



Milestones

Birth to 6 Months

Each phase of your new baby's life brings changes. As parents, you look forward to these changes. Is your child normal? What can you expect now? See how your baby will change between birth and 6 months of age.

1 MONTH OLD

Your baby is:

- responding to sounds with blinking, crying, a change in breathing pattern or by showing a startled response.
- lifting his head momentarily when lying down.
- sleeping for three to four hours at a time.
- staying awake for one or more hours at a stretch.
- stopping crying when spoken to or held.
- making jerky quivery arm thrusts.
- showing strong reflex movements.
- keeping his hands in tight fists.

2 TO 3 MONTHS

Your baby is:

- smiling at you and other people in response to being greeted or talked to.
- communicating more with body movements and facial expressions.
- imitating some of your movements and expressions.
- looking in the general direction of sounds.
- beginning to babble and imitate some sounds.
- lying down and lifting his head, neck and upper chest with the support of his forearms.

4 MONTHS

Your baby can:

- cry to express more than just hunger or discomfort. Crying now can mean "I want" or "I need."
- easily bring interesting objects to his mouth.
- see several feet or more in front of himself.
- make gibberish sounds that rise and fall much like normal language.
- push up on his hands to get a better view of his surroundings.

5 TO 6 MONTHS

Your baby will probably:

- cry when you leave the room or when confronted by a stranger.
- respond to his own name.
- fall asleep without a bottle or breast-feeding.
- sleep through the night.
- begin teething.
- begin trying solid foods.
- roll over.
- sit up with help.
- transfer a toy or other object from one hand to the other.

Don't worry if your child doesn't fit exactly within these guidelines. Each child develops differently. If you have any concerns about your child's development, ask your doctor.

