

### Motor Skills

Goes from sitting to lying position unassisted.  
 May pull self to standing position.  
 Stands holding on to furniture.  
 Tries to move one foot in front of the other when held upright.  
 May try to crawl up stairs.  
 May begin to walk with assistance.



### Language Development

Imitates the rising and falling sounds of adult conversation.  
 Imitates more speech sounds, but does not yet understand them.  
 Repeats sounds again and again.  
 May begin to say "mama" or "dada" appropriately.

### Emotional and Behavioral Development

Continues to resist doing what he does not want to do.  
 Begins trying to imitate some parent behaviors.  
 Loves showing off for family audience.  
 May cry when parent leaves the room.  
 May resist diapering.



Information contained in this booklet is meant for informational purposes only and should not substitute the visit to your doctor nor his/her advice for your health care.

Accuracy of the content is current to the date of printing.  
 January 2009

## INFANT DEVELOPMENT IN THE FIRST YEAR



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## FROM BIRTH TO ONE YEAR: WHAT TO EXPECT FROM YOUR CHILD

### BIRTH TO 2 WEEKS

#### Reflexes

Reflexive actions: crying, grasping, yawning, swallowing, sucking, blinking, coughing, gagging, sneezing.  
 Grasps whatever is placed in hand.  
 Sucks whatever is placed in mouth.  
 Is startled by sudden noises and movements.

#### Movement

Jerky, mostly uncontrolled motions.  
 Waves arms, kicks legs, wiggles and squirms.  
 Cannot turn body or support head without assistance.  
 Cannot sit without support.  
 May turn head from side to side while lying on back.

#### Sleep/Wakefulness

Usually sleeps from 17 to 20 hours per day.  
 Cries and fusses about 1 to 4 hours per day.  
 Is alert and quiet about 2 to 3 hours per day.  
 Vision  
 Cannot focus clearly.  
 Sees best at 8 to 10 inches.



#### Interactive Behaviors and Senses

Smiles spontaneously and unselectively.  
 Discriminates between some smells.  
 Begins to turn in direction of sound.  
 Begins to distinguish the human voice from other sounds.  
 Is more sensitive to high-pitched voices, especially mother's voice.  
 Is best calmed by a soft, rhythmic voice.  
 Cries a lot.  
 Makes tiny gurgling sounds when content.  
 Shows preference for the human face.

### 2 WEEKS TO 2 MONTHS

#### Movement

Movements gradually become smoother and more controlled.  
 Lifts chin for a few seconds when lying on tummy.  
 Cannot support head without assistance.  
 Grasps whatever is placed in hand.

#### Vision and Hearing

May follow some moving objects with eyes.  
 Explores surroundings with eyes.  
 Turns in direction of some sounds.

# ▶ INFANT DEVELOPMENT



Prefers brightly colored objects.

## Hearing

Knows difference between male and female voices.

Knows the difference between angry and friendly voices.

## Motor Skills

Movements become increasingly smoother.  
Lifts chest momentarily when lying on tummy.  
Holds head steady when held or seated with support.

Discovers hands and fingers.  
Grasps with more control.  
May bat at dangling objects with entire body.

## 4 MONTHS TO 6 MONTHS

### Daily Activities

Is active, playful, and gregarious.  
Reaches and grasps some objects.  
Shakes rattle when placed in hand.  
Carefully studies objects placed in hand.  
Puts everything into mouth.  
Plays contentedly with fingers and hands.  
Usually sleeps through the night.  
Acknowledges bottle gleefully.  
Laughs and giggles while playing and socializing.  
Basks in attention.  
Just begins to realize objects exist even when

### Interactive Behaviors

Gives more precise meaning to crying (hunger, discomfort, excitement).  
Cries when left alone; usually stops when picked up.  
Makes variety of gurgling and cooing sounds when happy and content.  
Makes eye contact.  
May quiet down in response to human face.  
Responds positively to being held and comforted.  
May smile socially at familiar faces and voices, especially mother's voice.

## 2 MONTHS TO 4 MONTHS

### Daily Activities

Crying gradually becomes less frequent.  
Displays greater variety of emotions: distress, excitement, delight.  
May begin to sleep through the night.  
Smiles, gurgles and coos, particularly when talked to.  
Shows more distress when an adult leaves.  
Quiets down when held or talked to.  
Cannot conceive of an object existing if it cannot be sensed.

### Vision

Focuses better, but still no more than 12 inches.  
Follows objects by moving head from side to side.

out of sight.

### Hearing

Turns head purposefully in response to human voice.

Smiles and coos when talked to.

### Motor Skills

Rolls from side to side.  
Holds up chest when lying on tummy.  
Supports head when held in sitting position.  
Sits with support for longer periods.  
Enjoys using the legs in kicking motions.



### Vision

Focuses clearly.  
Fascinated with mirror image.

## 6 MONTHS TO 9 MONTHS

### Daily Activities

Adores playing with balls, rattles, and squeaky toys.  
Usually sleeps through the night.  
Usually begins teething.  
May prefer some foods to others.  
May enjoy playing with food.  
Loves games like peek-a-boo and patty cake.

### Language Development

Babbles and squeals using single syllables.  
Loves to jabber.  
May recognize own name.

### Emotional Development

May show sharp mood changes.  
Displays especially strong attachment to mother.  
Develops deeper attachment to father, siblings, and other familiar people.  
Distinguishes children from adults.  
Smiles at other children.  
May show fear of strangers.  
Continues to be intrigued with mirror image.



### Motor Skills

Rests on elbows.  
Begins to sit alone.  
Sits in high chair.  
Continues to use motions leading to crawling.  
Makes jumping motions when held in standing position.  
Reaches with one hand.  
Bats and grasps dangling objects.  
Holds objects between thumb and forefinger.  
Passes objects from one hand to another.

## 9 MONTHS TO 1 YEAR

### Daily Activities

Continues to enjoy banging, waving, and throwing toys.  
Scrutinizes toys and other objects.  
Becomes absorbed in toys and games.  
Explores food with fingers.  
Initiates play.