

Your Child's Development is a Journey

Check your child's milestones and share his/her progress regularly with the doctor

Age	Movement	Communication	Cognition	Emotions
2 months	Can hold head up and begins to push up when lying on the tummy	Coos, makes gurgling sounds	Pays attention to faces	Begins to smile at people
4 months	Holds head steady, unsupported	Begins to babble	Follows moving things Begins to babble with eyes from side to side	Smiles spontaneously, especially at people
6 months	Rolls over in both directions (front to back and back to front)	Responds to sounds by making sounds	Looks around at things nearby	Likes to look at self in a mirror
9 months	Sits without support	Makes different sounds like "mamama" and "babababa"	Move things smoothly from one hand to another	May be afraid of strangers
1 year	Pulls up to stand, walks holding on to furniture	Uses simple gestures like shaking head "no" or waving "bye-bye"	Starts to use things correctly eg. drinks from a cup	Cries when mom/dad leaves
1½ year	Walks without support	Says several single words	Scribbles on his/her own	Points to show others something interesting
2 years	Kicks a ball	Points to things/pictures when they are named	Begins to sort shapes & colours	Gets excited when with other friends
3 years	Climbs well	Follows instructions with 2-3 steps	Copies a circle with pencil/ crayon	Copies adults and friends
4 years	Hops and stands on one foot up to 2 secs	Can sing memorized song or poem	Names some colours/ numbers	Enjoys doing new things
5 years	Hops; may be able to skip	Uses full sentences	Counts 10 or more things	Likes to sing/dance/act

These are just a few of the many important milestones to look for. For a complete checklist (by age), visit www.cdc.gov/ActEarly

Neonatal Emergency

Bogulkunta 80084 03159

Hyderguda 80084 03160

Banjara Hills 73373 20891

Lactation Helpline

Bogulkunta 80085 70469

Hyderguda 83740 04848

Banjara Hills 83740 05353

For appointments, call 1800 419 1397 (Toll Free) • Email lactline@fernandez.foundation



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