













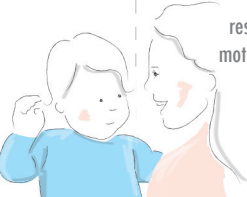


first year at a glance

From newborn to toddler, baby's first year is an impressive journey of growth and development

PHYSICAL DEVELOPMENT	1 month	2 months	3 months	4 months	5 months
head and trunk control	 <p>lifts head part way up</p>	 <p>holds head up briefly</p>			 <p>holds head and shoulders up</p>
rolling			 <p>rolls belly to back</p>		
sitting		 <p>sits only with full support</p>	 <p>sits with some support</p>		 <p>sits with hand support</p>
crawling and walking	 <p>grips finger placed into hand</p>		 <p>begins to creep</p>		
arm and hand control				 <p>begins to reach towards objects</p>	
seeing	 <p>follows close object with eyes</p>			 <p>enjoys bright colours and shapes</p>	
hearing	 <p>moves or cries at a loud noise</p>	 <p>turns head to sounds</p>		 <p>responds to mother's voice</p>	

Milestones are indicated at the average age where skills emerge. Remember, babies develop at their own pace.