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Developmental Milestones



A Guide Through Your Child's
First Journey

Distributed by MotherToBaby CA

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Diary

This diary will accompany you throughout your pregnancy. In it, you can write things you intake, how you are feeling, extra notes, and any questions you have!

Important Information

Baby's Name: _____

Baby's Birthday: ____/____/____

*Insert Photo
Here*

Introduction

The first laugh or the first act of rebellion are actually signs that ensure your baby is growing healthy. Throughout their first years, their brain is rapidly growing which allows your child to develop thinking, coordination, and behavioral skills.

It is important to be aware of these milestones to ensure your baby is growing properly. Of course every child is different and develop at their own pace but in general, this guide will show you what to be expecting from your baby throughout certain time frames. If any concerns do rise, seek advice from your child's doctor.

You'll have plenty of space all through this guide to keep track of how your baby is developing. This will help treasure your baby's first steps in life!



Month 1

Disclaimer: These are guidelines but every child develops at their own pace.

It's your first month with your newborn! Whether you're a new mom or an experienced mom, you'll probably feel exhausted especially when constantly waking up at night. But this is the month you will experience your baby's first smile which will totally be worth any sleep deprivation!



Things your baby will start doing!

- Clench fists
- Bring hands in front of face
- Eyes wonder and cross
- Make jerky movements
- Move head side to side while laying
- Prefer black and white colors
- Likes gentle handling
- Can focus on things 8 to 12 inches away
- Gain weight
- Close their fist on someone's finger
- Will prefer looking at your face rather than a stuffed animal
- Start to gain strong reflexes



Month 2

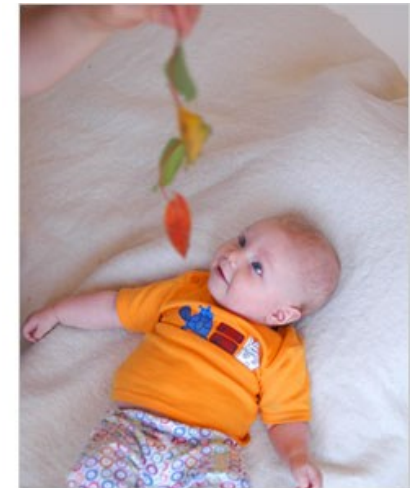
Disclaimer: These are guidelines but every child develops at their own pace.

It's your baby's second month! Your baby is starting to become familiarized with the environment around them. Therefore, it's important you give them adequate attention so they are able to stimulate their developing skills. You can do this by talking to them, showing them bright colored objects, and letting them touch different things.



Things your baby will start doing!

- Begin to smile at others
- Look at parents
- Hold head up
- Coo
- Look for sound
- Follow movement
- Start drooling more
- Smile when they see someone familiar
- Will start to suck on more things
- Show lots of expression
- Show interest on things happening in front of them



Month 4

Disclaimer: These are guidelines but every child develops at their own pace.

Your baby is getting stronger and stronger! They will definitely start recognizing you and will look for you. Your baby will start feeling secure with you and will laugh a lot when they spend time with you! They enjoy receiving attention from those around them and will be showing it through big grins and hand movements.

Your baby is starting to become very responsive! They will start to imitate sounds and words they hear so definitely encourage them by making eye contact and talking with them! Your baby will also start to develop their personality. Are they quiet or always babbling? What's their facial expressions when introduced to certain things? Paying attention to these small details will show some of the traits that they may develop.



Things your baby will start doing!

- Laugh and enjoy people interaction
- Imitate movements and expressions
- Roll to side while laying
- Put hands in mouth
- Cry with expression
- Reach with one hand for an object
- Recognize parents
- Hold toys and shakes them
- Push up onto elbows while laying
- Is actively using their limbs
- Attempt to put objects in mouth
- React to sounds
- Reach for toys
- Babbles



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Month 6

Disclaimer: These are guidelines but every child develops at their own pace.

It's already been half a year! It may start getting quiet around the house as your baby starts to sleep throughout the night!

In addition, your baby's memory is starting to stick as they become more familiar with things and people around them. Try to develop a routine such as reading a book before bed. They will start to look forward to it!



Things your baby will start doing!

- Sleep most/all night
- Likes looking at themselves in the mirror
- Reach for things they are curious about
- Sit with little support
- Put weight on legs when standing (with support from an adult) and bounces
- Make sounds of joy/displeasure
- Say consonant sounds like "m"
- Put objects in mouth
- Roll around
- Head is sturdy when sitting
- Legs are constantly pushing and wiggling around
- Rock back and forth trying to crawl
- Respond to name



Left: www.parents.com Right: baby2mek.tumblr.com/

Month 9

Disclaimer: These are guidelines but every child develops at their own pace.

Make sure all valuable and any hazardous objects are removed from your baby's reach. These include but are not limited to: putting plugs on outlets, removing fragile objects from tables, locking floor cabinets, blowing out candles, and hiding any loose wires.



Things your baby will start doing!

- Pick small objects w/ thumb and fingers
 - Have favorite toys
 - Look for items when you hide them
 - Become clingy with familiar adults
 - Stand while holding on to furniture
 - Copy sounds and gestures
 - Understand no
 - Wave bye-bye
 - Crawl
- Become social
 - Make lots of sounds and expressions
 - Make eye contact when spoken to
 - Can sit without support
 - Start to say simple words
 - Constantly use arms and attempt to reach for objects



1 year

Disclaimer: These are guidelines but every child develops at their own pace.

Your baby is now one year old! Just this time last year you were figuring out how to care for your child but by now you're definitely an expert! Your baby is starting to become independent as they start to take their first steps. They will also start to follow directions so be patient and start setting rules such as not throwing things around!



Things your baby will start doing!

- Take few steps with little/no support
 - Put things in & out of container
 - Cry when parents leave
 - Give books to be read
 - Use things correctly (drink from cup)
 - Walk with support from furniture
 - Use exclamations
 - Shakes/bangs/throws toys
 - Help with dressing
 - Follow directions
 - Show fear when appropriate
- Use simple gestures such as shaking their head no
 - Repeat words they hear



18 months

Disclaimer: These are guidelines but every child develops at their own pace.

By now, your baby should be walking. If not, don't worry too much since some babies won't start walking until the last months of their first year. They will also start chattering so make sure you encourage them so they can continue developing their speaking skills.



Things your baby will start doing!

- Hand you toys
- Throw tantrums
- Use several single words
- Know what things are for (spoon for cereal)
- Drink and eat correctly
- Simple words are starting to sound clearer
- Be actively playing
- Sleeps for the whole night
- Scribble
- Walk

Baby Art

Let your baby scribble around to keep as a memory!



2 years

Disclaimer: These are guidelines but every child develops at their own pace.

As your toddler gets bigger, you will be surprised by how smart they are becoming! They may start identifying some colors and shapes.

In addition, your toddler may even want to challenge you by disobeying what you told them to do or just doing something bad. Remember, stay patient and talk to them.



Things your toddler will start doing!

- Rebel
- Get excited to be with other children
- Start identifying shapes and colors
- Talk in simple sentences
- Remember names
- Repeat words overheard
- Identify pictures
- Run, kick a ball
- Start counting
- Feed themselves



Circle all of the colors and shapes your child is able to identify!



3 years

Disclaimer: These are guidelines but every child develops at their own pace.

Your toddler will want to play with other kids and will start gaining friendships! They will also be able to detect emotions and act according to it. For example, if they see a friend who got hurt, they might go and ask their friend if they're okay.

Your toddler will also be able to introduce them self and identify who they are!



Things your toddler will start doing!

- Take turns and share
- Have concern for people crying or upset
- Dress and undress themselves
- Do puzzles
- Screw and unscrew objects
- Understand directions with 2 -3 steps
- Say name, age, and sex
- Understand plurals
- Hold a conversation with 2- 3 sentences
- Turn pages in a book by themselves
- Ride tricycle
- Have clear speech
- Build towers with multiple blocks
- Manipulate small objects
- Play pretend



4 years

Disclaimer: These are guidelines but every child develops at their own pace.

Your child has grown so fast! If interested, you can enroll them into a preschool so they can get the experience of going to school that way next year, they will be accustomed! With that said, your child's brain has developed to a point in which they are getting better coordination so make sure they are playing and participating in interactive activities!



Things your big kid will start doing!

- Say what they like
- Laugh and sing
- Draw person w/ 2-4 body parts
- Identify letters and numbers
- Play board games
- Predict what will happen in a book
- Catch a ball
- Use scissors
- Hop and stand on one foot
- Enjoy interactive games
- Use the word "me" correctly
- Throw a ball overhand
- Hop and jump
- Acknowledge others
- Use crayons
- Help with dressing
- Have some self control when upset



_____ 's Counting Skills

Can count up to: _____!!!



5 years

Disclaimer: These are guidelines but every child develops at their own pace.

Believe it or not, your child is ready for school! Look into your local schools and enroll them in one you find best fit.

Their coordination and attention skills are continuously growing. Make sure you help them practice in identifying letters, numbers, and even writing their name! That way they are even more prepared for school!



Things your big kid will start doing!

- Try to please friends
- Sing, dance, and/or act
- Follow rules
- Speak clearly
- Use the toilet
- Tell stories
- Print name and letters
- Skip and balance
- Say they are brave
- Focus on what they are doing
- Tell the difference between real and fantasy
- Talk about day or activities
- Dress and undress themselves



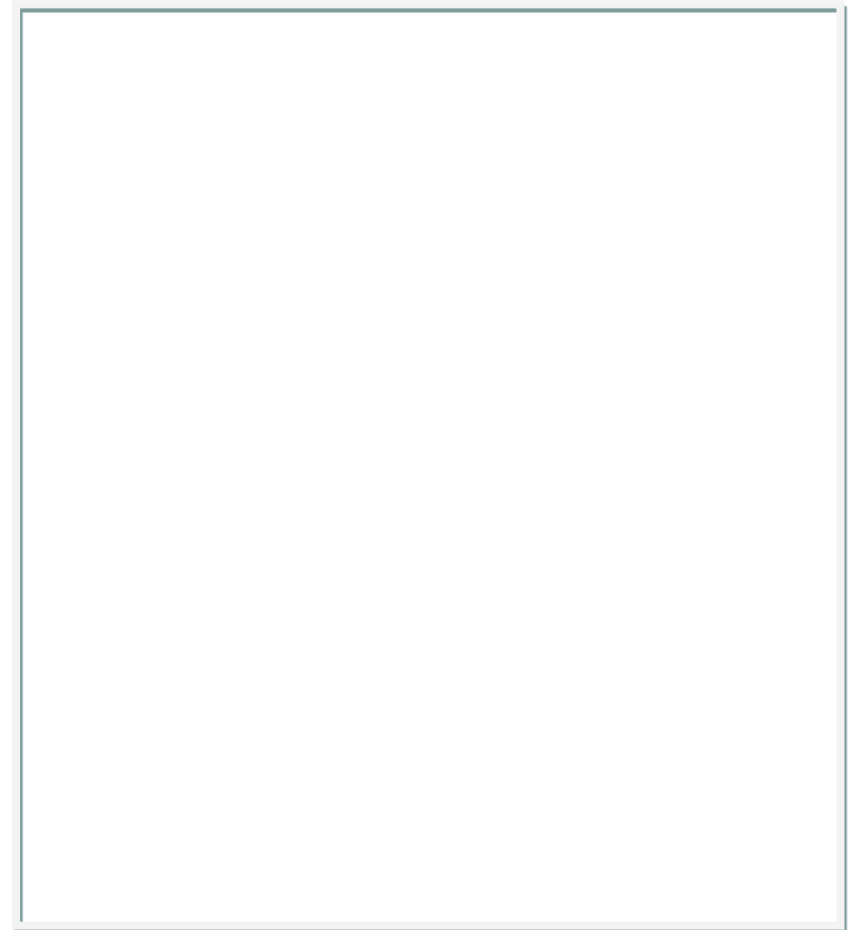
<http://kidsrichmond.net/beautiful.com/>

Masterpiece

Encourage your child to write their name and draw something to keep as a keepsake!

Name _____

.....



Resources

Your Child's Pediatrician

When in doubt, ask your child's doctor since they will be able to give you the most information based on your child's history.

American Academy of Pediatrics

www.AAP.org

First 5 California

www.First5California.com

Healthy Children

www.Healthychildren.org

Child Mind Institute

www.Childmind.org



MotherToBaby
CALIFORNIA

Medications & More During Pregnancy & Breastfeeding
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QUESTIONS?

Call: (866) 626-6847

URL: www.MotherToBabyCA.org

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