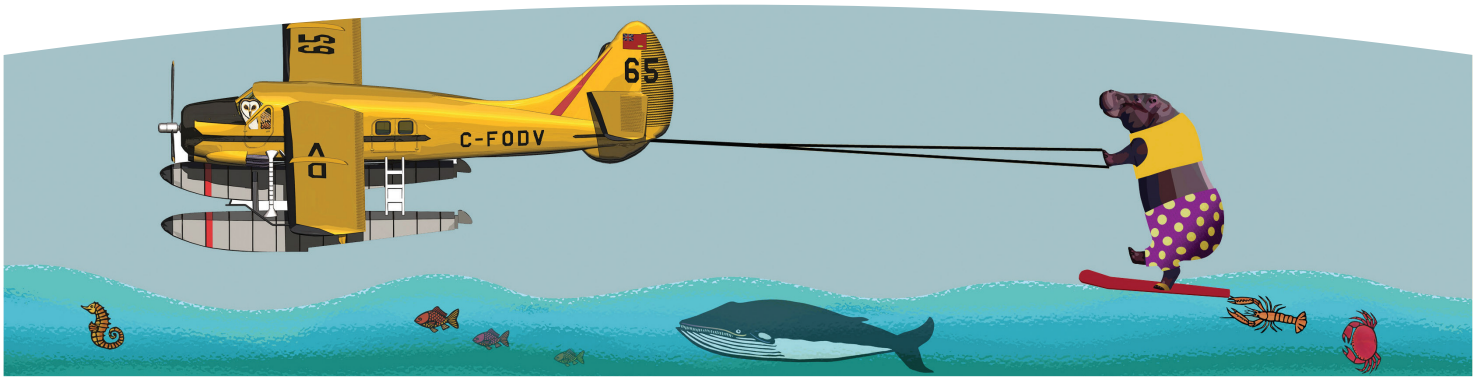
SWEDISH



SWEDISH PEDIATRIC THERAPY SERVICES

Development in the First Year

By 2 Months of Age

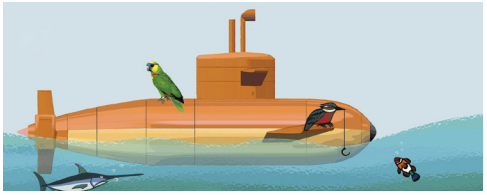
- Baby moves her head from cheek to cheek while lying on her tummy
- Focuses 8 to 12 inches in front of her face
- Turns her head to familiar sounds and voices
- Baby remains calm when held or moved
- Holds a toy in her hand

By 4 Months of Age

- Raises her head and chest off the floor when lying on her tummy
- Makes cooing, babbling sounds and is beginning to smile
- Clasps her hands together often and brings her hands to her mouth
- Sits with support
- Rolls from her back to her side
- Reaches for and grabs a toy

By 6 Months of Age

- Grabs feet with hands while on her back
- Supports herself in sitting
- Explores by putting toys in her mouth and banging toys together
- Opens her mouth for spoon when feeding
- Smiles at herself in a mirror



By 8 Months of Age

- Rolls over in both directions
- Sits by herself without support and plays with a toy
- Is able to pick up small objects such as Cheerios or Puffs
- Babbles chains of consonants such as “baba” and “dada”

By 10 Months of Age

- Can pull to stand on furniture but wobbly
- Walks sideways along furniture (“cruising”)
- Points to show you what she wants
- Crawls on hands and knees
- Feeds herself a cracker

By 12 Months of Age

- Stands briefly without support
- May walk two or three steps without support
- Puts small blocks into a container and takes them out again
- Tries to imitate scribbling
- Helps with getting dressed by offering a foot or an arm
- Says her first words

SWEDISH PEDIATRIC THERAPY SERVICES
747 Broadway, 6 West
Seattle,WA 98122-4307
T 206-386-3592

www.swedish.org

© 2011 SWEDISH HEALTH SERVICES. ALL RIGHTS RESERVED.
Artwork from clinic hallways by heather lowe DESIGN

PT-11-10785 7/11