



BABY MILESTONE CALENDAR

Every baby develops in a unique way - some more quickly than others, try not to compare your baby to others. Boys and girls develop at slightly different rates too. These milestone indicators are a general guide of likelihoods only. Speak to your doctor or baby health adviser if you're concerned about your baby's development rate.



As a new born

- I sleep a lot but not always when you want me to, so when you can, turn down the phone and get some rest.
- My way of telling you when I'm hungry, scared, lonely, hurt or need a clean nappy is to cry.
- I'm happiest in soft fabrics with no irritating or rough tags.
- My vision is blurred, but I stare at faces and respond to sounds.
- My natural suck and grab reflexes are very strong.

Two months

- I can now follow objects around with my eyes.
- "Coo" & "goo" are my favourite words. Talk with me and help me learn.
- You'll notice me trying to hold my head up for short periods.

Three months

- I'm beginning to laugh and smile at you more often and am better at recognising your face and voice.
- "Peek a boo" is my favourite game.
- I learn by repetition and will do the same thing over & over again.



At four months

- Look how much I've grown, get the next size clothes ready in advance, I'm going to keep growing fast.
- When held up and supported I can bear a little weight on my legs.
- I may start to "goo" and "gaaa" at you when you speak to me.

Five months

- I'm learning to roll over unassisted and will bounce when held standing, never leave me unattended though.
- My eyesight has improved allowing me to distinguish between colours. I'm curious about everything and am mesmerised by playing with my hands and feet.

Six months

- My hearing has improved and I'm starting to learn which direction sounds are coming from. Have you noticed what type of music I like yet?
- I'm learning to imitate your behaviour, blow bubbles at me & I'll try it too. I'll smile at myself in the mirror and squeal with delight when I'm happy.



At seven months

- I'm well on the way to sitting up without assistance.
- My curiosity has me reaching out toward everything in my sight.
- Maybe it's time for you to help me feed myself, don't leave me unattended though, it's safer, neater & I'll learn faster by watching you.

Eight months

- "Mama" and "dada" replaces "coo" and "goo", I may not know what they mean yet or who is who though. I'll smile, babble and laugh with greater frequency.
- My co-ordination and balance has improved and I may even pass objects from hand to hand.

Nine months

- I may be able to stand up now if I'm holding onto something. Check what's within my reach and what needs to be put away and secured, please don't let me jam my fingers or break anything.



At ten months

- Can you believe how much I've learnt now and how much stronger I am? Maybe I'm able to wave hello and goodbye now.
- Look out, I'm crawling fairly convincingly, keep an eye on me, I move fast!

Eleven months

- I've most likely figured out who to say "mama" and "dada" too, what else can you teach me?
- Have you noticed what my favourite 'dancing' music is?

Twelve months

- I'm getting better at letting you know what I need by my own method of communicating.
- I can understand and respond better to what you're asking of me now too.

