

## Tips for Baby Development

### BIRTH-3 MONTHS

- Help baby's motor development by engaging in Tummy Time every day
- Give baby plenty of cuddle time and body massages
- Encourage baby's responses by presenting objects with bright colors and faces
- Talk to baby every day to show that language is used to communicate

### 4-6 MONTHS

- Encourage baby to practice Tummy Time, roll over, and reach for objects while playing
- Offer toys that allow two-handed exploration and play
- Talk to baby to encourage language development, baby may begin to babble
- Communicate with baby; imitate baby's noises and praise them when they imitate yours

### 7-9 MONTHS

- Place toys in front of baby to encourage movement
- Play cause and effect games like peek-a-boo
- Name and describe objects for baby during everyday activities
- Introduce "junior" and soft foods around 8 months

### 10-12 MONTHS

- Place cushions on floor to encourage baby to crawl over and between
- While baby is standing at sofa set a toy slightly out of reach to encourage walking using furniture as support
- Use picture books to work on communication and bonding
- Encourage two-way communication by responding to baby's giggles and coos

### 13-15 MONTHS

- Provide push and pull toys for baby to use as they learn how to walk
- Encourage baby to stack blocks and then knock them down
- Establish consistency with routines like mealtimes and bedtimes
- Sing, play music for, and read to your child regularly
- Ask your child questions to help stimulate decision making process



### About Pathways.org

The mission of Pathways.org, since 1985, is to empower parents and health professionals with FREE tools and resources to maximize a child's motor, sensory, and communication development. The Pathways.org Medical Roundtable is instrumental in achieving this mission through strategic and supportive direction.

### Pathways.org Medical Roundtable

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### Questions?

Please call our "parent-answered" toll-free number, or email us. We will send you more information and refer you to therapists in your area.



800-955-CHILD (2445)  
[friends@pathways.org](mailto:friends@pathways.org)  
[www.pathways.org](http://www.pathways.org)



*This message endorsed by the American Academy of Pediatrics, the National Association of Pediatric Nurse Practitioners, American College of Osteopathic Pediatricians and Pediatric Section of the American Physical Therapy Association.*

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• ASSURE THE BEST •

# Baby's Physical Development

**FREE tools to maximize child development**

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## What Every Parent Should Know

Pathways.org's *unique chart* allows you to track your child's physical, play, and speech development. Remember to *trust your instincts*. You know your child best. If you feel your baby is developing at a different pace, seek help.

### Early Detection is the Best Prevention!

#### Important Parent Ideas:

- Keep a **notebook** of your concerns and observations.
- Review **this chart** and check the signs you see in your baby.\*\*
- Share your concerns**, this chart, and your **notebook** with your **child's doctor or health provider**.

\*\*It is okay to check boxes in both areas of *Typical Development and Signs To Watch For* columns.



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MONTHS

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**6**  
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**9**  
MONTHS

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**12**  
MONTHS

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**15**  
MONTHS

### TYPICAL Speech DEVELOPMENT\*

- Sucks and swallows well during feeding
- Quiets or smiles in response to sound or voice
- Coos or vocalizes other than crying
- Turns head toward direction of sound

- Begins to use consonant sounds in babbling, e.g. "dada"
- Uses babbling to get attention
- Begins to eat cereals and pureed foods

- Increases variety of sounds and syllable combinations in babbling
- Looks at familiar objects and people when named
- Begins to eat junior and mashed table foods

- Meaningfully uses "mama" or "dada"
- Responds to simple commands, e.g. "come here"
- Produces long strings of gibberish (jargonizing) in social communication
- Begins to use an open cup

- Vocabulary consists of 5 - 10 words
- Imitates new, less familiar words
- Understands 50 words
- Increases variety of coarsely chopped table foods

### TYPICAL Play DEVELOPMENT\*

*While lying on their back...*

- Visually tracks a moving toy from side to side
- Attempts to reach for a rattle held above their chest
- Keeps head in the middle to watch faces or toys

*While lying on their tummy...*

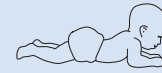
- Reaches for a nearby toy while on their tummy
- Transfers a toy from one hand to the other
- Reaches both hands to play with feet

- In a high chair, holds and drinks from a bottle
- Explores and examines an object using both hands
- Turns several pages of a chunky (board) book at once
- In simple play imitates others

- Finger feeds self
- Releases objects into a container with a large opening
- Uses thumb and pointer finger to pick up tiny objects

- Stacks two objects or blocks
- Helps with getting undressed
- Holds and drinks from a cup

### TYPICAL Physical DEVELOPMENT\*



*While lying on their tummy...*

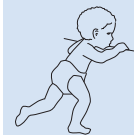
- Pushes up on arms
- Lifts and holds head up



- Uses hands to support self in sitting
- Rolls from back to tummy
- While standing with support, accepts entire weight with legs



- Sits and reaches for toys without falling
- Moves from tummy or back to sitting
- Creeps on hands and knees with alternate arm and leg movement



- Pulls to stand and cruises along furniture
- Stands alone and takes several independent steps



- Walks independently and seldom falls
- Squats to pick up toy

### SIGNS TO WATCH FOR IN Physical DEVELOPMENT\*



- Difficulty lifting head
- Stiff legs with little or no movement



- Pushes back with head
- Keeps hands fisted and lacks arm movement



- Rounded back
- Unable to lift head up
- Poor head control



- Difficult to bring arms forward to reach out
- Arches back and stiffens legs



- Arms held back
- Stiff legs



- Uses one hand predominately
- Rounded back
- Poor use of arms in sitting



- Difficulty crawling
- Uses only one side of body to move



- Inability to straighten back
- Cannot take weight on legs



- Difficulty getting to stand because of stiff legs and pointed toes
- Only uses arms to pull up to standing



- Sits with weight to one side
- Strongly flexed or stiffly extended arms
- Needs to use hand to maintain sitting



- Unable to take steps independently
- Poor standing balance, falls frequently
- Walks on toes

\*Remember to correct your child's age for prematurity.

Please visit [www.Pathways.org](http://www.Pathways.org) to find more FREE resources on child development.