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Month By Month Development

0-3 Months

Activity Intro

Every child is unique and develops at their own pace, do not hurry the process with them. Here's your guide to your baby's first year and all its major milestones.

Material Required

Milestone Poster



Milestone Poster



Age Group	Motor(Physical)	Language and Communication (Visual & Communication Milestones)	Sensorial Milestones	Cognitive	Social/Emotional
0-2 Months	<ul style="list-style-type: none"> Makes jerky, quivering arm thrusts Brings hands within range of eyes and mouth Moves head from side to side while lying on stomach Keeps hands in tight fists 	<ul style="list-style-type: none"> Focuses 8 to 12 inches (20.3 to 30.4 cm) away Eyes wander and occasionally cross Prefers black-and-white or high-contrast patterns Hearing is fully matured 	<ul style="list-style-type: none"> Prefers sweet smells Prefers soft to coarse sensations 	<ul style="list-style-type: none"> Focus on reflexes and cognitive abilities are limited 	<ul style="list-style-type: none"> Responds to comforting sounds and familiar faces
3-6 Months	<ul style="list-style-type: none"> Supports upper body with arms when lying on stomach Pushes down on legs when feet are placed on a firm surface Brings hand to mouth Grasps and shakes hand toys 	<ul style="list-style-type: none"> Watches faces intently Follows moving objects Starts using hands and eyes in coordination Begins to imitate some sounds 	<ul style="list-style-type: none"> Uses both hands to explore toys Is able to calm down with rocking, touching, and gentle sounds Enjoys a variety of movements 	<ul style="list-style-type: none"> Intentionally repeats actions that bring them pleasure and desired outcomes May also develop expectancy about cause and effect situations 	<ul style="list-style-type: none"> Becomes more communicative and expressive with face and body Imitates some movements and facial expressions
7-11 Months	<ul style="list-style-type: none"> Rolls both ways Reaches with one hand Transfers object from hand to hand Uses raking grasp (not pincer) 	<ul style="list-style-type: none"> Develops full colour vision Distance vision matures Ability to track moving objects improves Uses voice to express joy and displeasure 	<ul style="list-style-type: none"> Enjoys a variety of movements Turns several pages of a chunky (board) book at once Investigates shapes, sizes, and textures of toys and surroundings 	<ul style="list-style-type: none"> Finds partially hidden objects Struggles to get objects that are out of reach 	<ul style="list-style-type: none"> Enjoys social play Interested in mirror images
1 year	<ul style="list-style-type: none"> Gets to a sitting position without assistance May walk two or three steps without support Is able to put objects into a container Tries to imitate scribbling 	<ul style="list-style-type: none"> Responds to simple verbal requests Babbles with inflection 	<ul style="list-style-type: none"> Enjoys listening to songs Crawls to or away from objects seen at a distance 	<ul style="list-style-type: none"> Explores objects in many different ways Looks at the correct picture when the image is named Begins to use objects correctly 	<ul style="list-style-type: none"> Tests parental responses to their behavior (What do you do when he/she refuses the food or if he/she cries after you leave the room) Extends arm or leg to help when being dressed



*These milestones are averages and not rigid deadlines, every child is unique and develops at their own pace.



Step 1

Refer to the Milestone Poster given in the kit for tracking your baby's development.

Step 2 : Overview

Parenthood is an exciting new chapter of your life. These early days can be magical, exciting, rewarding and nerve-wracking all at once! ClassMonitor is here to help support you in this journey. Let's look at some of the important milestones you can expect to observe in your baby between 0-3 Months.

Before we begin, it's important to remember that infant development is not an exact science and that each baby is unique and develops at his/her own pace. These are merely indicators.

Step 3 : What To Expect?

At first, caring for your baby might feel like an endless cycle of feeding, changing diapers and soothing your baby to sleep. But soon, signs of your baby's growth and development will emerge.



Step 4 : Head Control

When you hold your little one for the first time, you'll wonder how you'll ever care for something so impossibly small and fragile. However, no matter how fragile your infant seems, within the first few weeks, your baby is already working on key muscles she/he will need in order to meet one of their first milestones:



Head Control :

0-1 Month :

By the end of your baby's first month, your child may be able to lift his or her head slightly when placed on their tummy.

2 Months :

By 2 months, your baby's head control increases, and they can hold their head at an approximately 45-degree angle.

3 Months :

Your baby should be able to rise to a 90-degree angle in preparation for crawling.

Step 5 : Hearing

Your infant will be sensitive to noise levels. Expect your baby to begin responding to the sound of your voice by smiling and gurgling back at you. He or she will also begin turning toward the direction of sounds.

- Reacts to loud sounds with a startle reflex.
- Is soothed and quietened by soft sounds, melodies.
- Turns head towards you when you speak.
- Wakes up when there are loud voices and sounds.
- Smiles in response to certain voices when spoken to.
- Seems to know parent's voice and quietens down if crying.



Step 6 : Vision

Your baby will probably focus on your face, particularly your eyes, during feedings. At age 1 month, your baby will prefer to look at bold patterns mostly in black-and-white. The ideal range for them to see an object or your face is between 8 and 10 inches away.

By around age 2 months, your baby's eyes will become more coordinated, allowing for tracking an object. Soon your baby will begin to recognize familiar objects and people at a distance.

Step 7 : Communication

By around 2 months, your baby might gurgle, coo or repeat vowel sounds when you talk or gently play together.

Step 8 : Nurturing Your Baby's Development

The early months are critical in helping your baby feel secure and cared for. Here are some ways to nurture your baby's developmental and emotional needs:



Physical Contact:

Holding your baby can help your new-born feel safe, secure and loved. Let your baby grasp your little finger and touch your face.

Communicate : Simple conversations with your little one lays the foundation for language development. Sing. Read a story out loud. Ask questions and respond to your little one's coos and gurgles. Talk about what you see, hear and smell around the house or when you take a walk outside with your baby. Remember that your tone of voice communicates ideas and emotions as well.

Change Positions : Hold your baby facing outward. Carefully, place your baby on his or her tummy to play. Hold a colourful toy or talk to your baby to encourage them to pick up his or her head. Many new-borns get fussy or frustrated on their tummies, so keep these sessions brief at first - just a few minutes at a time. If your baby begins to feel sleepy, place your baby on his or her back to sleep.

Don't Fear Tears! For most new-borns, crying spells peak about six weeks after birth and then gradually decline. Whether your baby needs a diaper change, feeding session or simply warm contact, respond quickly. Don't worry about spoiling your baby with too much attention. Your care will help build a strong bond with your baby.

Month By Month Development

3-6 Months

Activity Intro

Parenthood is an exciting new chapter of your life. These early days can be magical, exciting, rewarding and nerve-wracking all at once! ClassMonitor is here to help support you in this journey. Let's look at some of the important milestones you can expect to observe in your baby between 3-6 Months.

Step 1

Before we begin, it's important to remember that infant development is not an exact science and that each baby is unique and develops at his/her own pace. These are merely indicators.

Step 2 : Motor Skills Development

During these months, babies are really learning to reach out and manipulate the world around them. They're mastering the use of their hands and are discovering their voices! From 3 to 6 months old, your baby will probably:



- Roll over from front to back or back to front.
- Front-to-back usually comes first.
- Babble, making sounds that can sound like real language.
- Laugh.
- Reach out for and grab objects (watch out for your hair), and manipulate toys and other objects with their hands.
- Sit up with support and have great head control.

Step 3 : Visual & Language Development

Here are some indicative milestones your baby may achieve between 3-6 months

- Watch faces intently
- Follow moving objects
- Start using hands and eyes in coordination
- Smile at the sound of a familiar voice
- Begin to babble
- Begin to imitate some sounds
- Turn head toward direction of sound
- Recognize familiar objects and people at a distance



Step 4 : Cognitive Development Milestone Indicators

From 3 to 6 months old, your baby will probably:

- Intentionally repeat actions that bring them pleasure and desired outcomes.
- May also develop expectancy about cause and effect situations.
- Babies will begin to see that a pattern of events is connected, and begin to expect the second event after they experience the first event.

For example, a baby of this age may learn that when they see a bottle, they expect they will soon be fed.



Step 5 : Social-Emotional Milestones (Ages 3-6 Months)

- Begins to develop a social smile
- Enjoys playing with other people and may cry when playing stops
- Becomes more communicative and expressive with face and body
- Imitates some movements and facial expressions



Month By Month Development

6-9 Months

Activity Intro

Parenthood is an exciting new chapter of your life. These early days can be magical, exciting, rewarding and nerve-wracking all at once! ClassMonitor is here to help support you in this journey. Let's look at some of the important milestones you can expect to observe in your baby between 6-9 Months.

Step 1

Before we begin, it's important to remember that infant development is not an exact science and that each baby is unique and develops at his/her own pace. These are merely indicators.

Step 2 : Motor Skills Development

On completion of 6 months, your little one becomes a baby on the move! After learning that they can get somewhere by rolling over, they'll spend the next few months figuring out how to move forward or backward. If you haven't baby-proofed your home yet, better get on it!

During this time period, your baby may:

- Start to crawl. This can include scooting (propelling around on their bottom) or "army crawling" (dragging themselves on their tummy by arms and legs), as well as standard crawling on hands and knees. Some babies never crawl, moving directly to walking!
- Sit without support.
- Learn to pull up to a standing position.
- Clap and play games such as patty-cake and peekaboo.



Step 3 : Language Development (6-9 Months)

- Develops full colour vision
- Ability to track moving objects improves
- Distinguishes emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Uses increased variety of sounds and syllable combinations in babbling
- Follows some routine commands when paired with gestures
- Looks at familiar objects and people when named
- Recognizes sound of their name
- Participates in two-way communication
- Shows recognition of commonly used words
- Simple gestures, e.g. shaking head for "no"
- Distance vision matures
- Responds to own name
- Begins to respond to "no"
- Imitates sounds
- Babbles chains of consonants



Step 4 : Cognitive Development

During this stage, cognitive development is spurting and you will notice that your baby:

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach
- Experiments with the amount of force needed to pick up different objects
- Focuses on objects near and far
- Investigates shapes, sizes, and textures of toys and surroundings
- Observes environment from a variety of positions – while lying on back or tummy, sitting, crawling, and standing with assistance

Step 5 : Cognitive Development

Social-Emotional Development Milestone Indicators:

- Enjoys social play
- Interested in mirror images
- Responds to other people's expressions of emotion and appears joyful often



Month By Month Development

9-12 Months

Activity Intro

Parenthood is an exciting new chapter of your life. These early days can be magical, exciting, rewarding and nerve-wracking all at once! ClassMonitor is here to help support you in this journey. Let's look at some of the important milestones you can expect to observe in your baby between 9-12 Months.

Step 1

Before we begin, it's important to remember that infant development is not an exact science and that each baby is unique and develops at his/her own pace. These are merely indicators.

Step 2 : Gross Motor Skills Development Milestone Indicators

- Gets to a sitting position without assistance
- Crawls forward on belly by pulling with arms and pushing with legs
- Assumes hands-and-knees position
- Crawls on hands and knees supporting trunk on hands and knees
- Gets from sitting to crawling or prone (lying on stomach) position
- Pulls self up to stand
- Walks holding on to furniture
- Stands momentarily without support
- May walk two or three steps without support



Step 3 : Fine Motor Skills Development Milestone Indicators



- Uses pincer grasp
- Bangs two cubes together
- Can put objects into a container
- Takes objects out of container
- Let goes an object voluntarily
- Pokes with index finger
- Tries to imitate scribbling

Step 4 : Language Development Milestone Indicators

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to “no”
- Uses simple gestures, such as shaking head for “no”
- Babbles with inflection
- Says “dada” and “mama”
- Uses exclamations, such as “oh-oh!”
- Tries to imitate words. Begin “pretend play” by copying you or using objects correctly, such as pretending to talk on the phone



Step 5 : Cognitive Development Milestone Indicators

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialling phone, listening to receiver)



Step 6 : Social-Emotional Development Milestone Indicators

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions during feedings (What do you do when he refuses a food?)
- Tests parental responses to his behavior (What do you do if he cries after you leave the room?)
- May be fearful in some situations
- Repeats sounds or gestures for attention
- Finger-feeds himself
- Extends arm or leg to help when being dressed
- Prefers mother and/or regular caregiver over all others

