



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

## **Helping Hand™**

*Health Education for Patients and Families*

# **Developmental Milestones: 0 to 6 Months**

Developmental milestones are skills or behaviors that most children will start or master by a certain age. Children reach milestones in many ways: speaking, learning, moving, and playing. There are things you can do with your child to help them reach these milestones.

## **Cognitive, Play, and Communication Skills**

Look for your baby to show these signs at ages 0- to 6-months:

- Gets quiet when you pick them up
- Looks when their name is called
- Looks for where sound is coming from
- Smiles when you talk to them (2 months)
- Recognizes their own hands (3 months)
- Responds to voices they know
- Smiles with games like peek-a-boo
- Babbles
- Starts to recognize caregivers
- Focuses on and follows objects/toys

## **Motor Skills**

Your baby will move more as they grow. Look for these movements:

- 0 to 3 months
  - Turns head to side. Lifts it for a short time when on their belly
- 3 months
  - Brings hands together and then to mouth
  - Shakes their rattle, swipes at toys
  - Kicks legs often when on their back
  - Sits with support and tries to stay upright
  - Puts weight on their legs when you help them stand

- 3 to 4 months
  - Props up on elbows and lifts head to look around when on their tummy
- 4 months
  - Reaches out and grabs objects
- 4 to 6 months
  - Rolls from back to tummy and tummy to back
- 5 to 6 months
  - Uses their hands to grab feet while on their back

## **How You Can Help**

You can help with your baby's developmental milestones by:

- Shaking toys. Help your baby reach for them.
- Putting toys in your baby's hands so they can grasp them.
- Having tummy time with your baby each day.
- Bringing their feet up to their hands while on their back.
- Talking to them, playing peek-a-boo, singing songs.
- Having your baby look at you and follow your face as you move.
- Having your baby move their eyes and body. Use rattles, mobiles, toys with mirrors, lights, or colors such as red, white, and black.
- Playing on the floor. Encourage them to reach and swipe at objects.
- Playing with them on their back. Help them roll from back to tummy and tummy to back.

If you have any questions about your baby's development, call their doctor or health care provider.