

# Baby's key Milestones

Watch your baby grow and amaze you with what he/she can do every few months!

The developmental milestones mentioned in this chart are meant to serve as a guide. Check in with your doctor if you have any concerns about your child's development.

Begin breastfeeding



## Newborns

- ♥ Opens eyes when held in an upright position
- ♥ Is startled by sudden loud sounds



## 1 Month

- ♥ Follows slow-moving objects with his/her eyes
- ♥ Makes slight head movements
- ♥ Starts to smile socially at around 5–6 weeks
- ♥ Starts to respond by making sounds at around 5–6 weeks

## 3 Months

- ♥ Raises and turns head while lying on stomach
- ♥ Supports upper body with arms when lying on stomach
- ♥ Fixes eyes on and tracks moving objects up to 180 degrees
- ♥ Turns eyes towards the direction of sound

Begins weaning and exploring different food textures



## 6 Months

- ♥ Rolls in either direction
- ♥ Reaches out to grasp with both hands
- ♥ Expresses emotions vocally
- ♥ May be able to sit without external support
- ♥ Turns head towards the direction of sound

## 9 Months

- ♥ May be able to pull himself/herself up to stand
- ♥ Transfers objects between hands
- ♥ Knows and responds to his/her name when called

Switching to plain full cream milk



## 12 Months

- ♥ Walks while one hand is held
- ♥ Picks up small objects with thumb and index finger
- ♥ May start to say 'Mama' or 'Papa'
- ♥ Says 2–3 words with meaning
- ♥ Uses gestures such as waving goodbye

## 18 Months

- ♥ Walks independently
- ♥ May be able to walk up stairs while holding your hand
- ♥ May start using hands to imitate scribbling
- ♥ Can say about 10 single words with meaning

This infographic was created in collaboration with the Child Development Unit at Khoo Teck Puat – National University Children's Medical Institute, National University Hospital.



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The World Health Organisation recommends continued breastfeeding for up to two years or longer.

