

My Child's Developmental Guide

Gross Motor

- Lifts head when lying on tummy (2-4 months)
- Holds head steadily when carried upright (3-5 months)
- Sits supported with hands on floor/legs (4-5 months)
- Rolls from back to tummy (4-6 months)
- Sits unsupported for about 2-3 seconds (5-6 months)

Fine Motor and Vision

- Follows an object past midline (2-3 months)
- Grasps rattle in hand for few seconds (3-5 months)
- Reaches and grabs toy (4-6 months)

**0 to 6
Months**

Language and Hearing

- Looks towards sound (1-3 months)
- Makes cooing, gurgling sounds (2-3 months)

Personal Social

- Social smile (1-2 months)
- Becomes more communicative and expressive with the face and body movement (2-4 months)
- Explores with hands and mouth (5-6 months)



Activities you can do with your child



- **Cuddle, talk and play** with your baby during feeding, dressing and bathing.
- **Supervised** tummy time, at least 1 hour after feeding.
- **Hold** a toy or rattle in front of your baby and encourage him to reach for it.
- **Place** your baby on a floor mat so that he has ample space to roll and play.
- **Read** books with repetitive words or interesting rhymes and rhythms aloud with emotion.
- **Talk, sing or make** sounds about what you are doing or what your baby is showing interest in.



- **Avoid** using mittens when your baby is awake to allow him to practise opening and closing hands.
- **Avoid** use of screen media other than video-chatting.

Flag out when your child



- Seems floppy or stiff.
- Does not startle to loud noises.
- Does not track moving objects with the eyes.
- Does not smile at familiar people at 3-4 months.
- Does not bring his hands towards mouth.
- Does not roll over in either direction at 6 months.
- Does not hold his head when being pulled to sitting position.
- Does not lift his head up when lying on his stomach.
- Cannot sit supported for about 2-3 seconds by 5 months.

Consult a doctor if you are concerned about your child's development.