

The first 6 months of your baby's life are an amazing time! You'll see them grow from a helpless, floppy headed newborn into a tiny person who interacts with their world. Parents often worry too much about their little ones achieving milestones, but it's just as important to remember that your baby is an individual who will grow and develop at his or her own rate - if you are really concerned a visit to your clinic or doctor will soon set your mind at rest.

Relax and enjoy the journey!

## Baby milestones 0-6 months

Here are a few things your baby may be able to do during these first months:



### Month 1

- Lift head
- Respond to sound
- Stare at faces
- See black and white patterns



### Month 2

- Vocalise sounds - gurgling and cooing
- Follow objects
- Hold head up for short periods
- Smile responsively, laugh
- Hold head at 45-degree angle



### Month 3

- Laugh and smile
- Hold head steady
- Recognise your face & scent
- Squeal, gurgle, coo and recognise your voice



### Month 4

- Hold head up steadily
- Bear weight on legs
- Coo when you talk to baby
- Do mini push-ups
- Can grasp a toy
- Reach out for objects



### Month 5

- Distinguish between bold colours
- Roll over
- Amuse themselves by playing with hands and feet
- Turn towards new sounds



### Month 6

- Turn towards sounds & voices
- Imitate sounds, blow bubbles
- Roll in both directions
- Reach for objects and mouth them
- Sit without support