

PARENT GUIDE



Development Milestones: 0–12 Months

Parents of infants 0–12 Months

A quick-reference guide to the physical, cognitive, social, and language milestones typically seen during a baby's first year.

0–3 Months

- ☐ Lifts head briefly during tummy time
- ☐ Tracks a face or object with their eyes
- ☐ Smiles in response to a parent's voice or face

3–6 Months

- ☐ Rolls from tummy to back
- ☐ Reaches for and grasps nearby objects
- ☐ Coos, babbles, and laughs out loud

6–9 Months

- ☐ Sits without support
- ☐ Passes objects from one hand to the other
- ☐ Responds to their own name

9–12 Months

- ☐ Pulls to stand and may take first steps
- ☐ Uses a pincer grasp to pick up small items
- ☐ Says one or two simple words like "mama" or "dada"

**A NOTE FROM BRAINY INDIGO**

Every baby develops at their own pace. If you have concerns about any milestone, Brainy Indigo's free Child Development Assessment offers a personalized next step.