



INFANT

Infant Milestones 3–12 Months: What to Expect

Watching your baby grow is truly magical. This guide helps you set expectations and recognize the critical milestones your child should reach between 3 and 12 months. Keep an eye on these important markers as your little one develops!

A free guide from maternity.app

Watching your baby grow from a fragile newborn into an active toddler is an incredible journey. This guide helps you recognize the critical milestones to expect between 3 and 12 months.

Know the Key Milestones.

- **Month 3–4.** Your baby should bring their hands to their mouth, support their head during tummy time, and track objects visually across a 180° arc.
- **Month 6.** Expect rolling from tummy to back, babbling consonant sounds (like 'ba-ba'), and sitting steadily with brief hand support.
- **Month 9.** Look for pushing up into a crawl, pulling up to stand against furniture, and using the pincer grasp to pick up small objects.
- **Month 12.** Your baby may take their first steps unassisted, say 1–2 simple words (like 'mama' or 'dada'), and wave goodbye.

Check Your Baby's Progress.

- ☐ Your baby brings hands to mouth by month 3-4.
- ☐ Your baby supports their head during tummy time by month 4.
- ☐ Your baby rolls from tummy to back by month 6.
- ☐ Your baby sits independently by month 9.
- ☐ Your baby pushes up into a crawl around month 9.
- ☐ Your baby takes their first steps by month 12.
- ☐ Your baby can say 1-2 simple words by month 12.
- ☐ Contact your pediatrician if milestones are missed.

Understand the Developmental Timeline.

Many providers suggest that motor development follows a strict biological progression. Your baby needs to master neck and core muscle control before they can move on to crawling or walking. It's normal for some delays to occur as their brain works on mastering complex skills.

STAY OBSERVANT!

If your baby does not track visual objects by month 4, cannot support their own head by month 6, or cannot sit independently by month 9, reach out to your pediatrician.

Every child develops at their own pace. Keeping an eye on these milestones not only supports their growth but also eases your journey. You're doing great!