

Hitting Key Milestones



Baby Development 0-1 Month

What you can do to help your baby's development

- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Look into your baby's eyes, and smile at your baby.
- Give your baby skin-to-skin contact, and try baby massage.
- Play with your baby – talk, read, sing and do tummy time.
- Make sure your baby has their routine health checks.

When to seek professional help at 0-1 month

Your baby:

- isn't making sounds
- isn't responding to bright lights or loud sounds
- isn't moving their arms or legs
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect



Baby Development 1-2 Months

What you can do to help your baby's development

- Look into your baby's eyes. Smile, hold and cuddle them.
- Play with your baby – talk, read and sing to them.
- Give your baby tummy time.
- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Make sure your baby has their routine health checks.

When to seek professional help at 1-2 months

Your baby:

- isn't making sounds or responding to noises or bright lights
- isn't beginning to smile
- isn't watching faces or looking you in the eyes
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect



Baby Development 2-3 Months

What you can do to help your baby's development

- Play with your baby - talk, read and sing to them.
- Give your baby tummy time.
- Smile at your baby.
- Comfort your baby when they cry.
- Look for and respond to your baby's cues.
- Make sure your baby has their routine health checks.

When to seek professional help at 2-3 months

Your baby:

- isn't making sounds or responding to loud noises
- isn't smiling when you talk to or smile at them
- isn't looking you in the eyes
- cries a lot and this worries you
- isn't feeding or sleeping the way you expect



Hitting Key Milestones



Baby Development 4-5 Months

What you can do to help your baby's development

- Play together – sing, read, do tummy time and make funny faces.
- Make eye contact, talk, listen and respond to your baby's sounds.
- Have daily routines.
- Look for and respond to your baby's cues.
- Comfort your baby when they cry.
- Make sure your baby has their routine health checks.

When to seek professional help at 4-5 months

Your baby:

- isn't rolling or lifting their head or has poor head control
- isn't making sounds or responding to noises
- isn't smiling or following you with their eyes
- isn't reaching for objects or putting them in their mouth
- cries a lot and this worries you



Baby Development 6-7 Months

What you can do to help your baby's development

- Talk and listen to your baby, and respond to their babbling.
- Play together – sing, read, play with toys and make funny sounds.
- Spend time playing outdoors.
- Start introducing solids, if you haven't already.
- Look for and respond to your baby's cues.
- Make sure your baby has their routine health checks.

When to seek professional help at 6-7 months

Your baby:

- isn't looking you in the eyes, or their eyes point in different directions
- doesn't smile at you or show emotions
- isn't babbling or turning towards sounds or voices
- isn't rolling or sitting up on their own
- uses one hand much more than the other



Baby Development 8-9 Months

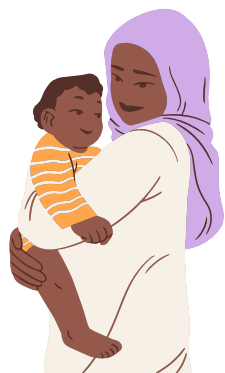
What you can do to help your baby's development

- Play together - sing, read and play peekaboo.
- Talk to your baby.
- Listen and respond to your baby's babbling.
- Encourage moving – pick up small objects, roll, crawl or stand up together.
- Make your home safe for a baby on the move.
- Make sure your baby has their routine health checks.

When to seek professional help at 8-9 months

Your baby:

- isn't making eye contact with you
- has eyes that point in different directions
- doesn't smile at you or show emotions
- isn't babbling or turning their head towards sounds
- isn't rolling or sitting up on their own



Hitting Key Milestones



Baby Development 12-15 Months

What you can do to help your baby's development

- Encourage different kinds of indoor and outdoor play.
- Talk, listen and respond to your child.
- Read and sing with your child.
- Give your child the chance to learn everyday skills like using spoons and cups.
- Make your home safe for a child on the move.
- Make sure your child has their routine health checks.

When to seek professional help at 12-15 months

Your baby:

- isn't making eye contact with you
- doesn't respond to their name or sounds
- isn't babbling or using single words
- isn't showing emotions
- can't stand even when holding onto you or furniture



Baby Development 18 Months

What you can do to help your baby's development

- Give your child the chance to play with other children.
- Talk, listen and respond to your child.
- Read and sing with your child.
- Encourage everyday skills like using spoons and taking off hats.
- Stay nearby while your child plays and explores.
- Make sure your child has their routine health checks.

When to seek professional help at 18 months

Your baby:

- doesn't use single words or gestures like pointing or waving
- can't follow simple instructions
- doesn't enjoy eye contact or cuddles or isn't showing their emotions
- isn't walking on their own
- uses one hand much more than the other



Baby Development 2 Years

What you can do to help your baby's development

- Give your child the chance to play with other children.
- Talk, listen and respond to your child.
- Play with your child – read, sing and play make-believe.
- Involve your child in cooking, tidying up and other daily tasks.
- Encourage everyday skills like using spoons and putting on shoes.
- Make sure your child has their routine health checks.

When to seek professional help at 2 years

Your baby:

- finds it hard to handle small objects like pencils
- isn't putting 2 or more words together
- can't follow simple instructions
- can't walk up and down stairs, or can't run
- isn't showing emotions or isn't coming to you for affection or comfort

