



### 0-4 months

- Holds head in alignment
- Tracks an object
- Moves arms and legs when laying on back
- Lifts head a little when laying on belly, can prop on elbows
- Brings hands together when laying on back
- Props on elbows in prone with neck extension
- Rolls back to side
- Grasps rattle when placed in hand
- Likes looking at a human face more than other things
- Responds to a smile with a smile
- Looks into caregiver's face and eyes with interest
- Reaches toward and touches toy
- Hits at dangling objects with hands

### 5-6 months

- Sitting using hands for support and starting to sit independently
- Grabs both feet and hold when on back
- Brings feet to mouth
- Reaches to a toy when playing on belly
- Props on extended arms when on belly
- Holds and shakes a toy
- Puts fingers in mouth
- Holds hands open, rather than in fists, at least half of the time
- Smiles at self in front of mirror

### 7-8 months

- Sitting by themselves
- Retrieves a toy in sitting and returns upright
- Rolls
- Crawls with belly on touching floor
- Bangs a toy on the floor
- Passes a small object from one hand to the other
- Plays peek-a-boo
- Bangs toys together
- Feeds self finger foods

# MILEMARKERS

## 9 months

- Starts to crawl on hands and knees
- Pulls to stand at a table
- Waves Bye-bye
- Releases objects intentionally

## 10 months

- Protecting reaction backward
- Maintains sitting for 60 seconds while playing with a toy
- Transitions to sitting from on belly
- Bounces while holding onto your fingers
- Takes 4 steps with support on your fingers
- Plays in standing at a table
- Stoops at table to retrieve object from floor

## 11 months

- Cruising on and between furniture
- Pivots in sitting
- Standing for 5 seconds without support
- Walks 4 steps with 1 hand held
- Walks with a push toy
- Pushes or rolls a ball
- Drops small things, such as cheerios into a cup
- Throws things just to see what happens
- Removes socks