

BY THE END OF THE FIRST MONTH (USING ADJUSTED AGE)

- Below.
- Motor (movement)**
- Head is floppy if not supported
  - Makes jerky arm thrusts
  - Moves head from side to side while on stomach
- Sensory and Thinking**
- Can focus on objects 8–12 inches away
  - Eyes wander and can occasionally cross
  - Recognizes scent of mother's breast milk
- Language and Social**
- May recognize some familiar sounds and voices

BY THE END OF THE SIXTH MONTH (USING ADJUSTED AGE)

- Motor**
- Shakes a rattle
  - Sits with little support
  - Rolls over both ways (front to back, back to front)
  - Shifts toys from one hand to the other
  - Puts weight on both legs when supported to a standing position
  - Grasps and plays with toes
  - Mouths and bangs hand-held objects
- Sensory and Thinking**
- Opens mouth to be spoon fed
  - Can imitate sounds and facial expressions
- Language and Social**
- Can babble and make sing-song tones
  - Laughs
  - Smiles at self in mirror

BY THE END OF THE THIRD MONTH (USING ADJUSTED AGE)

- Motor**
- Can support upper body with arms when lying on stomach
  - Brings hand to mouth
  - Grabs and shakes hand toys
  - Opens and shuts hands
  - Pushes down legs when feet are put on a hard surface
  - Follows a moving person or object with eyes
- Sensory and Thinking**
- Turns head toward bright colors and lights
  - Recognizes and turns head toward the sound of a person's voice
- Language and Social**
- Makes cooing noises
  - Smiles at familiar faces
  - Can react to a game of "peek-a-boo"
  - Can usually be comforted with the sound of a soothing voice, or when picked up to be held

BY THE END OF THE FIRST YEAR (USING ADJUSTED AGE)

- Motor**
- Gets to sitting position with no help
  - Crawls forward
  - Pulls self up to stand
  - Walks while holding onto furniture or with one hand held
  - Uses pincer grasp (holding things between thumb and first finger)
- Sensory and Thinking**
- Easily finds hidden objects
  - Looks at correct picture when object in it is named
  - Begins to correctly use objects (for example, drinking from cup, talking and listening to phone receiver)
  - Is curious and explores objects in many ways (such as shaking, dropping, banging)
- Language and Social**
- Responds to "no"
  - Uses gestures to communicate like shaking head for "no"
  - Uses exclamations such as "Uh-oh!"
  - Imitates words
  - Can say "Dada" or "Mama"
  - Babbles with conversation-like inflection
  - Shy with or wary of strangers
  - Cries when mom or dad leaves
  - Shows preferences for certain people and toys
  - Begins testing negative behaviors to see parental response
  - Finger-feeds self
  - Assists in getting self dressed by lifting arm or leg at proper time

# Tracking My Baby's GROWTH & DEVELOPMENT

Whether this is your first baby or your third, it is exciting to watch infants develop. But if your baby was born early, you may be concerned about how his or her overall growth and development compares to other infants who were born full-term. Your concern may range from wondering if he or she has mastered age-appropriate skills to wondering if he or she is growing quickly enough and gaining the right amount of weight.

## HOW OLD IS MY BABY?

When babies are born prematurely, we consider that they have two distinct ages:

**Chronological age** (age calculated from the date of birth) and **Adjusted or Corrected age** (age calculated from the original due date). When measuring skill development, you will need to "adjust" your baby's age according to his or her due date.

## HOW TO CALCULATE YOUR BABY'S ADJUSTED AGE:

Example:

<b>16 weeks</b>	<b>- 6 weeks</b>	<b>= 10 weeks</b>
<b>Baby's</b>	<b>(minus</b>	<b>Adjusted</b>
<b>Actual</b>	<b># weeks baby</b>	<b>Age</b>
<b>Age</b>	<b>early)</b>	<b>(in weeks)</b>

## MY BABY WAS BORN EARLY. HOW CAN I FIGURE OUT IF HIS OR HER DEVELOPMENT IS NORMAL?

While most babies develop skills in a certain order, there is a wide range of timing among them. For example, most babies learn to crawl before they walk. But the age when babies learn to walk can vary a lot — the range of normal is between 9 and 16 months. Although you will likely be focused on your baby's achievements, be sure to remember that development is not a race. Your baby may not master every skill or grow at the same pace as another baby born at the same time. That is to be expected — especially if your baby was born early.

On the following pages, you'll find some important developmental milestones that will give you a sense of what to look out for as your baby grows. Developmental milestones are skills or age-specific tasks that most children can do within a certain age range. Your baby's healthcare provider will use these milestones to see how your baby is developing.



## WHEN SHOULD I BE CONCERNED?

While these milestones are grouped by age, keep in mind that your baby may not master all of these skills at each specific age. It is very important, though, to watch for his or her progress. Your baby should be moving forward in development. As always, consult your baby's healthcare provider if you have ANY questions. You know your baby best. If you don't think your baby is progressing properly, don't be afraid to speak up and ask for help.

This information is for educational purposes only and is not intended to substitute for professional medical advice. Always consult with a healthcare professional if you have any questions about the health of your child.

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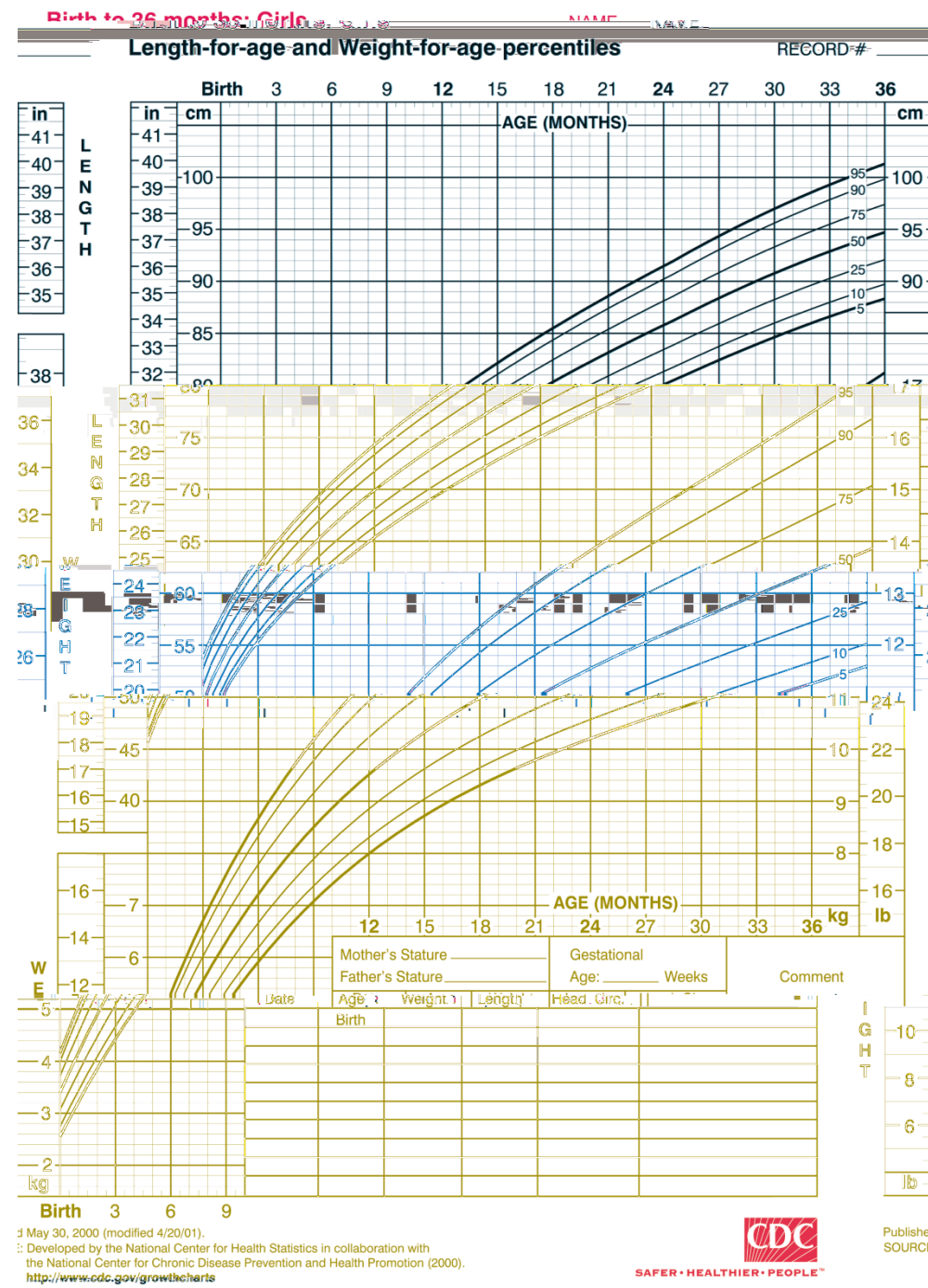
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# TRACKING YOUR BABY'S PHYSICAL GROWTH

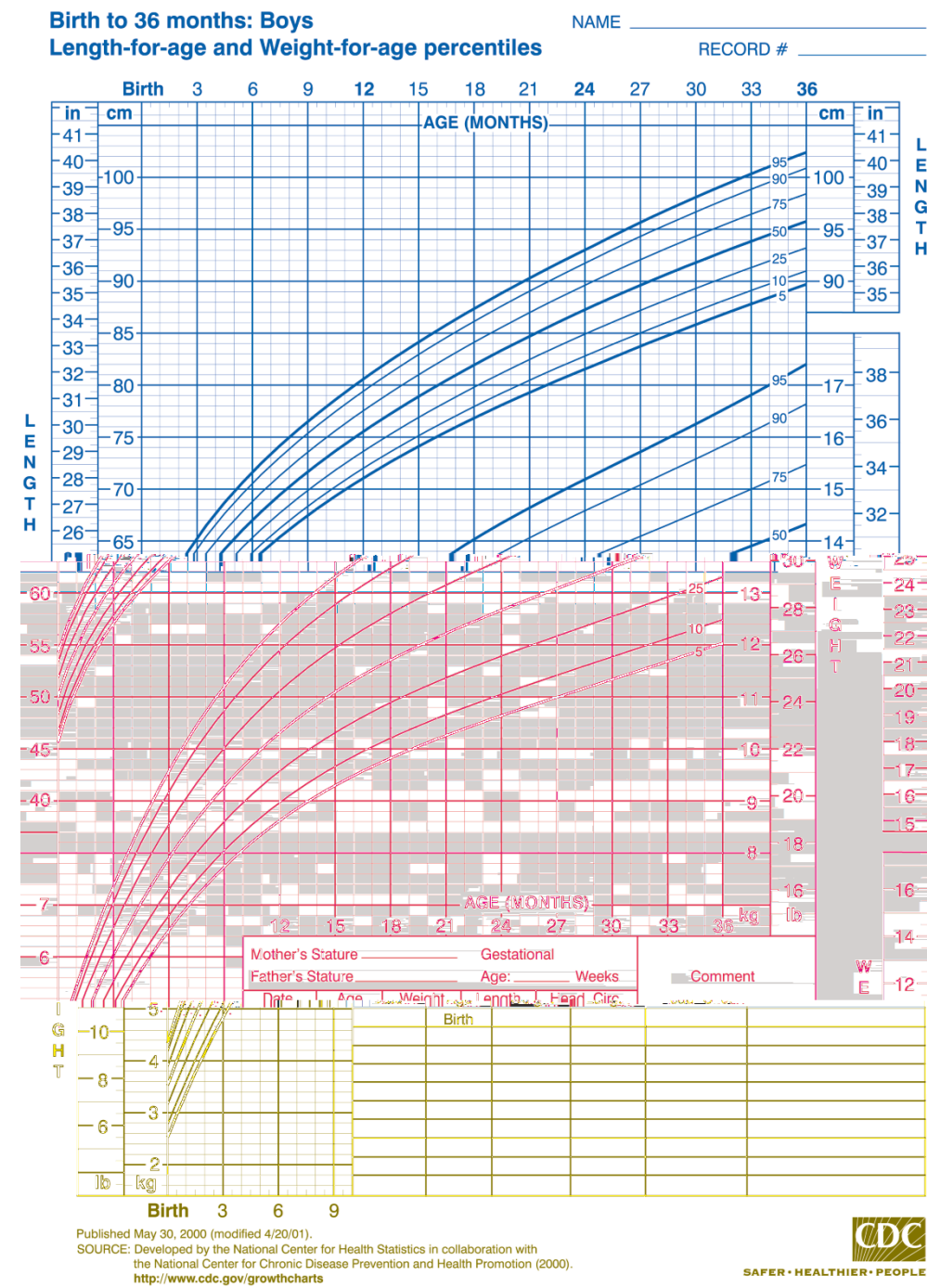
## WHAT ARE GROWTH CHARTS, AND WHAT IS A PERCENTILE?

At each checkup, the healthcare provider will measure your child's length, weight, and head circumference. Then, he or she will plot those numbers on a chart that shows the national percentile averages for children of the same age and gender. For example, if your healthcare provider says that your 2-month old is in the 30th percentile for weight, that means that 30% of babies of the same age and gender weigh less than or equal to your child. What can be most important, however, is how your baby progresses and grows between each office visit.



## HOW DO I PUT MY BABY'S INFORMATION ON A GROWTH CHART?

Once you are comfortable with the following chart, you'll be able to plot and track your baby's physical growth. First, locate your child's actual age across the bottom. Next, if you are measuring weight, from that point, move up the chart until you locate the intersection with your child's weight. To measure length, follow the same directions. You can also track your baby's head circumference as he or she grows. Simply fill in the appropriate box.



## WHEN SHOULD I BE CONCERNED?

Although you are comparing your baby's growth to other babies of the same age and gender, always remember that children develop at their own pace. Your baby may not grow at a consistent rate, or he or she may have growth spurts that are unpredictable. Look to your baby's healthcare provider for direction and advice. Ask questions if you are uncomfortable with or worried about your baby's progress.