



Early Years
Wales
Blynyddoedd
Cynnar Cymru

Baby's 1st year

Physical development milestones

Use these guidelines to offer age-appropriate activities for your child. Remember, these are just guidelines, and a healthy child may achieve a milestone later than average.

New-born

A new-born baby at this stage should typically:

- Make reflex movements like sucking and startling
- Have jerky, uncontrolled arm and leg movements
- Move head from side to side while lying on their tummy
- Keep hands in tight fists but can bring them within range of eyes and mouth
- Have strong reflex movements
- Begin repeating movements to help brain growth and memory





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3 months

A baby at 3 months old should typically:

- Raise head and prop up on arms when on tummy, and can push down on legs when feet are placed firmly on the floor
- Stretch legs out and kick when lying on tummy or back
- Bring hand to mouth
- Grasp and shake hand toys
- Hold head up unsupported for a short time
- Follow an object with eyes from one side to the middle, but not all the way around





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5 months

A baby at 5 months should typically:

- Reach for and grab objects
- Rock on tummy; may be able to roll from tummy to back
- Put weight on legs when feet are flat on the floor
- Move things from hand to hand
- Explore things by putting them in mouth





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7 months

A baby at 7 months will typically:

- Roll from back to tummy and tummy to back
- Sit without support
- Do "push-ups" and start trying to move forward
- Support whole weight on legs
- Transfer objects from one hand to the other
- Use the hand to 'grasp'
- Be interested in looking in the mirror





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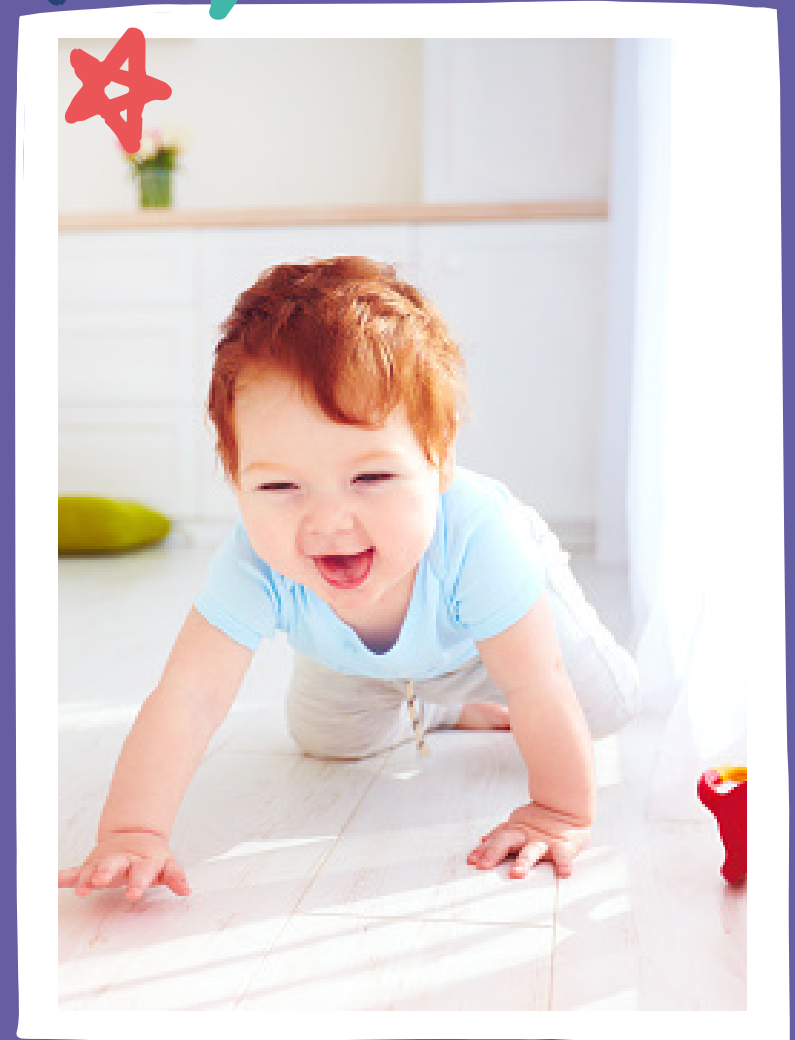
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9 months

A baby at 9 months will typically:

- Get into and out of a sitting position
- Start scooting, creeping or crawling forward on the tummy by pulling with arms and pushing with legs
- Stand with support, placing full weight on the feet
- Pick up small objects using thumb and fingers, 'pincer grasp'
- Look for hidden objects, but only if they see them hidden
- Play peekaboo
- Point and copy other gestures





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12 months

A baby at 12 months will typically:

- Pull self to stand
- Stand momentarily without support
- Walk holding onto hands or furniture or may take a few steps alone
- Let go of items without help
- Point to items they want
- Bang, throw and shake things to see what happens





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Remember:

All babies and children develop at their own rate but if you have concerns a child is not meeting their milestones, please speak to your Health Visitor.



References and further support:

- <https://www.understood.org/en/learning-thinking-differences/signs-symptoms/developmental-milestones/developmental-milestones-from-birth-to-age-1>

Contact us for further support:

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Cronfa Iach ac Egniol
Healthy & Active Fund



Welsh Active
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