Developmental Milestones
AGES 0-12 months

Balance
• 0 to 3 months: are working on gaining strength in all areas, but first efforts, focus on lifting the head and holding up their head.
• 3 to 6 months: can hold their head up and are advancing towards sitting.
• 6 to 9 months: are shifting their focus from upper body control to lower body control as they advance into crawling.
• 9 to 12 months: are building both upper and lower body strength as they crawl, pull themselves up on the furniture, and begin to walk.

Body Awareness
• 0 to 3 months: are working on their ability to hold up their head, move their limbs and use their hands – opening & closing, holding objects, swiping at things
• 3 to 6 months: are discovering their hands, ears, feet & other body parts, and using movement to explore their world
• 6 to 9 months: are gaining a sense that they have some control over their actions and are exploring fine motor skills
• 9 to 12 months: are focused on mobility and fine motor skills. This is often the beginning of the “do it myself” phase.

Cause & Effect
• 0 to 3 months: are learning basic control of their movements and body. They also have an inherent instinct to cry when they are uncomfortable.
• 3 to 6 months: will turn their head in the direction of sounds, and are starting to notice that their movements can cause movements in toys and other items.
• 6 to 9 months: are starting to make the cognitive connection between their crying instinct and the help it brings. They also begin dropping items to see what will happen.
• 9 to 12 months: will watch the actions of an adult and try to do it themselves. They will also hand an object that has stopped working to an adult so the adult can make it work again, and will shop frustration when their own efforts don’t work.

Coordinaton
• 0 to 3 months: are beginning to swipe at objects within their field of vision.
• 3 to 6 months: can reach out, grab and pull in objects and will reach for interesting items. They are also great kickers.
• 6 to 9 months: are beginning to creep, crawl & scoot. They begin to go after items that they want rather than just pointing or reaching.
• 9 to 12 months: are advancing with mobility and may even begin to walk with help. Their fine motor skills are advanced enough to pick up small objects and they can now feed themselves finger foods.

Feelings
• 0 to 3 months: will feel comforted when held, and will respond positively to gentle touch. They will also begin smiling when you interact with them.
• 3 to 6 months: will both smile and laugh. They express discomfort through crying and excitement by waving their arms and legs. They can recognize individuals, and will smile at themselves in the mirror.
• 6 to 9 months: will start to express different emotions through facial expressions and actions. They respond to your voice and movements, and can recognize your mood. They become anxious around strangers, and often begin to seek comfort in an object such as their thumb, a blanket, or a toy.
• 9 to 12 months: are beginning to develop self-esteem. Separation anxiety sets in and temper tantrums make an entrance. They respond to positive affirmation by clapping, develop a sense of humor, choose when to cooperate, and often cling to one or both parents.

Fine Motor
• 0 to 3 months: are beginning to open their hands and will hold an object, such as a rattle, if it is placed in their hand. They are also starting to wave their arms, and may start to swat at objects.
• 3 to 6 months: are now able to reach out and pull objects towards themselves. They can hold, turn, shake, drop, and put objects in their mouth.
• 6 to 9 months: are learning to use their fingers individually. They may put their thumb and forefinger together, pick at strings, or papers, pick up small objects, or grab at your hair.
• 9 to 12 months: are moving on to such activities as turning books pages, stacking blocks, and feeding themselves finger foods. They also begin to imitate signs, fingerplays, and gestures.

Gross Motor
• 0 to 3 months: are at the very beginning of movement. Arm swipes and kicks make up the bulk of their movement.
• 3 to 6 months: are starting to reach for objects, they can now hold their head up, and are working to add sitting to their repertoire.
• 6 to 9 months: are expanding their options for movement - Crawling, rolling, scooting, and even pulling themselves up.
• 9 to 12 months: are working towards walking. Activities such as crawling, jumping, climbing, and walking with assistance are great for development.