

# Baby's achievements

## step by step

practical information on the key stages of baby's psycho-motor development over the first 12 months



Every baby is unique and **each has their own rhythm in terms of their development.**

Here is a list of your baby's main achievements over the first 12 months of their life.

Above all **be patient**, let baby take all the time they need!

Dates are given as guidelines only.

2nd - 4th month	Baby can hold their <b>head up!</b>	OK
3rd - 6th month	Baby can <b>grasp objects in their hands and tries to throw them...</b> without any precision! Basic precision begins to occur during the 9 <sup>th</sup> month.	OK
3rd - 5th month	Baby can now <b>roll over alone!</b> They roll first <b>from their stomach onto their back and are then able to roll from their back onto their stomach</b> after a bit of training. This is the very first step to master in learning to sit.	OK
5th - 8th month	Baby is beginning to be able <b>to sit up alone</b> , but is very unstable. Their head makes them lean forward and their balance is precarious. It is only <b>during the seventh month</b> that they will begin to sit up straight and be confident in what they are doing!	OK
6th - 8th month	Baby begins <b>to move around on the ground!</b> Initially they will only move backwards by pushing on their arms. Teach them to move forwards by <b>holding your hand up against their feet</b> so that they can push.	OK
7th - 8th month	Baby is beginning <b>to make noises!</b> Ma, ba, pa... they understand when you speak to them and try <b>to answer with onomatopoeia.</b>	OK
7th - 9th month	The 8th month is often the most intense. Baby can <b>hold their bottle and drink by themselves.</b> If you hold their hands, <b>they can take several steps forward!</b> And they begin <b>to utter their very first simple words</b> , such as "dada" or "mama".	OK
9th - 10th month	Baby can <b>crawl around</b> and is able to <b>stay standing alone whilst holding onto something.</b>	OK
9th - 11th month	Baby is able not only to <b>sit down and stay standing alone</b> , but they are also able <b>to stand up from a sitting position without help!</b> They will also begin to start waving their hands when you say goodbye to them (if you show them the movement of course)	OK
11th - 12th month	Finally baby is <b>standing and takes their first steps alone holding on to fingertips!</b>	OK