



# DEVELOPMENTAL SKILLS: Infants

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The first year of life is full of changes from the moment a baby opens its eyes for the first time. New developmental milestones are reached from day to day. It is important to monitor a baby's progress in achieving new skills to detect any delays early. Enjoy this first year as your infant expands and understands more and more in the areas of cognitive, fine motor, gross motor, language, self-care, and social/emotional skills.

## **Cognitive**

- Explores objects in many ways
- Bangs/Shakes/Rotates objects
- Finds hidden objects easily
- Imitates simple movements inexactly
- Reacts to novel features of an object

## **Fine Motor**

- Bangs two objects together
- Puts objects into container
- Releases objects voluntarily
- Uses thumb and index finger to grasp objects
- Pokes finger in a hole
- Claps hands together

## **Gross Motor**

- Crawls on hands and knees
- Pulls to stand
- Walks holding onto furniture
- Takes two or three steps without support
- Balances self when shifted in sitting

## **Language**

- Responds to simple one-step verbal command with gesture
- Babbles with changes in tone
- Understands "no"
- Imitates sounds like click or cough
- Responds to name when spoken

## **Self-care/Activities of Daily Living**

- Drinks from cup with help
- Finger-feeds self
- Licks food off spoon
- Eats mashed table foods
- Begins to use objects correctly like a hairbrush or cup

## **Social/Emotional**

- Shy with strangers
- Shows preference for certain people and toys
- Tests parent responses to behaviors
- Offers toy
- Participates in social games like peek-a-boo