

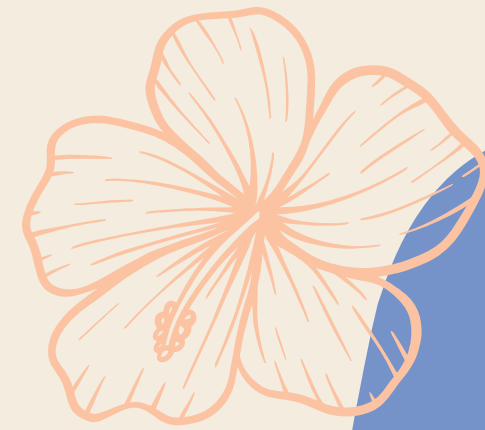
Developmental Milestones



Holistic Infant Development and Feeding
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(707)484-6460

0-3 Months

Adjust for prematurity



Cognitive

- visually tracking slow moving objects
- pays attention to faces
- mouths toys
- inspects own hands
- Tracks black and white or brightly colored objects 180* on tummy
- Calm during car rides
- Enjoys bath time

Language

- coos/vocalizes with sounds other than crying
- turns head towards sounds
- cries when uncomfortable or hungry
- startles at loud sounds

Social Emotional

- begins to smile socially
- prefers to look at familiar faces
- recognizes familiar faces and objects
- stops crying when comforted
- begins to make eye contact with caregiver
- enjoys a variety of movements

Fine Motor

- grasps a small toy when placed in hand
- When laying on back reaches for toy at chest
- brings both hands to mouth
- brings both hands to midline and starts to have midline alignment
- keeps hands open 50% of time (2-3 mo)

Gross Motor

- turns head and tracks equally in both directions
- rolls from side to back and tolerates sidelying position
- chin tuck present when laying on back or pulling to sit (by 8-10 weeks)
- holds head up in tummy time (by 2 months)
- Pushes up on forearms in tummy time
- Moves arms and legs off of surface when excited

Feeding

- phasic bite present
- lip seal around breast/bottle
- peristalsis (wave-like movement) present
- tongue cups around nipple
- feeding comfortably from breast and bottle

Reflexes

- stepping & moro reflex integrated ~2 months



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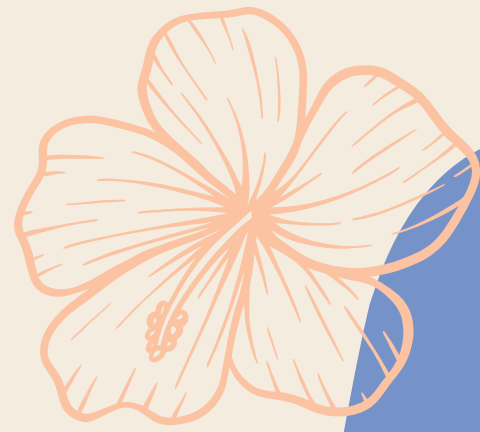
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4-5 Months

Adjust for prematurity



Cognitive

- intentionally drops an object to watch it fall
- recognizes familiar people and things at a distance
- uses hands and eyes together - see toy + reach for it
- responds to affection

Language

- beginning to make consonant sounds (m's & b's)
- babbles with expression and copies sounds
- laughs out loud
- vocalizes pleasure and displeasure

Social Emotional

- may begin to suck thumb or bring paci to mouth
- smiles spontaneously at people
- copies some movements and facial expressions
- enjoys engaging with people
- turns head towards someone talking

Fine Motor

- reaches for and holds onto toys
- grasps and pulls toys closer
- hand to hand transfer of objects
- bangs 2 objects together

Gross Motor

- brings feet and hands to mouth to play
- good head control and can maintain head at midline
- pushes through hands, straightens arms during tummy time
- rolls back to side and rolls tummy to back
- supported sitting and prop sitting
- accepts weight when supported standing

Feeding

- tongue begins to protrude and retract (in & out)

Reflexes

- rooting reflex integrated ~4 months
- sucking reflex integrated ~4 months
- moro reflex (startle) integrated by 4 months.
- may notice landau reflex (swimming baby) developing



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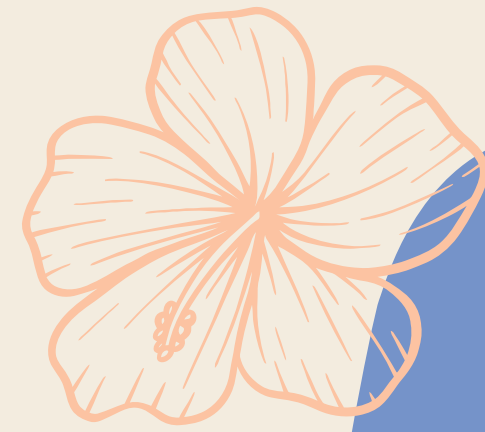
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6-7 Months

Adjust for prematurity



Cognitive

- recognizes familiar people and things at a distance
- uses hands and eyes together - sees a toy and reaches for it
- emerging imitation of familiar actions (clapping)
- emerging object permanence

Language

- pitch + intonation vary
- back and forth vocalization and babbling (oh, ah, eh)
- responds with appropriate gestures to "up", "bye bye", etc
- uses word for caregiver/parent discriminantly
- emerging gesture with eye gaze/hand

Social Emotional

- initiates social contact
- smiles and pats own image in mirror
- interacts differently with strangers and caregivers
- may be clingy/afraid of strangers
- has favorite toys
- Starts to play peek-a-boo
- raises hands to be picked up

Fine Motor

- claps hands
- tries to pull socks off
- begins to grasp small objects in pincer grasp
- crumples paper in palms
- pokes with index finger

Gross Motor

- rolls back to tummy (without arching)
- pivots side to side on belly
- catches self from falling with open hand into side-sit
- independent sitting and side-sitting
- able to hold and play with a toy in sitting
- supported sitting and prop sitting
- reaches/pivots for toys

Feeding

- equal lateralization of tongue
- munching on food and non-food items
- brings spoon to mouth with both hands
- beginning practice with straw and open cup
- shows interest in food
- moves purees food from front to back of mouth
- feeds self finger foods
- emerging diagonal chew

Reflexes

- palmar reflex integrated ~5-6 mo
- tonic neck reflex integrates ~5-7 mo
- may notice landau reflex (swimming baby)



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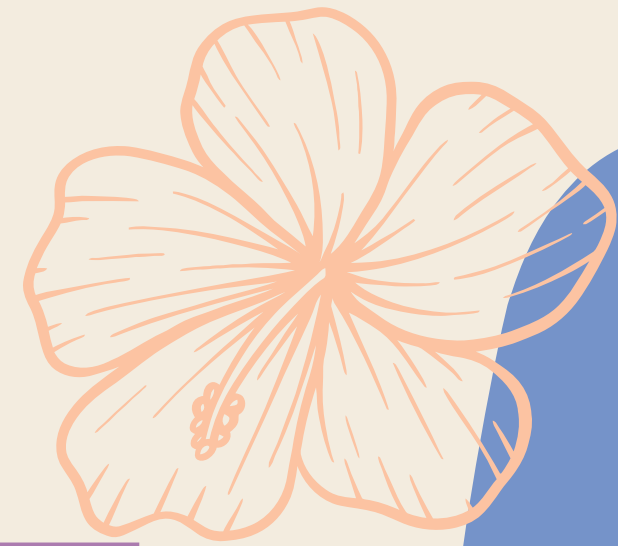
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8-9 Months

Adjust for prematurity



Social Emotional

- start to imitate “peek-a-boo” or “So big” games to begin working on receptive language
- finds object that is partially hidden
- responds differently to children vs adults

Language

- understands a few words responds to verbal routines (“up”, “bye, bye”)
- communicates with both sounds and actions/body language
- responds to name with sound or by turning head

Fine Motor

- claps hands
- pulls socks off
- puts objects in openings and takes out of containers
- bangs drum in imitation
- helps turn pages of board books

Gross Motor

- army crawling
- pushing up to hands & knees, rocking on hands & knees
- playing on knees
- pulls up with hands on table, may bounce in standing
- transitions sitting/laying </> tummy

Feeding

- active lip movements
- solidified diagonal chew
- can drink from straw cup with help
- shows strong reaction to new smells and tastes

Reflexes

- no longer seeing landau reflex (swimming baby)
- May see symmetrical tonic neck reflex (STNR) - arms bend and legs extend when head is down & arms straighten and legs bent when head is tilted backwards - crawling preparation (6-9 mo)



9-10 Months

Adjust for prematurity

Gross Motor

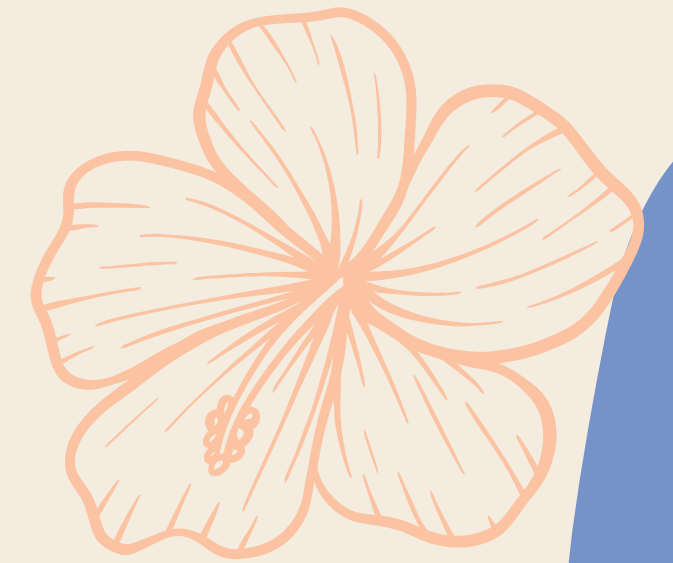
- crawling symmetrically on hands & knees
- pulls to stand on furniture
- can stay in standing holding on
- transitions from sitting to tummy and tummy to sitting
- turn onto belly to slide off couch safely

Feeding

- clears food from spoon easily
- working on biting and pulling soft solids
- can drink from straw cup with very minimal help
- improved lip closure

Reflexes

- plantar reflex integrated ~ 9-12mo



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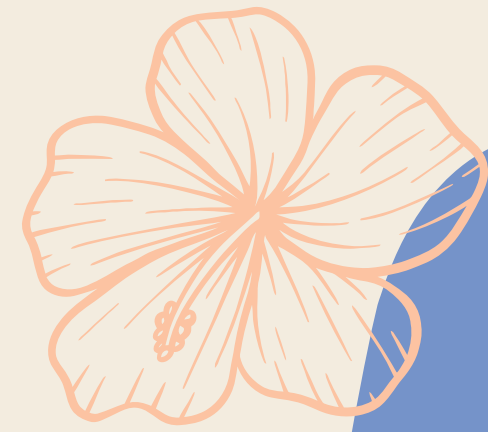
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10-12 Months

Adjust for prematurity



Cognitive

- looks at the correct picture or thing when named
- follows simple directions - "give me"
- removes ring from ring stack toy
- understands object permanence
- finds hidden things easily

Language

- attempts to imitate words you say
- follows simple commands like "no" or "put in"
- says frequently used words like "up", "all done" signs ok
- exclamations like, "uh oh"
- recognizes own name

Social Emotional

- repeats activity that elicits positive response from others
- brings toys to share with caregiver
- shows fear in some situations
- cries when caregiver leaves
- begins to play interactive social games - bye-bye, peek-a-boo, where is chloe?

Fine Motor

- releases objects voluntarily
- puts objects in containers
- uses pincer grasp
- scribbles spontaneously
- uses both hands freely; may show emerging preference

Gross Motor

- pulls to stand independently and cruises along furniture
- at supportive surface, squats to retrieve toy
- crawls over parents legs and/or low obstacles & up stairs
- stands independently for 3-5 seconds
- may take a few steps without holding on
- walking behind a push toy

Feeding

- emerging rotary chew
- controlled sustained bite with soft solids
- volitional tongue lateralization

Reflexes

- all reflexes should be integrated by 12 months!



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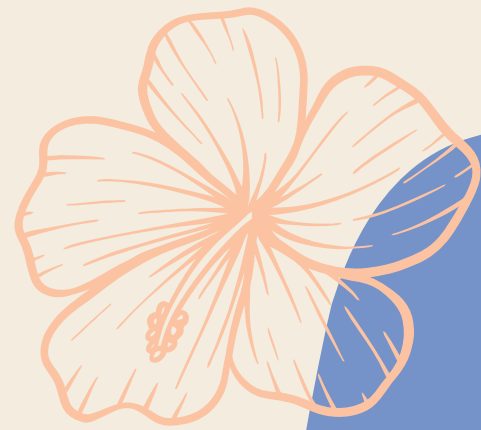
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12-18 Months

Adjust for prematurity



Cognitive

- pretend play begins
- copies other children while playing
- tries to use things the “correct” way (i.e. phone, book, pushing a car)
- independent play, checks in to see if caregiver is still present
- copies chores that you perform around the house

Language

- understands about 50 words
- starts to point to body parts
- imitates simple words
- has several true words and uses added intonation with true words (jargonizing)
- knows names of family members
- points to ask for help
- follows one step directions

Social Emotional

- claps when excited
- shows you an object that they like
- shows affection (hugs, cuddle, kisses)
- repeats activity that elicits positive response

Fine Motor

- turns pages of a board book independently
- can toss a ball towards caregiver
- starts to stack blocks
- scribble with crayons
- helps to get dressed
- cooperates with handwashing, tries to wash independently

Gross Motor

- independent steps
- squats during play
- can push toy walker on wheels
- can navigate around obstacles w/ push walker
- climbs on and off couch independently
- creeps backwards down stairs

Feeding

- able to self feed using fingers
- rotary chewing established
- stirs with spoon
- can use straw
- jaw-lip-tongue dissociation



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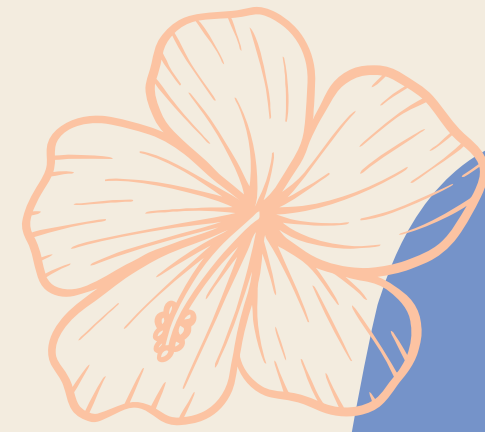
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18-24 month

Adjust for prematurity



Cognitive

- points to simple pictures
- carry's out a play sequence (feeds a baby doll and puts it to bed)
- tries to use switches, knobs and buttons on toys
- begins identifying similar colors and shapes
- inserts shapes into matching slots

Language

- has 10-50 words
- understands at least 50 words
- begins two-word sentence combining, imitates two word phrases
- able to retrieve an object from another room
- can name two playmates, family members
- follows two step directions
- identifies familiar items (foods, body parts, clothing)
- takes turn in conversations

Social Emotional

- enjoys social interactions with other children their own age
- knows when another child is upset or hurt
- looks to others for cues on how to react in a situation
- shows pride in accomplishment
- asks for assistance when having a hard time

Fine Motor

- advancing coloring skills
- turns pages of book one page at a time
- imitates scribbling
- imitates drawing line down
- emerging circle scribbles

Gross Motor

- begins running
- ascend/descends stairs with support
- jumping, one foot off the ground at a time
- kicks balls
- can walk backwards
- throws a ball overhand with relative accuracy

Feeding

- eats with a spoon
- chews with lips closed
- sweeps food from lips
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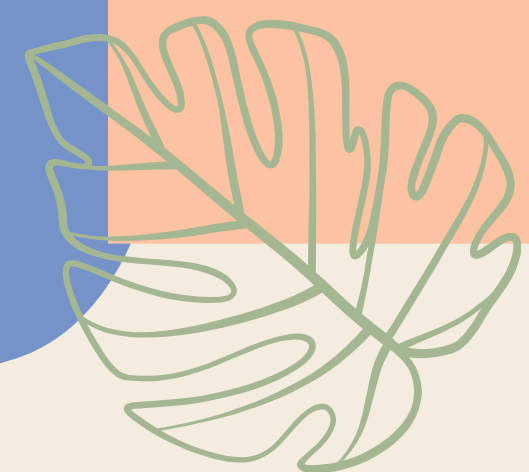


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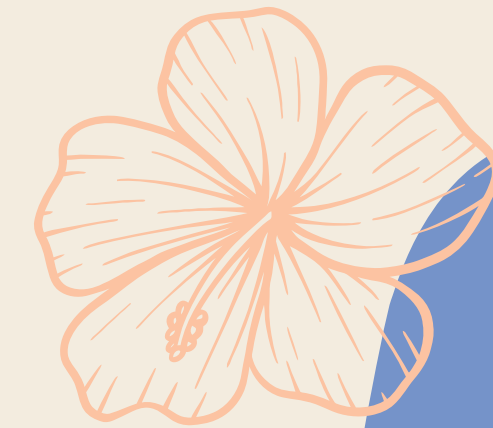
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24-36 months

Adjust for prematurity



Cognitive

- names items in a book when you point to them
- simple problem solving skills: standing on a stool to reach something
- completes an inset puzzle
- can communicate their age

Language

- knows own name
- knows some colors
- uses 3-5 word sentences
- repeats some songs
- speech is clear, easily understood by others
- following 2-3 step commands,
- answering yes/no questions
- whispers

Social Emotional

- plays with other children for a few minutes
- "look at me" to show you what they are doing
- follows simple routines when instructed i.e. "it's time to clean up"
- looks at people when speaking with them

Fine Motor

- helps to dress/undress
- strings beads
- snips with scissors
- imitates vertical and horizontal lines
- imitates circle drawing
- holds crayon with thumb and fingers
- rolls, pounds and squeezes clay

Gross Motor

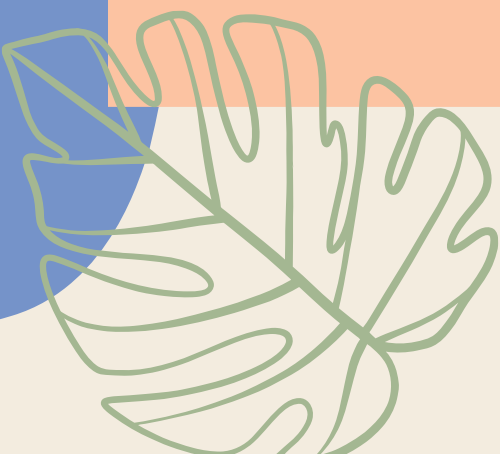
- able to jump with both feet off the ground
- ascend/descend stairs alternating feet (with or without support)
- improved running (fewer falls)
- able to jump off bottom step
- improved ball skills (throw, catch, kick)

Feeding

- can feed self with utensils
- tongue tip elevation with swallow

Self-Cares

- starts showing signs of toileting interest and readiness
- begins reading bodily cues for toileting (interoception)



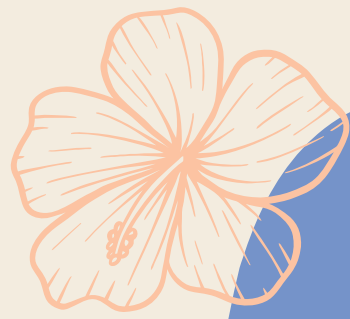
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When to seek support



If there is a voice in your head wondering about something, seek out support!

0-3 month

- feeding challenges, open mouth breathing or gassy/colicky
- painful latch
- clicking/leaking
- head turn preference
- flat spot on head
- difficulty tracking object
- uncomfortable during floor play/tummy time
- early rolling
- stiff legs with little/no movement
- No response to noises

3-6 month

- baby is not rolling both directions
- baby is sleeping with mouth open
- head turn preference
- flat spot on head
- sits with rounded back
- hands always stay fisted
- no big smiles or other warm expressions by 6 months
- No vowel sounds
- baby is not able to sit upright ~30 seconds
- introduction to solids
- Arches back & stiff legs in pull to sit

7-9 month

- baby is not rolling both directions
- baby has an asymmetrical crawl (one leg up, butt scoot etc.)
- challenges with solid food / feeding skills
- difficulty calming or self consoling
- any asymmetrical movements
- Unable to free hands for playing in sitting after ~ 7 months of age
- No imitation or sounds, smiles, or other facial expressions by 9 months

10-12 month

- baby is not crawling symmetrically on hands and knees
- baby is not babbling
- any asymmetrical movements
- strong handedness preference before 3 years old
- Motor activities below age level expectations

12-18 month

- baby has not taken independent steps(15mo)
- Motor activities below age level expectations
- Increased stiffness, arching, floppiness, decreased strength
- lack of eye contact
- baby does not have words by 16 months
- prefers to sit in "W" position (80% of time)
- walking on toes majority of the time (>70% of time)

18-24 month

- Motor activities below age level expectations
- no two word phrases by 24 months
- very clumsy, increased falls compared to peers
- doesn't react or notice pain as expected
- Hyper/hyposensitivity to environmental input (sight, sound, touch, movement)

24-36 month

- Motor activities below age level expectations
- very clumsy, increased falls compared to peers
- Hyper/hyposensitivity to environmental input (sight, sound, touch, movement)
- any significant change (regression) of babbling, speech, social or motor skills at any age**

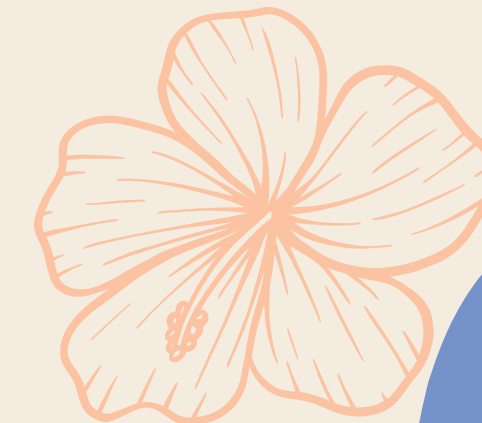


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About Jess & Hali'a Therapeutics



Jess
Founder
OT & Lactation

I'm a Pediatric Occupational Therapist, Certified Breastfeeding Specialist, and Pelvic floor therapist specializing in infant development and feeding. I have worked with newborn to school-aged children, and found my niche in the 24 mos and under crowd, focusing on babies with feeding troubles, Tethered Oral Tissues, Torticollis, and Plagiocephaly.

I take a holistic approach and believe you can't treat the child without including and empowering the family. Knowledge is empowering, so please take what is helpful for you from this, and leave the rest. Please remember that development is multidimensional and every baby is unique.

None of the material here is medical advice. please reach out to your local OT/PT/SLP for an evaluation or reach out to our team for a virtual consultation if you have concerns about your little one's development.

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