



**ENFAMIL®
NUTRITION
NOTES**

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Brain and growth development timeline



As your baby grows, they will demonstrate physical and mental milestones that are a result of brain growth and development. Here are some key milestones you can expect to see.

Your baby's stages of brain development will probably follow a fairly predictable schedule. They may reach milestones quite a bit earlier or later than other babies—and even their siblings—and still be considered completely normal. If you're concerned about your baby's development, talk to their doctor.

Major newborn milestones

As a newborn, your child's brain is growing at a rapid pace, helping them process all the new sights and sounds they encounter.

At 1 month, your baby may:

- Try to lift their head off the ground when lying on their tummy
- Stop crying when picked up and talked to

At 2 months, your baby may:

- Make their first smile, responsively
- Vocalize, gurgle, and coo
- Follow objects with their eyes that move across their line of vision
- Become aware of their own fingers
- Hold their head off the ground for a few seconds

At 3 months, your baby may:

- Hold up their head for a few minutes when propped sitting up
- Visually track an object moving slowly across the room
- Use a variety of sounds and gestures as "conversation"

Major infant milestones

At 4 months, your baby may:

- Shake a rattle to make a noise
- Start to roll from front to back

At 5 months, your baby may:

- Acquire head control and hold their head upright, although still a bit wobbly
- Grab their toes and pull them to their mouth
- Smile at their own face in the mirror

At 6 months, your baby may:

- Sit with support
- Listen closely when hearing their own name
- Try to roll over in both directions
- Act shy with strangers and exhibit fear

At 7 months, your baby may:

- Hold a spoon
- Support themselves in the crawling position
- Hold a 2-handled cup and drink from it



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At 8 months, your baby may:

- Start to pick up objects using their thumb and forefinger (pincer grasp)
- Pass an object from one hand to the other frequently
- Begin to understand the meaning of words, particularly “no”

At 9 months, your child may:

- Begin to pull themselves up to stand
- Search for a hidden object
- Hold a string and pull a toy

At 10 months, your child may:

- Communicate with gestures
- Wave goodbye
- Bang objects together
- Hold their arms out to show they want to be picked up

At 11 months, your child may:

- Sit down from standing
- Cruise (walking by holding on to furniture and other objects)
- Pass objects back and forth between hands easily

At 12 months, your child may:

- Stand without support
- Put objects into a container
- Say a couple of words

Between the ages of 1 and 2, your child may:

- Start to walk unaided (usually 11 to 18 months)
- Start to crawl upstairs (12 to 15 months)
- Begin feeding themselves with a spoon (15 to 18 months)
- Assist with dressing themselves (15 months)
- Know 4 to 6 words (15 months)
- Make some animal sounds (15 months)
- Begin having tantrums (15 to 18 months)
- Be able to play alone for short periods (18 months)
- Know certain body parts (18 months)
- Start to show hand preference (18 months)
- Enjoy helping with household tasks (18 months)
- Climb into a chair to sit (18 months)
- Point to and name objects (18 months)
- Resist sharing toys (2 years)
- Be able to run (2 years)

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