



PLAY ACADEMY MILESTONE TRACKERS

For more info, reach out to www.thefirstparents.com



1 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Looks at parent & follows with their eyes
- Brings hands to mouth for comfort
- Looks briefly at objects
- Makes short vowel sounds
- Quiets to parents voice
- More sensitive to environment
- Has different types of cries
- Moves arms & legs together
- Alerts to unexpected sounds
- Holds chin up during tummy time
- Opens fingers when at rest

PARENT EDUCATION

- Talk to baby
- Consider introducing a pacifier
- Rest/Sleep when baby sleeps
- Give Vitamin D(400IU/day) if Breastfeeding
- Use rear-facing car seat
- Calm baby gently rocking/swaying
- Do tummy time every day when awake
- Feed every 1-3 hours during daytime
- Feed every 3-4 hours at night
- Place baby on back to sleep
- No blankets/pillows in sleeping space

For more info, reach out to www.thefirstparents.com



2 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Smiles in response
- Makes cooing sounds
- Lifts head & chest during tummy time
- Keeps head steady
- Makes sounds of happiness
- Opens and shuts hands
- Can bring hands together

PARENT EDUCATION

- Talk, Sing, holds & cuddle baby
- Give Vitamin D (400 IU/Day) if Breastfeeding
- Don't leave baby on high places alone
- Learn baby's personality
- Use rear-facing car seat
- Begin to develop a nap schedule
- Develop a bedtime routine
- Continue to place on back for sleep
- Use rear facing car seat
- Practice tummy time when awake
- Calm baby by rocking
- Avoid tv with baby

For more info, reach out to www.thefirstparents.com



4 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Laughs out loud
- Looks for parent when upset
- Turns to voices
- Makes cooing sounds
- Makes sounds of happiness
- Keeps hands unfisted
- Plays with fingers
- Grasps objects
- Rolls from stomach to back
- Supports self on elbows during tummy time

PARENT EDUCATION

- Talk and play with baby
- Give Vitamin D (400IU/day) if Breastfeeding
- Avoid infant walkers
- Provide teething toys
- Use rear- facing car seat
- Create a daily routine
- Create a bedtime routine
- Continue to place on back for sleep
- Use rear- facing car seat
- Play during tummy time
- Delay solids until 6 months
- Clean gums with washcloth

For more info, reach out to www.thefirstparents.com



6 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Smiles at own reflection
- Rolls over from back to front
- Looks when name is called
- Babbles
- Makes "Ga", "Ma", "Ba" sounds
- Sits briefly without support
- Passes toys from one hand to another
- Bangs objects on surface

PARENT EDUCATION

- Use highchair during meals
- Give Vitamin D (400IU/day) if Breastfeeding
- Engage in interactive play
- Provide teething toys
- Use rear facing car seat
- Create a daily routine
- Continue bedtime routine
- Continue to place on back for sleep
- Use rear- facing car seat
- Play during tummy time
- Introduce solids
- Clean teeth/gums with washcloth

For more info, reach out to www.thefirstparents.com



9 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Waves bye-bye
- Looks when name is called
- Says "Dada" & "Mama" nonspecifically
- Looks for dropped objects
- Plays peek-a-boo
- Copies sounds parents make
- Sits well without support
- Pulls to stand
- Crawls on hands & knees
- Looks for things "Where's your toy?"
- Picks up food to eat
- Bangs objects together

PARENT EDUCATION

- May experience separation anxiety
- Give Vitamin D (400IU/day) if Breastfeeding
- Play with cause-and-effect toys
- Talk, sing & read together
- Use rear-facing car seat
- Continue daily routine
- Continue bedtime routine
- Use consistent positive discipline
- Use rear-facing car seat
- Provide 3 meals & 2-3 snacks
- Encourage use of cup
- Clean teeth with soft brush

For more info, reach out to www.thefirstparents.com

the
first
parents

™



12 MONTH VISIT

DEVELOPMENTAL MILESTONES

- Looks for hidden objects
- Imitates new gestures
- Says "Dada" & "Mama" specifically
- Follows directions with gestures
- May take steps independently
- Stands without support
- Drops objects in cup
- Picks up objects with pincer grasp
- Uses 1 word other than mama
- Picks up food to eat

PARENT EDUCATION

- Continue 1-2 naps a day
- Give Vitamin D (400IU/day) if Breastfeeding
- Establish tooth brushing routine
- Talk, sing & read together
- Use rear-facing car seat
- Continue daily routine
- Continue bedtime routine
- Use consistent positive discipline
- Continue child proofing home
- Provide 3 meals & 2-3 snacks
- Arrange first dental check-up

For more info, reach out to www.thefirstparents.com

the
first
parents

TM

