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## Developmental Stages of Infants and Children

**Table 1. Developmental Stages**

**Infancy: 0–6 Months Old**

Physical Development	Cognitive/Language Development	Psychosocial Development
<p><b>0–4 Weeks</b> Proceeds from head to foot and central part to extremities. Sucks reflexively. Visually tracks to midline. Lifts head when held upright.</p> <p><b>3–4 Months</b> Prone: lifts head momentarily—rolls from stomach to back. Pulls to sit without head lag. Grasps rattle.</p> <p><b>5–6 Months</b> Reaches for objects. Inspects objects with hands, eyes, and mouth.</p>	<p><b>0–4 Weeks</b> Smiles selectively at mother’s voice. Shows startle reflex to sudden noise.</p> <p><b>3–6 Months</b> Babbles and coos, squeals and gurgles (by 3 months). Anticipates food with vocalization. Laughs.</p>	<p><b>0–8 Weeks</b> Gazes at faces (birth). Smiles responsively. Uses vocalization to interact socially.</p> <p><b>3–4 Months</b> Distinguishes primary caregivers from others and will react if removed from home. Smiles readily at most people. Plays alone with contentment.</p>

(continued)

**Infancy: 6–12 Months Old**

Physical Development	Cognitive/Language Development	Psychosocial Development
<p><b>Gross Motor</b></p> <p><b>6–9 Months</b>            Creeps.            Sits without support.            Pulls to stand to cruise furniture.</p> <p><b>9–12 Months</b>            Crawls on all fours.            Attains sitting position unaided.            Stands momentarily.            Takes first steps.</p> <p><b>Fine Motor</b></p> <p><b>6–9 Months</b>            Transfers objects hand to hand.            Bangs with spoon.            Finger feeds part of meal.            Shakes bell.</p> <p><b>9–12 Months</b>            Holds, bites, and chews a cracker.            Grasps string with thumb and forefinger.            Beats two spoons together.            Begins to use index finger to point and poke.</p>	<p><b>6–9 Months</b>            Smiles and vocalizes to own mirror image.            Says “ma-ma,” “da-da” (nonspecific).            Shakes head “no-no.”            Imitates playful sounds.</p> <p>Responds to name with head turn, eye contact, and smile.</p> <p><b>9–12 Months</b>            Recognizes voices of favorite people.            Responds to verbal request such as “Wave bye-bye.”            Calls parent “Mama” or “Dada.”            Repeats performances that are laughed at.            Plays peekaboo.</p>	<p><b>6–9 Months</b>            Discriminates strangers (e.g., frowns, stares, cries).            Stranger/separation anxiety begins.            Actively seeks adult attention; wants to be picked up and held.            Plays peekaboo.            Rarely lies down except to sleep.            Pats own mirror image.            Chews and bites on toys.            Begins to respond to own name.</p> <p><b>9–12 Months</b>            Social with family, shy with strangers.            Begins to show sense of humor.            Becomes aware of emotions of others.</p>