

# ADAPTIVE & SELF CARE

## What to look for *ages birth - 1*

As your baby grows and learns, they will develop cognitive, language, gross and fine motor, and social-emotional skills that will help them become more independent and able to thrive in the world around them.

Here are a few ways you'll notice these developments as they happen:

### *birth - 6 months*

- Tracks objects with their eyes
- Coordinates sucking, swallowing, and breathing sequence
- Sleeps for four- to ten-hour intervals
- Communicates hunger, fear, or discomfort through crying

### *6-12 months*

- Plays for two to three minutes with a single toy
- Reaches for nearby objects
- Uses their tongue to move food around in their mouth
- Holds cup or bottle independently

### *1 year*

- Feeds themselves snacks such as a cracker, cereal O's, cubed fruit, etc.
- Holds out arms and legs while being dressed
- Explores how to eat with a spoon

