

**1 month**



Can see, hear, feel, taste and smell at birth. Uses reflexes.

Likes soft, high-pitched voices. Likes to look at faces. Startles at loud sounds.

**2 months**

Focuses eyes.  
Eats every **3 to 4** hours.

Smiles. Reacts to distress by crying.

**3 months**

Holds head up.

Coos and gurgles.

**4 months**

Tries to grab with hand.  
Wiggles and kicks with arms and legs.  
Rolls over (stomach to back).  
Sits with support.

Cries different ways for different reasons. Loves to be touched or held close. Responds to a shaking rattle or bell and to peek-a-boo games. Laughs and chuckles. Shows signs of fear, anger or disgust.

**5 to 6 months**



Teeth appear.  
Rolls over.

Tries to talk to image in mirror.

**7 to 8 months**

Reaches for cup or spoon when being fed. Drinks from a cup with help. Enjoys some finely-chopped solid foods. Closes mouth firmly or turns head when no longer hungry.

Responds to own name. Recognizes family members' names. Responds differently to family and strangers.

May sleep **11 to 13** hours at night\*. Needs **2 to 3** naps a day.

Distressed if a toy is taken away.



Develops a rhythm for feeding, eliminating and sleeping.

Shows fear of falling off high places (table, stairs).

True eye color is established.

Shows mild to severe anxiety at separation from parent.

Sits alone without support.

Imitates sounds, actions and facial expressions.

Can "rake" objects with hand.

Raises arms as a sign to be held.

Transfers objects from one hand to another.

Likes to be tickled and touched.

Hair growth begins to cover head.



**9 to 12 months**

Enjoys drinking from a cup. Begins to eat finger food. Eats **3** meals a day. Has tripled birth weight and doubled in length. Continues to explore everything by mouth.

Imitates adult actions such as drinking from a cup, or talking on the phone. Responds more to adults than to other infants.

Enjoys opening and closing cabinet doors.

Likes to watch self in the mirror.

Crawls well. Pulls self up to a standing position. Stands alone holding onto furniture for support.

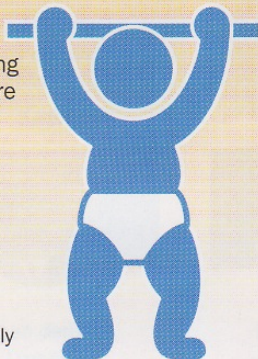
Wants parent or caregiver to be in constant sight. Expresses fear toward strangers.

Walks holding onto furniture or with adult help.

Offers toys or objects to others but wants them to be returned. Points to desired objects.

Pushes away toys, food and other items when she does not want them.

\* varies greatly



May become attached to a favorite toy or blanket.



# One Year Newborn to Stages & Ages

Throughout the first year, your child will grow at a tremendously fast rate. In fact, by the end of the first year, he will have tripled in birth weight and his length can be expected to double. By his first birthday, he will probably be crawling and may even be taking his first steps!

**The most essential ingredient for your child's healthy development is a warm, responsive, and dependable adult caregiver.** Try to spend lots of time holding, cuddling, and playing with your child. You will be richly rewarded with babbles, smiles and squeals of laughter.

Items in this chart represent baseline averages that most children reach at specified ages. If you are concerned about delays in any area, you might want to talk to your pediatrician about a formal developmental assessment.

## IDEAS FOR CAREGIVERS

Help your baby develop a sense of trust and security by responding to his cries. Feeling secure encourages him to try new things. Be consistent so he will know what to expect.

Place your child in new positions and new places so that she can see her surroundings from different angles.

Hold and cuddle your baby when feeding him. This is very important in the development of his sense of self-worth and security. It's also a great stress releaser for adults.

Respect your baby's natural schedule. Most will settle into a routine for eating, sleeping and soiling diapers, but each baby is different. Some eat more often. Some need longer naps.

Expose your baby to bright colors and a variety of objects.

Provide an environment rich with sound. Help your child to recognize sounds such as the vacuum, the radio, a clock or the doorbell.

Provide opportunities for your child to experience different smells. Lemon, vanilla and apple juice are wonderful kitchen smells. Outdoors, let them smell flowers and grass.

Give older babies a variety of tastes and temperatures. For instance, try cold sherbet, warm oatmeal, mashed peaches or chopped cooked carrots.

Face your baby when you talk to him so he can see and smile with you.

## INTELLECTUAL DEVELOPMENT

Learning begins at birth. Recognizes caregiver's voice.

Follows light or objects with eyes. Recognizes bottle or breast.

Recognizes mother or primary caregiver.

Can use eyes and hands together.

Explores objects with mouth. Recognizes bottle or breast.

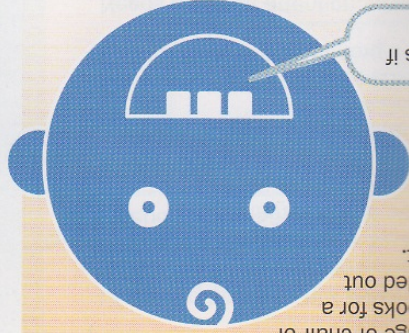
Understands he can reach out to touch objects.



Learns by using all five senses.

Makes noises to show displeasure or satisfaction.

Focuses eyes on small objects and reaches for them. Enjoys dropping objects over edge of chair or crib. Looks for a ball rolled out of sight.



Says first word. Says da-da and ma-ma or equivalent. Imitates animals.

Dances or bounces to music.

Interested in picture books.

Plays pat-a-cake.



Likes to place objects inside one another.

Pays attention to conversations. Claps hands, waves goodbye, if prompted.

TOP  
CIVITAS



# UNDERSTANDING **CHILDREN**

*the guidebook for children 0 to 3*



RICHARD SAUL **WURMAN**