

MILESTONE CHECKLIST

0-2 months

Social and Emotional Development

- Shows interest in faces
- First smile in response to others

Sensory Development

- Focuses on close objects
- Recognises and calms to familiar voices
- Startles less at loud sounds
- Responds to gentle touch

Physical Development

- Lifts head briefly during tummy time
- Displays grasping reflex and startle reflex (Moro reflex)
- Cries real tears

Tips for Parents

- Engagement:** Talk to your baby, maintain eye contact, and smile!
- Environment:** Provide a safe and calm environment with minimal loud noises
- Routine:** Try to get your little one into a soothing bedtime routine with gentle rocking and lullabies.
- Feeding:** Watch for hunger cues to establish a feeding routine.

MILESTONE CHECKLIST

3-6 Months

Social and Emotional Development

- Laughs and shows excitement
- Enjoys playing with parents and loved ones
- Begins to babble and mimic sounds (vowel sounds)
- Stretches arms to be picked up

Physical Development

- Rolls from tummy to back
- Rolls from back to tummy
- Reaches for objects
- Brings hands to mouth
- Grasps objects
- Sits up with support
- Sits up independently
- Holds head steady when upright
- Gurgles and mumbles

Cognitive Development

- Recognises familiar faces and objects
- Anticipates events (like feeding time!)
- Explores objects with hands and mouth
- Shakes toys to hear the sound
- Follows moving objects with eyes
- Shows curiosity about surroundings

Tips for Parents

- Play:** Encourage tummy time with colourful toys, play peek-a-boo, and sing songs together throughout the day!
- Safety:** Ensure a safe play area free from small, choking hazards

MILESTONE CHECKLIST

7-9 Months

Social and Emotional Development

- Shows preference for primary caregivers
- Uses gestures like waving and pointing
- Enjoys interactive games
- Expresses a wider range of emotions, including frustration and joy
- Cries when another baby cries
- Claps hands on demand

Physical Development

- Rocking back and forth on all fours
- Crawls for first time
- First tooth
- Picks up small objects using thumb and forefinger (pincer grasp)

Cognitive Development

- Looks for hidden objects
- Begins to understand simple words and commands
- Mimics gestures and sounds
- Shows interest in books
Begins making babbling noises

Tips for Parents

- Exploration:** Create a safe environment for exploration, use baby gates and secure furniture
- Reading:** Read to your baby daily to encourage language development
- Interaction:** Engage in interactive play, respond to your baby's attempts at communication, and encourage socialisation with other children

MILESTONE CHECKLIST

10-12 MONTHS

Social and Emotional Development

- Imitates actions, like talking into a phone
- Helps you to dress them
- Helps with common activities, like house work
- Waving 'bye'

Cognitive Development

- First words like "mama" or "dada"
- Says 'no' when doesn't want something
- Repeats a game
- Points at objects for you to name

Physical Development

- Pulls up onto furniture
- Cruises along furniture
- Takes first steps independently

Tips for Parents

- Two-way-conversations:** Respond to any words or noises your little one makes, even if they don't quite make sense yet!
- Babyproof:** Now your little one is more mobile, make sure all furniture and hazards are secured around the house
- Encourage imitation:** Your baby learns so much through copying you! Encourage any signs of imitation and offer lots of praise