

# Developmental Milestones for Your Baby's First Year

## 2-month-old baby milestones

### By two months, most babies:

- Look at your face
- Smile when you talk or smile at them
- Make sounds other than crying
- React to loud noises
- Watch you move
- Look at objects, like toys, for a few seconds
- Hold up their head when on their tummy
- Move their arms and legs
- Open their hands briefly

## 4-month-old baby milestones

### By four months, most babies:

- Smile on their own
- Chuckle (not a full laugh) when you try to make them laugh
- Try to get your attention by looking at you, making sounds, or moving
- Make cooing sounds ("ooo" and "ahh")
- Respond with sounds when you talk to them
- Turn their head toward your voice
- Open their mouth when hungry
- Look at their hands with interest
- Hold their head steady when being held
- Hold a toy in their hand
- Use their arm to swing at toys
- Bring their hands to their mouth
- Push up onto their elbows or forearms when on their tummy

## 9-month-old baby milestones

### By nine months, most babies:

- Show shyness around strangers (hiding, clinging, or showing fear)
- Show facial expressions, such as happiness, sadness, anger and surprise
- Look when they hear their name
- React when you leave a room (looking for you, crying, reaching)
- Smile or laugh when playing peek-a-boo
- Make sounds like "mamama" and "bababa"
- Lift up arms when they want to be held
- Look for objects that drop out of sight
- Band two objects together
- Sit up on their own and sit without support
- Move things from one hand to the other
- Use fingers to rake food toward themselves



## 6-month-old baby milestones

### By six months, most babies:

- Recognize familiar people
- Like looking at themselves in the mirror
- Laugh
- Make squealing noises
- Take turns making sounds with you
- Blow raspberries (sticking out tongue and blowing)
- Put things in their mouth to explore them
- Reach and grab for toys
- Close lips when done eating
- Roll from their tummy to their back
- Push up with straight arms when on their tummy
- Lean on their hands to support themselves when sitting

## 12-month-old baby milestones

### By one year old, most babies:

- Play simple games with you (pat-a-cake)
- Wave their hands
- Call a parent by a special name
- Understand "no" by pausing or stopping
- Put an object inside a container (a block inside a cup)
- Look for things you hide (a toy under a blanket)
- Pull themselves up to standing position
- Walk while holding onto furniture
- Drink from a cup without a lid as you hold it
- Pick up small things between their thumb and pointer finger