Developmental Stages



Baby BWell

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Developmental stage:

Newborn



Gross motor skills

- ✓ No controlled movement
- ✓ Arms and legs are bent
- ✓ Hands are fisted and brought to mouth
- ✓ Head is not centered but turned to one side or the other
- ✓ Stands on legs briefly when held upright

Fine motor skills

- ✓ Grasps anything that touches the palm of his hand (reflexive)

Speech / Language

- ✓ Cries at loud noises & listens to speech

Babies love and learn through touch – Pick your baby up for a cuddle and keep infant car seat for travelling.

Developmental stage:

1 Month



Gross motor skills

- ✓ Still no controlled movement
- ✓ Arms and legs are still bent, but not as much as a newborn
- ✓ Slightly improved head lifting when lying on stomach
- ✓ Head lags significantly when pulled up to sitting
- ✓ Stepping movement seen when held in standing

Fine motor skills

- ✓ Continues to have the reflexive grasping of hands

Speech / Language

- ✓ Cries at loud noises & listens to speech

Take time out of the infant car seat for some Tummy Time. You can start Tummy Time from birth – with your newborn lying skin to skin on your chest.

Developmental stage:

2 Months



Gross motor skills

- ✓ Baby appears more floppy than in previous months
- ✓ Arms and legs not in the bent position anymore
- ✓ Able to lift head slightly when lying on stomach
- ✓ Uncontrolled reaching/ batting at objects
- ✓ Eyes beginning to follow moving object
- ✓ Baby no longer stands or steps when held upright

Fine motor skills

- ✓ Continues to have reflexive grasping hands

Speech / Language

- ✓ Cries at loud noises & listens to speech

Modifying your baby's environment encourages gross motor skills development.

Developmental stage:

3 Months



Gross motor skills

- ✓ Head is centred with chin tucked when lying on back
- ✓ Controlled reaching for toys
- ✓ Frog leg position when lying on back
- ✓ Props self on forearms while lying on stomach
- ✓ Able to lift head and chest up when lying on stomach
- ✓ No trunk control in sitting, needs full support
- ✓ Toes are curled when held in standing

Fine motor skills

- ✓ Holds a toy in hand with the 4th and 5th fingers
- ✓ Unable to pick up a toy but will swipe at it

Speech / Language

- ✓ Begins cooing
- ✓ Recognises mum's voice
- ✓ Enjoys noisy toys

Carry your baby in different positions – lying down, on the hip, forward facing. This requires your baby to use different muscle groups to keep his head upright!

Developmental stage:

4 Months



Gross motor skills

- ✓ Head control is greatly improved
- ✓ Brings knees to hands when lying on back
- ✓ Rolls from back to side.
- ✓ Props self on forearms and lifts head and chest up while on stomach
- ✓ Able to sit propped up with pillows
- ✓ Able to stand while being held by hands instead of the chest

Fine motor skills

- ✓ Grasps objects placed in front of them
- ✓ Grasps objects by raking them against body or other hand
- ✓ Uses a four finger squeeze grasp without the thumb or palm to hold a toy
- ✓ No fine grasping of small objects

Speech / Language

- ✓ Cooing, squealing and gurgling sounds
- ✓ Can repeat some sounds
- ✓ Recognises mum's voice
- ✓ Uses smile to indicate contentment or pleasure
- ✓ Enjoys noisy toys

Limit time in an Infant Car Seat, so your baby can activate the muscles needed to sit upright.

Developmental stage:

5 Months



Gross motor skills

- ✓ Brings feet to hands and mouth while lying on back
- ✓ Pushes up and extends arms while lying on stomach
- ✓ Likes to play on side
- ✓ Begins to sit unassisted and props with extended arms
- ✓ No head lag when pulled from back to sitting
- ✓ Begins bouncing when held standing

Fine motor skills

- ✓ Reaches for toys and brings them to the middle of the body
- ✓ Uses fingers and the palm (no thumb) to hold object
- ✓ No fine grasping of small objects

Speech / Language

- ✓ Laughs, coos, and gurgles for attention
- ✓ Responds to “no”
- ✓ Notices new sounds (appliances, music, etc)
- ✓ Responds to changes in tone of voice
- ✓ Uses sounds to express emotions and wants

Babies love touch. Let your baby touch your hands and face...go on, get down on the floor and play! Try placing toys just a bit away to encourage stretching and movement.

Developmental stage:

6 Months



Gross motor skills

- ✓ Rolls easily from front to back to front
- ✓ Lifts head off the floor while lying on back
- ✓ Plays with feet while lying on back
- ✓ Kicks arms and legs while lying on stomach (“swimming”)
- ✓ Shifts weight from one arm to the next to reach toys while lying on stomach
- ✓ Sits without using arms for support
- ✓ Holds onto person by himself in standing

Fine motor skills

- ✓ Transfers objects from one hand to the other
- ✓ Uses fingers and the palm (no thumb) to hold objects
- ✓ Attempts to grasp small objects using several fingers and a bent thumb

Speech / Language

- ✓ Begins to babble
- ✓ Uses sounds and babbling to express emotions and wants
- ✓ Laughs, coos, gurgles, and babbles for attention
- ✓ Notices new sounds (appliances, music, etc)
- ✓ Responds to changes in tone of voice

Take time out from the Infant Car seat to enjoy some fun, supervised tummy time!

Developmental stage:

7 Months



Gross motor skills

- ✓ Does not like to be on back
- ✓ Begins to pivot on stomach and belly crawl
- ✓ Pushes up to hands and knees while lying on stomach
- ✓ Likes to lay on side and sit
- ✓ Plays freely with arms as balance improves in sitting
- ✓ Pulls up to standing using arms with legs straight
- ✓ tands on the balls of his feet

Fine motor skills

- ✓ Holds objects with fingers and thumb
- ✓ Wrist is straight when holding objects
- ✓ Grasps small objects using bent fingers and thumb to rake into the palm

Speech / Language

- ✓ Laughs, coos, gurgles, and babbles often
- ✓ Uses babbling and gestures to express emotions and wants
- ✓ May begin to imitate speech sounds
- ✓ Begins to respond to his name and some simple words babies need to develop

Babies need to develop pre-cursor skills such as crawling and kneeling - they can't do this while in an infant car seat.

Developmental stage:

8 Months



Gross motor skills

- ✓ Enjoys sitting
- ✓ Reaches for toys easily in sitting
- ✓ Begins to creep on hands and knees
- ✓ Able to kneel at a small table without support
- ✓ Pulls self to standing primarily using the arms
- ✓ Has difficulty getting down from standing position
- ✓ Begins to cruise around furniture sideways, using both hands

Fine motor skills

- ✓ Holds objects with fingers and thumb
- ✓ Wrist is flexed when holding objects
- ✓ Grasps small objects between thumb and bent index finger

Speech / Language

- ✓ Responds to name
- ✓ Uses syllables ba, da, and ka
- ✓ Imitates sounds
- ✓ Listens when spoken to

Allow your baby ample time to practice all of their skills.
Confined time in an infant car seat means diminished 'practice time'!

Developmental stage:

9 Months



Gross motor skills

- ✓ Uses a variety of leg positions in sitting
- ✓ Can side sit
- ✓ Moves from sitting to hands and knees
- ✓ Crawls often
- ✓ Pulls to standing using both arms and legs
- ✓ Unable to get down from standing without falling
- ✓ Cruising with 2 hands and body semi-turned in direction of movement
- ✓ Beginning to walk with one hand held

Fine motor skills

- ✓ Holds objects between thumb and finger tips
- ✓ Able to grasp small objects with thumb and index fingertips

Speech / Language

- ✓ Responds to name
- ✓ Begins to recognize common words (e.g., “mum”, “bottle”, etc.)
- ✓ Imitates sounds

Modifying your baby’s environment encourages gross motor skills development.

Developmental stage:

10 Months



Gross motor skills

- ✓ Able to reach in all directions while sitting
- ✓ Beginning to kneel with one leg up and one down (half kneel)
- ✓ Pulls to standing using the half kneel position
- ✓ Stands to play while holding onto furniture
- ✓ Can lower body from standing to sitting
- ✓ Cruises with one hand on table
- ✓ Walks with one hand held, not shifting weight yet

Fine motor skills

- ✓ Wrist is extended when grasping
- ✓ Able to grasp small objects with thumb and index fingertips

Speech / Language

- ✓ Shouts for attention
- ✓ Babbling in own language
- ✓ Begins to respond to requests like “come here”
- ✓ May have 1-2 word like “Mama” and “Dada”

Practice, practice.... Your baby needs to learn physical literacy skills.... Help him out by keeping the infant car seat for travelling in the car.

Developmental Stage:

11 Months



Gross motor skills

- ✓ Sits with legs straight out (long sitting)
- ✓ Plays in the kneeling position
- ✓ Stable in half kneeling position
- ✓ Begins to shift weight from one leg to the next when walking with one hand held
- ✓ Stands alone
- ✓ Able to squat and return to standing while holding onto table

Fine motor skills

- ✓ Holds objects between thumb and first two fingers
- ✓ Wrist is extended when holding objects
- ✓ Able to grasp small objects with thumb and index fingertips

Speech / Language

- ✓ Shouts for attention
- ✓ Babbling in own language
- ✓ Responds to requests like “come here”
- ✓ May have 1-2 word like “Mama” and “Dada”

Allow your baby ample time to practice all of their skills.
Confined time in an infant car seat means diminished ‘practice time’!

Developmental stage:

12 Months



Gross motor skills

- ✓ Stands alone
- ✓ Begins to pick up legs when standing
- ✓ May try to walk alone
- ✓ Cannot carry objects when walking
- ✓ No arm swing when walking

Fine motor skills

- ✓ Holds objects between thumb and first 2 fingers
- ✓ Wrist is extended when holding objects
- ✓ Able to grasp small objects with fingertips and fingernails

Speech / Language

- ✓ Has 2-3+ word vocabulary
- ✓ Imitates familiar words
- ✓ Recognizes words as symbols

Practice, practice.... Your baby needs to learn physical literacy skills.... Help him out by keeping the infant car seat for travelling in the car.