

Infant Milestones

Physical Development

1. Large Motor Skills

- A. Gains control of head and body
 - 1. Turns head from one side to the other
 - 2. Rolls over
 - 3. Lifts head and chest when lying on stomach
 - 4. Sits up

- B. Demonstrates beginning coordination and balance
 - 1. Reaches for an object
 - 2. Grabs toes and pulls toward face
 - 3. Scoots on stomach
 - 4. Crawls
 - 5. Pulls up to a standing position
 - 6. Walks with support
 - 7. Walks a few steps without support

2. Small Motor Skills

- A. Gains control of hands and fingers
 - 1. Puts fingers to mouth
 - 2. Brings a toy placed in their hand to their mouth
 - 3. Grasps an object, lets go, and grasps again
 - 4. Transfers an object from one hand to the other
 - 5. Dumps out objects from a container
 - 6. Reaches out and feels an object

- B. Begins to coordinate motions using eyes and hands
 - 1. Looks at their fingers and hands
 - 2. Reaches for an object and brings it to their mouth
 - 3. Holds a block in each hand and bangs them together
 - 4. Crawls toward an object and picks it up
 - 5. Puts a one-piece knob puzzle together

3. Self-Help Skills

- A. Begins to help with feeding
 - 1. Moves head toward bottle or breast for feeding

2. Puts hand on bottle
3. Holds own bottle
4. Feeds self some finger foods
5. Holds a spoon and tries to feed self
6. Starts to drink from a training cup

B. Begins to help with dressing

1. Pulls off socks
2. Raises arms to assist with sleeves
3. Puts on hat or cap
4. Helps take off jacket

C. Begins to help with personal hygiene

1. Cries to communicate wet or soiled diaper

4. Health and Safety Skills

A. Responds to verbal or physical signs of danger

1. Moves away from potential danger with assistance, when given a verbal command. For example, a child backs away from stove, with an adult's help, when told "hot!"