

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



Wyoming
Department
of Health
Behavioral Health Division

Screen for Success is brought to you by the Wyoming Department of Health and the Early Intervention and Education Program



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