

Baby's First Year Milestones

CDC-backed developmental checkpoints

2 months

Social smile. Tracks faces with eyes. Makes cooing sounds. Holds head up briefly during tummy time. First well-baby vaccines.

4 months

Reaches for toys. Rolls tummy to back. Holds head steady unsupported. Babbles ('ba', 'da'). Begins to recognize familiar voices.

6 months

Sits with support. Passes objects hand to hand. Responds to their name. Stranger awareness begins. Often ready for solids.

9 months

Sits without support. Crawls or scoots. Pulls to stand. Waves bye. Object permanence — peekaboo becomes interactive. Separation anxiety peaks.

12 months

Pulls to stand consistently, maybe first steps. Says 1–2 words with meaning. Points to things. Hands an object to you and expects it back. Waves, claps, plays finger games.

Talk to your pediatrician if

By 6 months: no smiles or warm expressions. By 9 months: no babbling, no response to name. By 12 months: no pointing or gesturing, no single words, loses skills previously had. Early intervention works best when started early — trust your gut.