

Developmental Milestones by the End of 7 Months

What is child development?

Child development refers to how a child becomes able to do more complex things as they get older. Development is different than growth. *Growth* only refers to the child getting bigger in size. If you are concerned about your child's development, please talk to your child's doctor or call Help Me Grow of Knox County toll free at 1-800-755-GROW (4769). If you are eligible, free services can be provided to develop skills and help your child catch up with their peers.

When we talk about normal development, we are talking about developing skills like:

- **Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions.
- **Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things.
- **Language:** speaking, using body language and gestures, communicating, and understanding what others say.
- **Cognitive:** Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.
- **Social:** Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.

What are developmental milestones?

Developmental milestones are a set of functional skills or age-specific tasks that most children can do at a certain age range. Your pediatrician uses milestones to help check how your child is developing. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique!

Movement

- Rolls both ways (front to back, back to front)
- Sits with, and then without, support of her hands
- Supports her whole weight on her legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses raking grasp (not pincer)

Language

- Responds to own name
- Begins to respond to "no"
- Distinguishes emotions by tone of voice
- Responds to sound by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of consonants

Vision

- Develops full color vision
- Distance vision matures
- Ability to track moving objects matures

Cognitive

- Finds partially hidden object
- Explores with hands and mouth
- Struggles to get objects that are out of reach

Social/Emotional

- Enjoys social play
- Interested in mirror images
- Responds to other people's expressions of emotion

Developmental Health Watch

Because each baby develops in his own particular manner, it's impossible to tell exactly when or how your child will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course. Alert your pediatrician; however, if your baby displays any of the following signs of possible developmental delay for this age range.

- Seems very stiff with tight muscles
- Seems very floppy like a rag doll
- Head still flops back when body is pulled up to a sitting position
- Reaches with one hand only
- Refuses to cuddle
- Shows no affection for the person who cares for him/her
- Doesn't seem to enjoy being around people
- One or both eyes consistently turn in or out
- Persistent tearing, eye drainage or sensitivity to light
- Does not respond to sounds around him/her
- Has difficulty getting objects to his/her mouth
- Does not turn his/her head to locate sounds by 4 months
- Doesn't roll over in either direction (front to back or back to front) by 5 months
- Seems inconsolable at night after 5 months
- Doesn't smile spontaneously by 5 months
- Cannot sit with help by 6 months
- Does not laugh or make squealing sounds by 6 months
- Does not actively reach for objects by 6 to 7 months
- Doesn't follow objects with both eyes at near (1 foot) and far (6 feet) ranges by 7 months
- Does not bear some weight on legs by 7 months
- Does not try to attract attention through actions by 7 months
- Does not babble by 8 months
- Shows no interest in games of peekaboo by 8 months

If you are concerned about your child's development, please talk to your child's doctor or call Help Me Grow of Knox County toll free at 1-800-755-GROW (4769). If you are eligible, free services can be provided to develop skills and help your child catch up with their peers.