Tips for Baby Development

**BIRTH–3 MONTHS**

• Help baby’s motor development by engaging in Tummy Time every day
• Give baby plenty of cuddle time and body massages
• Encourage baby’s responses by presenting objects with bright colors and faces
• Talk to baby every day to show that language is used to communicate

**4–6 MONTHS**

• Encourage baby to practice Tummy Time, roll over, and reach for objects while playing
• Talk to baby to encourage language development, baby may begin to babble
• Communicate with baby; imitate baby’s noises and praise them when they imitate yours

**7–9 MONTHS**

• Place toys in front of baby to encourage movement
• Play cause and effect games like peek-a-boo
• Name and describe objects for baby during everyday activities
• Introduce “junior” and soft foods around 8 months

**10–12 MONTHS**

• Place cushions on floor to encourage baby to crawl over and between
• While baby is standing at sofa set a toy slightly out of reach to encourage walking using furniture as support
• Use picture books to work on communication and bonding
• Encourage two-way communication by responding to baby’s giggles and coos

**13–15 MONTHS**

• Provide push and pull toys for baby to use as they learn how to walk
• Encourage baby to stack blocks and then knock them down
• Establish consistency with routines like mealtimes and bedtimes
• Sing, play music for, and read to your child regularly
• Ask your child questions to help stimulate decision making process

About Pathways.org

The mission of Pathways.org, since 1985, is to empower parents and health professionals with FREE tools and resources to maximize a child’s motor, sensory, and communication development. The Pathways.org Medical Roundtable is instrumental in achieving this mission through strategic and supportive direction.

Pathways.org Medical Roundtable

Co-Chairmen

Michael E. Msall, MD, FAAP, FAACPDM
John F. Sarwark, MD, FAAP, FAACPDM, FAAOS

Committee

Karen R. Judy, MD
Amy Becker Manion, PhD, RN, CPNP
Michael N. Nelson, PhD
Ana-Marie Rojas, MD
Diane Fritts Ryan, OTR/L
Lisa Thornton, MD, FAAP
Lori Walsh, MD
Rosemary White-Traut, PhD, RN, FAAN
Nina Aliprandi, MA, Parent
Shirley Walsh Ryan

Questions?

Please call our “parent-answered” toll-free number, or email us. We will send you more information and refer you to therapists in your area.

800-955-CHILD (2445)
friends@pathways.org
www.pathways.org

This message endorsed by the American Academy of Pediatrics, the National Association of Pediatric Nurse Practitioners, American College of Osteopathic Pediatricians and Pediatric Section of the American Physical Therapy Association.
## TYPICAL Speech DEVELOPMENT*

- Sucks and swallows well during feeding
- Quiets or smiles in response to sound or voice
- Coss or vocalizes other than crying
- Turns head toward direction of sound

## TYPICAL Play DEVELOPMENT*

- While lying on their back...
  - Visually tracks a moving toy from side to side
  - Attempts to reach for a rattle held above their chest
  - Keeps head in the middle to watch faces or toys

## TYPICAL Physical DEVELOPMENT*

- While lying on their tummy...
  - Pushes up on arms
  - Lifts and holds head up

## SIGNS TO WATCH FOR IN Physical DEVELOPMENT*

- Difficulty lifting head
- Stiff legs with little or no movement
- Pushes back with head
- Keeps hands fisted and lacks arm movement

---

### Important Parent Ideas:

**Prevention!** is the Best Early Detection

- Different pace, seek help if you feel your baby is developing at a different pace, seek help.

- Pathways.org’s Unique Chart allows you to track your child’s physical, play, and speech development. Remember to trust your instincts. You know your child best. If you feel your baby is developing differently, seek help.

- Pathways.org’s Chart allows you to track your child’s speech, physical, and play development. It allows you to track your child’s development in both areas of Typical Development and Signs to Watch For columns.

- To Watch For columns.

- Pathways.org’s Chart allows you to track your child’s speech, physical, and play development. It allows you to track your child’s development in both areas of Typical Development and Signs to Watch For columns.

- With your child’s doctor or health provider.

- Keep a notebook of your concerns and observations.

- Review this chart and check the signs you see in your baby.

- Share your concerns, this chart, and your notebook with your child’s doctor or health provider.

**Remember to correct your child’s age for prematurity.**

---

*Please visit www.Pathways.org to find more FREE resources on child development.*

---

*Remember to correct your child’s age for prematurity.*