

# Baby Development Stages Checklist

By Fae Fisher

- At 1 month of age, most babies
  - Raise his or her head slightly up, when laying down on his or her stomach.
  - Hold his or her head up momentarily, but must be supported by you.
  - Briefly watch and follow objects with his or her eyes.
  - Avoid mildly annoying sensations, such as the placement of a cloth on baby's face.
  - Begin making some "noise in throat" kind of sounds.
- At 2 months of age, most babies
  - Hold his or her head erect when baby is being supported in a sitting position.
  - Follow a moving person with his or her eyes.
  - Begin to imitate or will respond to smiling persons, with perhaps, occasional smile or vocalizations from baby.
- At 3 months of age, most babies
  - Can lift head and chest when on stomach.
  - Move both eyes in the same direction.
  - Turn their heads toward bright colors and lights.
  - Are able to notice bottle or breast.
  - Can now begin to coo and chuckle.
  - React to sudden sounds or voices.
  - Make fists with both hands.
  - Grasp toys or hair.
  - Wiggle and kick with arms and legs.
- At 4 months of age, most babies
  - Has good control of his or her head.
  - Is able to roll from side to side, while laying down.
  - Can take an object, such as a baby rattle.
  - May start to reach at this age.
  - Can follow moving objects, when he or she is being held in a sitting position.
  - Can laugh aloud.

- Enjoys playing.
- At 6 months of age, most babies
  - Can now sit with minimal support.
  - Can roll from his or her back to stomach.
  - Can transfer an object from hand to hand, and from hand to mouth.
  - Begin babbling, and making a couple of sounds.
  - Follow moving objects with their eyes.
  - Turn toward the source of normal sound.
  - Help hold the bottle during feeding.
  - Recognize familiar faces.
- At 9 months of age, most babies
  - Can now sit alone.
  - Can change positions without falling over.
  - Can now play with two objects - at the same time.
  - Can unwrap baby blocks.
  - May be able to say sounds or words, such as "Mama" or "BA-BA."
- At 12 months of age, most babies
  - Sit without support.
  - Pull to a standing position.
  - Drink from a cup.
  - Crawl.
  - Wave bye-bye.
  - Hold out their arms and legs while being dressed.
  - Put objects in a container.
  - Stack two blocks.
  - Know five or six words.