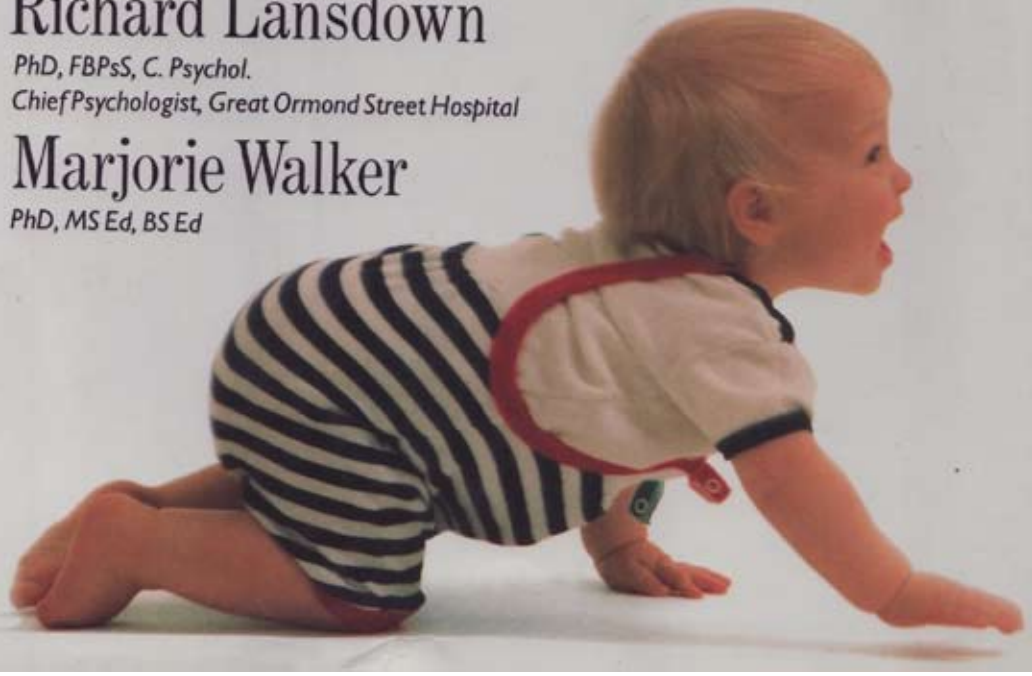
A COMPLETE GUIDE FOR PARENTS

Your Child's *Development* from birth to adolescence

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Perception in newborns

Sight	Makes eye-to-eye contact Sees best at 20–30 cm/8–12 inches Looks mainly at the edges of faces and objects Responds to light and dark, and movement Can distinguish some colours from grey, and red from green Cannot synchronize eyes Has poor peripheral vision – cannot see what is around her
Hearing	Discerns human voice Recognizes mother's voice at less than one week Hears better in higher ranges Cannot hear very soft sounds
Taste and smell	Prefers sweet tastes to sour Prefers sweet smells Recognizes smell of own mother's milk and prefers this to other women's breastmilk
Touch	Skin is sensitive, but she may not respond to a very light touch Feels pain such as a prick in the heel

Some of the reflexes present in a newborn baby

Reflex	Way of testing	Baby's response	Duration
Blink	clap hands close to the baby's face	closes eyes	permanent
Swallowing		instinctively knows how to breathe while swallowing, though this is not well coordinated in the first few weeks	permanent
Gagging		coughs automatically if milk goes down the windpipe	permanent
Rooting	stroke the baby's cheek with a finger or nipple	turns his head towards the finger or nipple	until 3–4 months
Sucking	put the tip of a finger in the baby's mouth	sucks rhythmically	until 4 months when awake; until 7 months when asleep
Stepping	hold the baby upright with the soles of his feet touching a flat surface	makes walking movements	until 2–3 months
Startle or 'Moro'	make a sudden change in the baby's position so that his head drops backward; or create a sudden loud noise	throws out his legs and arms and arches his back	until 3–4 months
Palmar or hand grasp	press lightly on the palm of the baby's hand	grasps finger	until 3–4 months
Plantar or toe grasp	press lightly on the sides of the baby's foot	toes curl under	until 8–12 months
Babinski	stroke the side of the baby's foot	curls his big toe and fans out other toes	usually until 12 months

Developing movement: birth to eighteen months

As with all tables mentioning ages, the months given below should be seen as a rough developmental guide.

	Newborn (first four weeks)	One Month
Lying on back		turns head sideways moves limbs using large, jerky movements moves arms more than legs
Lying on stomach	tenses arms and legs	turns head from side to side raises chin lies with head to one side
Pulled to sitting	head flops down towards the back	when pulled up slightly, supports head a little (still floppy)
Held standing	when held under arms, maintains position for several seconds walking reflex is present	makes reflexive forward walking movements
Grasping	grasp reflex present when palm of hand is tickled	grasp reflex still present
	Two Months	**Three Months**
Lying on back		can raise head and chest extends arms brings hands together reaches for objects, but usually misses
Lying on stomach	raises chest and turns head	can raise head and chest moves about by scrabbling and swimming movements
Pulled to sitting	head flops back slightly	can partially control head but it still bobs
Held standing	walking reflex may start to disappear	
Grasping	grasp reflex starting to decline	can hold a rattle for a few minutes but does not focus on it
	Four Months	**Five Months**
Lying on back	raises head and chest and stretches out arms	
Lying on stomach	raises head and turns it easily from side to side	purposely rolls over, moving from stomach to back
Pulled to sitting	back much straighter sits with support tilts head forward without its bobbing or dropping back	holds head erect and steady
Held standing	legs dangle	
Reaching and grasping	can hold and look at a rattle simultaneously	may start to grasp objects

Towards Independence: up to eighteen months

	Six Months	Seven Months
Lying on back	rolls over, moving from back to stomach raises head spontaneously	
Lying on stomach	lifts head and chest, supporting himself on his arms and hands	can pivot around to pursue a toy
Sitting	may sit unsupported for a few seconds leans forward when sitting sits easily in high chair	sits alone
Held standing	back is straight when held upright bounces feet up and down when held on floor bears almost all his own weight	briefly bears all his own weight
Reaching and grasping	changes the angle of his body to reach out for an object reaches and grabs when small toy is offered	can use fingers and thumbs in a mitten grip
	Eight Months	**Nine Months**
Sitting	gets himself into a sitting position	maintains sitting position with a straight back sits alone for up to fifteen minutes
Standing	stands steadily for a short while if hands are held	stands holding on to furniture
Crawling		finds ways of moving about the floor crawls on stomach
Walking		may take some steps with both hands held
Reaching and grasping	may be able to pass toy from one hand to the other	can grasp objects between finger and thumb in a pincer grip

	Ten Months	Eleven Months
Lying down		can move from a lying position to sitting and back again
Sitting		can turn around and pick up a toy without toppling over
Standing	pulls himself up to a standing position	
Crawling	can crawl on hands and knees	
Walking	walks if both hands are held cruises holding on to furniture	
Reaching and grasping	can release objects picks up small objects in either hand using pincer grip	
	Twelve Months	**Thirteen Months**
Standing	stands alone	
Walking	may be able to walk with one hand held	may walk without help takes steps of varying length and direction
Reaching and grasping	can release a small object into someone's hand	
	Fifteen Months	**Eighteen Months**
Sitting		can seat himself on a child-sized stool
Crawling	crawls up and down stairs	
Walking	generally able to walk alone	can climb stairs with one hand held puts two feet on each step before moving on to the next step
Kneeling	kneels without support	
Reaching and grasping	can put small objects into a bottle	can remove small objects from bottle by turning it upside down

How language develops: birth to eighteen months

As with all tables mentioning ages, the months given below should be seen as a rough developmental guide.

	Understands	Expresses
Newborn	Responds to high-pitched voices Words engage his attention and may comfort him Synchronizes actions with the sound of an adult voice	Several different cries Loud noise evokes startle reflex
One Month	Responds to mother's comforting sounds Stops moving and listens to sounds Is startled by sudden noise Stops blubbering (not crying) when hears a familiar voice Can differentiate between a friendly and an angry voice Takes turns with mother; gestures or makes noises when she has finished talking	Small throaty noises Most sounds made to communicate discomfort, distress and excitement
Two Months	Listens to person speaking	Coos, making some vowel sounds May smile at speaker
Three Months	Shows pleasure in social contact Attends to sound of rattle if it is 15–30 cm/ 6–12 inches away at ear level Looks at person speaking	Coos when happy and when alone; gurgles Makes more vowel sounds Exchanges coos with familiar person Smiles in response to speech
Four Months	Attends to rhythm and pitch of language rather than words Heart-rate goes down when hears a familiar sound Changes expression when displeased	Laughs out loud Experiments with different sounds and produces some consonants
Five Months	Responds to own name	Imitates sounds
Six Months	Knows 'bye-bye', 'mama', 'dada' Turns immediately when hears mother's voice at a distance Shows some understanding of emotional state of mother's voice	Babbles spontaneously Uses monosyllables, then double syllables Combines vowels and consonants Protests vocally Talks to himself in tuneful sing-song voice Squeals with delight
Seven Months	Starts to understand content of speech	Likes to talk to himself
Eight Months	Awareness of speech content develops	Imitates babbling sounds
Nine Months	Stops when hears 'no'	Babbles are inflected, with rising and falling intonations Imitates adult sounds like a cough or 'brr' noise Shouts to attract attention, waits for response and tries again Enjoys communicating with sounds

	Understands	Expresses
Ten Months	Uses gestures to indicate some objects	Imitates pitch May says first words, usually 'mama' and 'dada'
Eleven Months	Points to things May respond to simple questions by looking or pointing	Produces sounds which echo last words said to him
Twelve Months	Understands names of family members, car, dinner, bath, walk, eat, dog and some other objects Turns when hears his name Responds to simple instructions, like 'wave bye-bye', 'clap hands', 'where are your shoes?'	Babbles continuously, sounding like conversation Uses most vowels and many consonants in babble May speak one or more words besides 'mama' and 'dada' Imitates sounds and words enthusiastically
Thirteen Months	Will hand toy over on request Looks in their direction when person or familiar object is mentioned Will come when called Responds to gestures Acknowledges the names of people and pets Listens for a few minutes to stories, rhymes	May speak three or four words May have a sound or word for thank you Often attempts new words
Fourteen Months	Points to coat to indicate he wants to go out	Puts all kinds of sounds together Speaks three to five words Uses gestures and sounds instead of crying for what he wants Repeats sounds of words
Fifteen Months	Understands names of various parts of the body Understands 'no', 'come', 'show me', 'look' Identifies pictures of a few named objects	Speaks four to six words plus names May say 'there', 'bye-bye'
Sixteen Months	Might watch children's television	Uses six to eight words clearly plus names Uses one word to express when he wants to be picked up
Seventeen Months	Brings toys or objects from another room if asked	Adds new words every few days
Eighteen Months	Identifies pictures of familiar objects when they are named Understands simple questions	Can speak about forty or fifty words including names Uses two-word 'telegraphic' phrases Favourite words frequently include 'all gone', 'thank you', 'bye', meaning that task or event is completed Word most often used is 'no' Refers to himself by name Tries to sing Replaces gestures with words