

## Pictures Showing Normal Milestone Development

0-11 Months



One week  
Start Tummy time



2 months  
Good Head Control



2.5 months  
Start Chin Tuck



4 months  
Grabs Toes



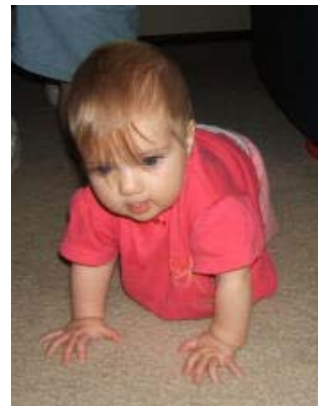
5-6-7- months  
Belly Crawl



5-6-7 months  
Assumes Sit and Plays



6-7-8 months  
Pulls to Stand



9-10 months  
Creeps



10-11-12 months  
Cruise/Stand/Walk

### Points to Consider:

- Time spent in a car seat is wasted time unless during transportation where straps provide safety.
- Play in all positions is important before 3 months: on back, on belly and on sides when directly supervised.
- Belly crawling and creeping on hands and knees contribute greatly to readiness skills for school.
- Walking early may not be a sign of normal milestone development.
- Sleep position should be on back until approximately 6 months when the baby can change positions independently.

Week Two: Tummy Time: 1-2 minutes several times a day on a regular schedule: after naps, after diapering

If the baby's head becomes flat on one spot, seek immediate consultation from a pediatric PT or OT. Six weeks to two months is best.