




HANDOUT: DEVELOPMENTAL MILESTONES UP TO 6 MONTHS

[MODULE 3: Feeding Difficulties in Infants with Disabilities]

| Area of Development | 2 months  | 4 months  | 6 months  |
|--------------------------------|--|--|--|
| Movement & Physical | <ul style="list-style-type: none"> • Moves both arms and both legs, with smoother movement • Holds head up when lying on tummy • Opens hands briefly | <ul style="list-style-type: none"> • Brings hands to mouth • Good head control, holds it up without support • Pushes up to elbows when lying on tummy • Rolls from tummy onto back • Pushes down on legs when feet on firm surface • Holds toy placed in hands | <ul style="list-style-type: none"> • Starting to sit with minimal support, may lean on hands to support self • Rolls in both directions • Pushes up with straight arms when lying on tummy |
| Feeding & Nutrition | <ul style="list-style-type: none"> • All nutrition needs met by breastmilk • Latches onto mother's nipple • Automatically (reflex) and easily sucks and swallows to feed • Tongue moves back and forward | <ul style="list-style-type: none"> • All nutrition needs met by breastmilk • Begins to signal hunger by putting hands near mouth or opening mouth in anticipation | <ul style="list-style-type: none"> • Continues to breastfeed • May be ready for introduction of complementary foods • Shows interest in food and opens mouth when fed • Tongue moves forward/back, up/down |
| Social & Emotional | <ul style="list-style-type: none"> • Self-soothes by sucking hands • Calms when spoken to or picked up • Starts to smile when talked to • Looks at parents | <ul style="list-style-type: none"> • Smiles spontaneously • Copies movements and expressions | <ul style="list-style-type: none"> • Often happy, laughs • Starts to differentiate familiar faces and strangers • Enjoys playing |

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|---------------------------|---|---|--|
| Language | <ul style="list-style-type: none"> • Alerts and turns to sounds • Makes sounds other than crying | <ul style="list-style-type: none"> • Uses different cries for hunger, pain, or tired • Babbles and copies sounds | <ul style="list-style-type: none"> • Responds to name • Makes sounds to show emotions • Takes turns making sounds with you |
| Brain or Cognitive | <ul style="list-style-type: none"> • Starts to track with eyes • Gets fussy if bored • Pays attention to faces | <ul style="list-style-type: none"> • Recognizes familiar people and objects from a distance • Responsive to affection • Tracks moving objects • Communicates happiness and sadness • Watches faces closely | <ul style="list-style-type: none"> • Curious, looks at and tries to grab objects • Passes objects from one hand to the other • Puts objects in mouth to explore |

Child Development Milestone chart compiled and adapted based on the following resources:

Centers for Disease Control and Prevention. (2023, June 6). Developmental Milestones. Learn the Signs. Act Early. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

UNICEF (n.d.). Your baby's developmental milestones. UNICEF Parenting. <https://www.unicef.org/parenting/child-development/your-babys-developmental-milestones>

Images accessed from Save the Children's CHW MAMI Screening Tool and the USAID Advancing Nutrition-UNICEF IYCF Digital Image Bank: [iycf.advancingnutrition.org](https://www.iycf.org/advancingnutrition.org)