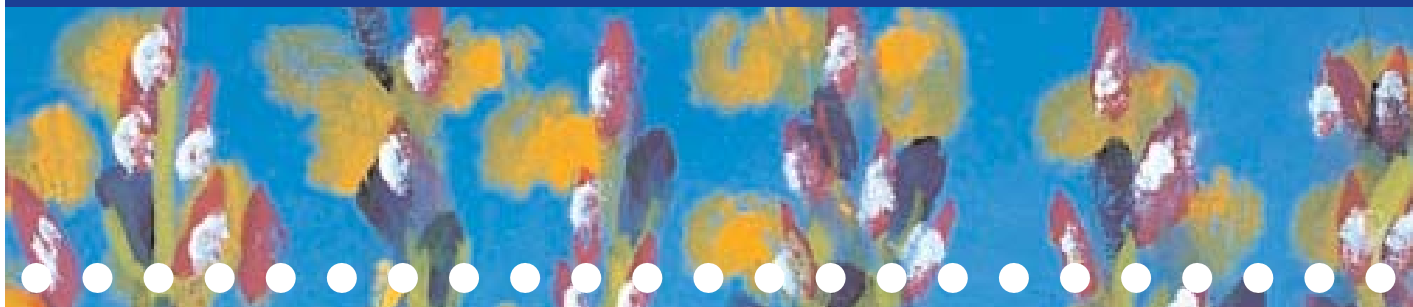


Children First: Safe and Secure



Section III—Parent's Corner

Developmental Milestones

Developmental milestones are a set of skills or age-specific tasks that most children can do at a certain age range. Your pediatrician uses milestones to help check how your child is developing. Here are some basic guidelines for parents. Remember, every child is unique!

By 3 months of age:

- ◆ lifts head when held at your shoulder
- ◆ turns head from side to side when lying on his stomach
- ◆ follows a moving object or person with his eyes
- ◆ grasps rattle when given to her
- ◆ wiggles and kick with arms and legs
- ◆ turns toward the sound of a human voice
- ◆ recognizes bottle or breast
- ◆ makes cooing, gurgling sounds
- ◆ smiles when smiled at
- ◆ communicates hunger, fear, discomfort (through crying or facial expression)
- ◆ usually quiets down at the sound of a soothing voice or when held
- ◆ reacts to "peek-a-boo" games

By 6 months:

- ◆ holds head steady when sitting with your help
- ◆ reaches for and grasp objects
- ◆ plays with his toes
- ◆ helps hold the bottle during feeding
- ◆ moves toys from one hand to another
- ◆ shakes a rattle
- ◆ sits with only a little support

- ◆ rolls over
- ◆ opens his mouth for the spoon
- ◆ babbles, making almost singsong sounds
- ◆ knows familiar faces
- ◆ laughs and squeals with delight

By 12 months:

- ◆ drinks from a cup with help
- ◆ feeds herself finger food like raisins or bread crumbs
- ◆ knocks two blocks together
- ◆ crawls on hands and knees
- ◆ stands alone momentarily
- ◆ walks with one hand held
- ◆ responds to music with body motion
- ◆ says his first word
- ◆ tries to "talk" with you
- ◆ shows affection to familiar adults
- ◆ shows apprehension about strangers
- ◆ raises her arms when she wants to be picked up

If you have questions about your child's development or want to have your child tested, call your pediatrician or the local health department.

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