	Gross Motor Skills	Fine Motor Skills	Communication and Language	Cognitive Developement	Social and Emotional Developement	Sensory Developement	Self-Help and Adaptive Skills	Play and Exploration	Problem Solving	Speech Developement
1 month	Moves head side to side when lying on their stomach. Reflexively kicks legs and moves arms. Can briefly lift their head while on their tummy.	Maintains a tight fist (primitive grasp reflex). Grasps a caregiver's finger when placed in their palm	Makes cooing or gurgling sounds. Cries to communicate hunger, discomfort, or needs.	Begins to focus on faces or high-contrast objects. Starts to recognize familiar voices, especially caregivers.	Makes brief eye contact with caregivers. Starts to show a preference for familiar voices or faces.	Follows moving objects within their visual range (about 8-12 inches). Reacts to loud noises with a startle reflex (**Moro reflex**). Enjoys soothing touch and responds to gentle rocking.	Begins to soothe themselves by sucking on their thumb or fingers. Turns head to search for the breast or bottle during feeding (rooting reflex).	Starts observing surroundings and movements. May enjoy simple high-contrast patterns or toys.	Demonstrates curiosity by gazing at new or moving objects. Tries to focus and track slow-moving objects.	Vocalizes simple sounds, like coos or grunts. Makes noises to indicate needs or discomfort (e.g., crying variations).
2 months	Can briefly hold their head up when lying on their tummy. Starts to push up slightly with their arms during tummy time. Moves arms and legs more smoothly.	Begins to open and close hands more often. May try to bat at dangling objects. Grasps objects placed in their hand but still reflexively.	Makes cooing sounds more consistently. Turns head toward voices. Cries differently to indicate specific needs (e.g., hunger or discomfort).	Follows objects with their eyes over a short distance. Recognizes familiar faces and sounds, such as the caregiver's voice. Shows interest in high-contrast objects or patterns.	Starts to smile at people (social smile). Calms down when comforted by a familiar voice or touch. Begins to show more facial expressions, like curiosity or contentment.	Enjoys looking at bright colors or high-contrast patterns. Reacts to sounds by becoming more alert or turning their head toward the source. Responds positively to gentle touch and rocking motions.	Shows improved self-soothing behaviors, like sucking on fingers or hands. Better coordination when feeding, turning head toward the breast or bottle.	Looks at and reaches toward nearby objects, even if they can't grasp them yet. Stares at faces or mirrors during play. Enjoys short sessions of tummy time with toys or caregiver interaction.	Attempts to focus on moving objects, such as a rattle. Watches and tracks slow-moving objects across their field of vision. Explores with their mouth by trying to suck on hands or toys.	Makes more vocalizations beyond crying, like coos, gurgles, and short vowel sounds. Starts to mimic the tone of caregivers' voices. Responds to verbal interaction by cooing or smiling.
3 months	Holds head up steadily while sitting with support. Pushes up on forearms during tummy time. Kicks legs and waves arms actively.	Reaches for and tries to swipe at dangling objects. Opens hands more frequently (less clenched fists). Begins to explore hands by bringing them to the mouth.	Makes cooing sounds more frequently, experimenting with vowels. Smiles at familiar voices and sounds. Turns head toward the sound of a voice or toy.	Follows moving objects with eyes across midline (e.g., side to side). Starts to recognize familiar objects and faces from a distance. Shows curiosity about the environment.	Smiles responsively and laughs lightly. Enjoys interaction with caregivers and may become upset if ignored. Mimics facial expressions, like smiling or sticking out the tongue.	Reacts to bright lights or toys with interest. Begins to enjoy different textures when touched. Responds more strongly to sounds, turning toward their source.	Brings hands to mouth for self-soothing. Starts to anticipate feeding when seeing a bottle or breast.	Engages with dangling toys during playtime. Enjoys tummy time with added props, like colorful toys. Reaches for and touches objects, even if not yet grasping.	Tracks moving objects, like a rolling ball or swinging toy. Shows increased curiosity by exploring objects with hands and mouth.	Vocalizes more consistently, experimenting with pitch and tone. Engages in cooing "conversations" with caregivers.

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4 months	Rolls from tummy to back. Pushes up on hands during tummy time. Can hold their head up independently and steadily.	Grasps objects and holds them briefly. Reaches out for objects with more accuracy. Brings toys or hands to the mouth intentionally.	Laughs out loud and squeals in excitement. Imitates some sounds made by caregivers. Starts babbling with simple sounds, like "ahh" or "ohh."	Explores objects by mouthing them. Notices and responds to changes in surroundings. Recognizes familiar people and objects from a distance.	Enjoys playtime and may cry when it ends. Smiles at familiar people, show preference for caregivers. Begins to show anticipation, like smiling when seeing a bottle.	Focuses on smaller details, like patterns or textures on toys. Starts exploring textures by rubbing or patting objects. Reacts to different pitches or tones of voice.	Anticipates feeding times by moving toward the source. Reaches for bottle or breast during feeding.	Engages more during tummy time by reaching for nearby toys. Enjoys interactive play, like **peekaboo**. Tries to hold and shake rattles or toys.	Tracks objects that move out of sight briefly. Tries to grab objects that are slightly out of reach.	Combines coos and babbles in more complex patterns. Shows excitement or interest in response to caregiver's voices.
5 months	Rolls from back to tummy and tummy to back. Pushes up on hands and begins to straighten arms during tummy time. Sits with support and may bounce slightly when held.	Transfers objects from one hand to the other. Grasps objects more securely, like rattles or toys. Begins to use the pincer grasp for small items (early stage).	Babbling becomes more varied (e.g., "ba-ba" or "da-da"). **Responds to their name** by turning their head. Starts using vocalizations to express emotions (happy, frustrated, etc.).	Shows an interest in cause-and-effect (e.g., drops a toy and looks for it). Focuses on and explores toys with hands and mouth. Recognizes familiar routines, like feeding or bedtime.	Smiles and laughs more frequently at interactions. May develop a stronger bond with a primary caregiver. Expresses preference for familiar people over strangers.	Reacts to new sounds, like music or jingles, with excitement. Shows interest in their reflection in a mirror. Explores different objects by mouthing or touching.	Holds their bottle briefly during feeding. Reaches for food or utensils when seated at the table.	Enjoys toys that make noise or light up. Interacts with play mats, batting or grabbing at toys. Reaches for and holds toys with better coordination.	Tries to reach objects that are out of reach by leaning or stretching. Examines objects, turning them over or mouthing them	Uses more consonant sounds, such as "ba" or "ma." Makes excited noises during play or interaction. Starts to mimic the tone of caregivers' speech patterns.
6 months	Rolls back and forth between tummy and back. Pushes up onto extended arms during tummy time. Sits briefly without support. Bounces when held upright on their feet.	**Passes objects from one hand to the other**. Explores objects by banging, shaking, or mouthing them. Uses a raking motion to grab small objects.	Responds to their name. Makes consonant sounds like "ba," "da," or "ga." Laughs and squeals to express joy.	Shows curiosity by reaching for and exploring objects. Recognizes familiar faces and reacts to strangers. Understands simple cause-and-effect actions (e.g., shaking a toy to make noise).	Enjoys interacting and playing peekaboo. Smiles and babbles in response to attention. May cry or become anxious when a caregiver leaves the room.	Enjoys different textures during play (e.g., soft toys or blankets). Reacts to sounds with head turns or widening eyes. Reaches for objects with improved hand-eye coordination.	Begins to assist during feeding (e.g., grabbing the bottle) Brings objects, like toys or hands, to their mouth for self-soothing. Increased anticipation during feeding, such as opening their mouth when food approaches.	Engages actively during tummy time, reaching for toys. Likes toys that make noise or have bright colors. Explores objects by banging them together or dropping them.	Tries to retrieve objects that are slightly out of reach. Watches toys or objects as they fall to the ground. Begins to experiment with how objects work, like shaking a rattle to hear its sound.	Responds to verbal cues, such as "Where's Mommy?" by looking around. Mimics vocal patterns or pitches heard from caregivers.

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7 months	**Begins to sit** steadily without support. Pushes body backward or pivots while lying on their tummy. Attempts to crawl or scoot forward.	Starts using fingers and thumb to pick up small objects. **Claps hands** or bangs objects together. Holds and examines objects in both hands	Starts using longer babbling chains, like "bababa." Responds to tone of voice (e.g., happy or angry tones). **Recognizes** common words like "bye-bye" or **their name.**	Explores objects more actively (e.g., turning them over, dropping them). Starts to show understanding of object permanence (looking for hidden objects). Tries to mimic simple actions or sounds.	Becomes more aware of strangers and may show fear or caution. Enjoys social games like "pat-a-cake." Expresses a wider range of emotions, such as excitement or frustration.	Reacts to new textures, such as soft toys, water, or sand. Responds to sounds by turning toward their source more precisely. **Enjoys looking at mirrors.**	Begins to assist during feeding, such as grabbing the spoon or bottle. Puts hands into sleeves or extends arms when dressing. Shows more control in bringing objects to their mouth.	Engages in interactive play, like "peek-a-boo" or clapping games. Explores toys by banging, shaking, or throwing them.Shows preference for certain toys or activities.	Experiments with cause-and-effect, like dropping toys repeatedly. Tries to retrieve toys hidden partially or fully from view.	Strings together babbling sounds like "ba-ba-ba" or "da-da-da." Begins to mimic intonations and tones of speech. Responds to simple verbal cues, like "come here" or "no."
8 months	Crawls or moves using hands and knees. Sits confidently without support. Pulls to a standing position while holding onto furniture.	Uses a pincer grasp to pick up small items. Transfers objects smoothly between hands. Bangs toys together or on surfaces intentionally.	Responds to simple verbal cues like "no" or "come here." Makes repetitive babbling sounds ("mama," "dada"). Starts to use gestures, like pointing or waving.	Understands the concept of "in" and "out" (e.g., placing objects in a container). Watches the path of falling objects. Experiments with cause and effect (e.g., dropping toys repeatedly).	Develops strong attachment to caregivers and may show separation anxiety. Plays interactive games like peekaboo. Shows affection through cuddling or reaching for caregivers.	Explores new sensory experiences, like textured toys or different sounds. Shows increased enjoyment in music and rhythms. Reacts differently to familiar vs. unfamiliar scents or tastes.	Attempts to hold a sippy cup or bottle independently. Tries to feed themselves finger foods. Shows understanding of daily routines, like mealtime or bedtime.	Engages in more focused play with toys, like stacking rings or shape sorters. Begins to imitate simple actions, such as waving or clapping. Enjoys games with repetition, like stacking and knocking down blocks.	Starts to solve simple challenges, like moving an obstacle to reach a toy. Uses trial and error to explore new toys or objects. Recognizes patterns in games or routines.	Starts using specific sounds consistently to indicate needs or desires. Responds actively to familiar words, like their name or “bye-bye.” Babbles with more variety and uses sounds purposefully.
9 months	Crawls efficiently on hands and knees. Stands while holding onto furniture. May start cruising (walking while holding furniture).	Uses the pincer grasp more precisely to pick up tiny objects. Points to objects of interest. Turns the pages of board books with assistance.	Understands simple words and gestures (e.g., "bye-bye" with a wave). Starts to mimic sounds or words. Responds to their name consistently.	Looks for hidden objects during play (improved object permanence). Explores toys with curiosity, trying to figure out how they work. Follows simple instructions with gestures (e.g., "Give me the ball").	Shows preference for specific people and may cling to them. Plays games like "Where's the toy?" or clapping games. Begins to experience stranger anxiety.	Explores objects by feeling, mouthing, and shaking them. Reacts to loud, sudden sounds with a startle or by turning their head. Begins to prefer certain sensory experiences, such as soft textures.	Attempts to feed themselves with finger foods more accurately. Holds a cup or bottle independently during feeding. Starts to cooperate during dressing by holding out arms or legs.	Enjoys interactive toys with buttons, knobs, or levers. Participates actively in social games, like rolling a ball. Explores objects by throwing, dropping, or stacking them.	Searches for hidden objects and remembers where they were placed. Uses gestures or vocalizations to communicate. Tests actions to see their effects (e.g., pressing buttons to make a sound).	Imitates simple words or sounds they hear frequently. Uses gestures, like pointing, waving, or clapping, to communicate. Starts to combine sounds with meaning.

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10 months	Cruises along furniture more confidently.May stand without support briefly. Crawls up stairs or climbs over obstacles.	Places objects into containers and takes them out. Holds objects with one hand while using the other hand for something else.	Says basic words like "mama" or "dada" intentionally. Uses gestures like waving or pointing to communicate. Follows simple verbal instructions.	Recognizes and reacts to familiar songs or games. Imitates gestures or actions, like clapping or shaking their head. Understands the function of simple objects (e.g., a spoon or brush).	Becomes more interactive with caregivers during play. Shows affection by hugging, reaching, or leaning toward loved ones. Expresses frustration or happiness more clearly.	Engages in sensory play, like touching sand, water, or textured toys. Recognizes familiar music or sounds and reacts joyfully. Differentiates between textures, shapes, and sizes of objects.	Tries to use a spoon or utensil for feeding. Holds and drinks from a sippy cup with more coordination. Helps more during dressing, such as lifting arms or feet.	Shows curiosity by exploring drawers or pulling objects off shelves. Enjoys more complex toys, like stacking blocks or sorting shapes. Engages in simple play, like pretending to eat or drink.	Learns to retrieve objects by pulling or moving obstacles. Tries to fit objects into matching holes or spaces. Tests cause and effect.	Says 1-2 simple words like “mama,” “dada,” or “bye.” Responds to simple commands, such as “clap your hands.
11 months	Stands independently for longer periods. May take a few unassisted steps. Climbs onto low furniture or objects	Turns the pages of books independently (several pages at a time). Builds small towers with blocks. Uses pincer grasp to pick up very small objects like crumbs.	Says 1-2 simple words besides "mama" or "dada." Recognizes and points to familiar objects when named. Starts to mimic words or sounds more actively	Learns to solve simple problems, like retrieving a toy stuck under furniture. Demonstrates understanding of common routines (e.g., reaching arms for a coat). Experiments with different ways to use objects.	Becomes more independent in exploring but looks for reassurance from caregivers. Shows preference for specific toys or activities. Expresses a wider range of emotions, like pride or frustration.	Enjoys varied sensory experiences, such as water play or textured books. Reacts differently to familiar vs. unfamiliar objects or environments. Focuses on smaller details of objects, like labels or buttons.	Assists in dressing, such as pushing hands into sleeves. Feeds themselves small pieces of food or snacks. Drinks from a cup with minimal help.	Engages in imitation play, like pretending to use a phone. Enjoys stacking, sorting, and other manipulative play activities. Participates in interactive games, such as rolling a ball back and forth.	Figures out simple problems, like opening a lid to retrieve a toy. Tries new approaches when faced with challenges. Explores objects in depth, like turning them over or shaking them.	Uses a few words consistently, such as “mama” or “dada.” Follows simple verbal directions, like “Give me the toy.” Combines gestures with sounds to communicate effectively.
12 months	Walks independently/minimal support. Squats to pick up objects and returns to standing without falling. Climbs stairs or low furniture with assistance. May start throwing or rolling a ball.	Stacks 2-3 blocks or objects. Uses a spoon or cup with some success (though still messy). Scribbles with crayons or markers if given the opportunity. Points to objects with their index finger.	Says 2-3 words regularly, such as “ball,” “milk,” or “dog.” Understands and follows simple instructions, like “Give me the toy” or “Come here.” Uses gestures like pointing, waving.	Recognizes and identifies objects in pictures or books when named. Engages in simple pretend play, such as feeding a doll. Explores cause-and-effect actions (e.g., opening and closing a lid, pressing buttons).	Plays more interactive games, like rolling a ball back and forth or playing "chase." Displays affection, such as hugging or giving “kisses.” May show frustration when they can’t communicate effectively or get what they want.	Shows preference for specific textures, like soft toys or blankets. Reacts to music by swaying, clapping, or bouncing. Enjoys exploring objects with different shapes, sizes, or textures.	Starts to feed themselves using their hands or a spoon. **Helps with dressing by extending arms or legs.** Indicates needs through gestures, sounds, or words (e.g., pointing to food when hungry).	Enjoys playing with other children, though mostly parallel play (playing next to each other rather than with each other). Likes toys that make noise, light up, or move.	Experiments with solutions to problems, such as figuring out how to retrieve a toy under furniture. Tries to fit objects into spaces). Remembers where objects are hidden during play.	Uses 2-3 clear words consistently, with growing vocabulary. Understands the meaning of several words or phrases (e.g., "no," "bye-bye," or "want some").

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