steps | • Doesn't copy others |