

COGNITION & PERCEPTION

What to look for *ages birth - 1*

Babies are always learning, thinking, and exploring the world around them, constantly gathering new information and discovering new things. Cognitive milestones represent important steps in their development.

Here are some things to look for so you can recognize cognitive development as it's happening:

birth - 4 *months*

- Smiles and laughs
- Looks toward the direction of sound
- Looks at patterns with light/dark contrast
- Uses facial expressions to respond to the environment
- Startles when there are loud noises
- Shows boredom or disinterest by fussing

4 - 8 *months*

- Uses eyes and hands together, like swiping at a dangling object
- Shakes and stares at toys placed in hand
- Will search for a partly hidden object
- Explores objects with mouth
- Enjoys games such as peek-a-boo or pat-a-cake
- Responds to conversation by making sounds
- Starts testing cause and effect, like shaking a toy to see what happens

8 - 12 *months*

- Moves obstacles to get at a desired toy
- Likes playing with water
- Notices differences and shows surprise
- Shows interest in picture books
- Smiles into a mirror

1 *year*

- Drops toys to be retrieved, handed back, dropped again
- Imitates gestures and some basic actions
- Has favorite toys



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