

My Child's Developmental Guide

Gross Motor

- Lifts head when lying on tummy (2-4 months)
- Holds head steadily when carried upright (3-5 months)
- Sits supported with hands on floor/legs (4-5 months)
- Rolls from back to tummy (4-6 months)
- Sits unsupported for about 2-3 seconds (5-6 months)

Fine Motor and Vision

- Follows an object past midline (2-3 months)
- Grasps rattle in hand for few seconds (3-5 months)
- Reaches and grabs toy (4-6 months)

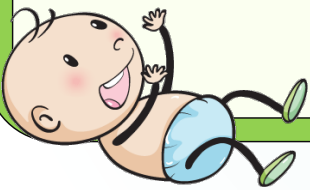
**0 to 6
Months**

Language and Hearing

- Looks towards sound (1-3 months)
- Makes cooing, gurgling sounds (2-3 months)

Personal Social

- Social smile (1-2 months)
- Becomes more communicative and expressive with the face and body movement (2-4 months)
- Explores with hands and mouth (5-6 months)



Activities you can do with your child

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 - **Cuddle, talk and play** with your baby during feeding, dressing and bathing.
 - **Supervised** tummy time, at least 1 hour after feeding.
 - **Hold** a toy or rattle in front of your baby and encourage him to reach for it.
 - **Place** your baby on a floor mat so that he has ample space to roll and play.
 - **Read** books with repetitive words or interesting rhymes and rhythms aloud with emotion.
 - **Talk, sing or make** sounds about what you are doing or what your baby is showing interest in.
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 - **Avoid** using mittens when your baby is awake to allow him to practise opening and closing hands.
 - **Avoid** use of screen media other than video-chatting.

Flag out when your child

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 - Seems floppy or stiff.
 - Does not startle to loud noises.
 - Does not track moving objects with the eyes.
 - Does not smile at familiar people at 3-4 months.
 - Does not bring his hands towards mouth.
 - Does not roll over in either direction at 6 months.
 - Does not hold his head when being pulled to sitting position.
 - Does not lift his head up when lying on his stomach.
 - Cannot sit supported for about 2-3 seconds by 5 months.

Consult a doctor if you are concerned about your child's development.