

# BIRTH TO 1 YEAR



## MOTOR

## SELF-CARE & FEEDING

BIRTH TO  
3 MONTHS

LIFTS HEAD DURING TUMMY TIME  
TURNS HEAD FROM SIDE TO SIDE  
WHILE ON BACK  
SWIPES/BATS AT TOYS

DEPENDENT ON  
CAREGIVER

4-6  
MONTHS

ROLLS FROM BACK TO SIDE  
ROLLS FROM TUMMY TO BACK  
SITS BY LEANING ON HANDS  
BRINGS HANDS TO MIDLINE  
REACHES AND GRASPS OBJECTS

ATTEMPTS TO HOLD BOTTLE  
BEGINS TO TAKE BABY FOOD OR  
RICE CEREAL FROM A SPOON

7-9  
MONTHS

CRAWLS INDEPENDENTLY  
PULLS TO STAND AT FURNITURE  
EXPLORES TOYS BY PULLING, POKING,  
TURNING, ETC.  
VISUALLY TRACKS WITH EYES

HOLDS BOTTLE INDEPENDENTLY  
EATS A VARIETY OF PUREED FOODS

10 MONTHS  
TO 1 YEAR

PUTS OBJECTS INTO CONTAINER  
USES SIMPLE TOYS CORRECTLY WITH  
DEMONSTRATION  
USES PINCER GRASP (TIPS OF THUMB AND  
INDEX FINGERS) TO PICK UP SMALL  
OBJECTS

DRINKS FROM A CUP  
USES FINGERS TO EAT SOFT FOODS  
(FRUIT, CEREAL, ETC.)  
BEGINS TO COOPERATE WITH  
DRESSING BY HOLDING OUT ARMS  
AND FEET