First-Year Baby Development Checklist

This checklist helps parents support their baby's development and know when to check in with a pediatrician.

- [ ] Give your baby daily tummy time to build strength, even beyond the newborn stage.
- [ ] Talk constantly by narrating your actions, naming objects and describing feelings.
- [ ] Create a safe space where your baby can move freely and explore.
- [ ] Respond consistently when your baby laughs or cries to build trust.
- [ ] Ask your pediatrician if there is no social smile by 3 months.
- [ ] Ask your pediatrician if there is no babbling by 6 months.
- [ ] Ask your pediatrician if your baby is not sitting without support by 9 months.
- [ ] Ask your pediatrician if there are no clear gestures or words by 12 months.
- [ ] Tell your pediatrician about any loss of skills your baby previously gained.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/diseases/baby-development-timeline-first-year-milestones-parents-should-know/