INFANT CURRICULUM

DEVELOPMENTAL BENCHMARKS FOR CHILDREN

0-12 MONTHS OF AGE

TRACK DEVELOPMENT AND DISCOVER WHICH MILESTONES TO ANTICIPATE

MOTOR DEVELOPMENT:

0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Opens and shuts hands	Rolls from side to side, onto back or tummy and back again	Moves arms and legs equally, coordinating both sides of the body
Raises his/her head and chest while lying on his/her stomach	Tries to feed him/herself	Changes positions easily
Swats at dangling toys	Transfers objects from hand to hand	Finger feeds him/herself
Pushes down on legs when feet are placed on a firm surface	Scoots on his/her bottom, knees or tummy	Stands momentarily and/or walks 2-3 steps without support

VISUAL/LANGUAGE DEVELOPMENT:

0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Turns head toward direction of sound	Notices items far way	Communicates through sounds, gestures and facial expressions
Follows moving objects with eyes	Can closely track moving items	Pays increasing attention to speech
Begins to imitate some sounds	Responds to sound by making sound	Responds to simple verbal requests
Begins to babble	Babbles and pauses, waiting for response	Uses exclamations such as "Uh-oh!"

SOCIAL/EMOTIONAL DEVELOPMENT:

0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Reacts when you sing, call his/her name or attempt to play	Recognizes familiar faces	Seems to understand cause and effect
Enjoys playing with other people; may cry when playing stops	Is interested in mirror images	Is shy/anxious with strangers
Imitates your movements	Enjoys social play	Imitates gestures
Smiles! Grins!	Laughs out loud	Extends arm or leg to help when being dressed

COGNITIVE DEVELOPMENT:

0-3 MONTHS	4-7 MONTHS	8-12 MONTHS
Stares at his/her hands and fingers	Can find partially hidden objects	Finds hidden objects easily
Plays with his/her fingers	Clearly exhibits feelings about change	Explores objects in multiple ways
Brings his/her hands to mouth	Responds to own name	Repeats tasks again and again and again
Has adjusted to regular eating and sleeping patterns	Drops toys and expects you to retrieve them- over and over!	Looks at the correct picture when an object is named