

BABY DEVELOPMENT MILESTONE CHECKLIST

from 0-12 months

Birth to 1 month

- Makes eye contact with caregivers.
- Responds to sound and voices.
- Begins to focus on objects up close.
- Displays reflexes such as rooting and grasping.
- Starts to show early signs of social smiling.

2 to 3 months

- Laughs and engages in social interaction.
- Holds head up steadily while lying on tummy.
- Begins to follow moving objects with eyes more smoothly.
- Shows improved coordination and control of arm and leg movements.
- Starts to push up on arms when lying on tummy.

4 to 6 months

- Sits with support and may start to sit briefly without support.
- Begins to explore objects with mouth and hands.
- Shows increased curiosity and awareness of surroundings.
- Responds to familiar faces and voices with excitement.
- Begins to show interest in solid foods and may start introducing complementary feeding.

8 to 10 months

- Crawls efficiently and may start to pull to stand.
- Begins to pick up small objects using thumb and forefinger (pincer grasp).
- Babbles with varied intonation and may say simple words like “mama” or “dada.”
- Shows interest in imitating gestures and actions.
- Begins to develop stranger anxiety and may cling to caregivers.

1 to 2 months

- Begins to coo and make vowel sounds.
- Tracks objects with eyes from side to side.
- Starts to lift head briefly when lying on tummy.
- Shows increased alertness and interest in surroundings.

3 to 4 months

- Begins to roll from tummy to back and vice versa.
- Grasps and holds onto objects placed in hands.
- Shows interest in reaching for and batting at toys.
- Responds to name being called.
- Demonstrates more intentional vocalizations and babbling.

6 to 8 months

- Sits unsupported for longer periods.
- Begins to crawl or scoot on belly.
- Responds to simple commands or requests, such as “wave bye-bye.”
- Explores objects by banging, shaking, and dropping.
- Begins to pull up to standing position with support.

10 to 12 months

- Takes first independent steps or walks with support.
- Begins to feed self finger foods.
- Understands simple commands and gestures, such as “give me the toy.”
- Starts to develop object permanence, understanding that objects exist even when out of sight.
- Engages in simple pretend play, such as feeding a doll or stuffed animal.