

Physical Development

Birth - 4 months	4 months - 8 months	8 months - 12 months	1 Year - 2 Years	2 Years - 3 Years
<ul style="list-style-type: none"> • Turn head from side to side • Follow slow moving objects • Cry with tears • Can see in color • Suck, swallow, sneeze, and cough • Has a heightened sense of smell, taste, and hearing • Lift up on their arms while laying on their stomachs • Hands fistled • Reach for objects • Avg. weight: 10 to 18 pounds • Avg. length: 23-27 inches • Sleep about 13 to 16 hours per day 	<ul style="list-style-type: none"> • Lift head while lying on their back • Focus eyes equally • Track objects with eyes • Establish permanent eye color • Drool and chew on objects • Teething • Eat cereal and soft foods • Roll over • Begin to crawl • Pick up objects with fingers and thumb • Hold a bottle • Avg. weight: 14 to 23 pounds • Avg. length: 25 to 30 inches • Roll from front to back, and back to front • Sit with little support • Sleep 11 to 13 hours per day • Have a pattern for eating, sleeping, and playing 	<ul style="list-style-type: none"> • Upper back muscles mature • See objects 10 to 20 feet away • Eyes work in unison • Judge distance • Drink from a cup • Begin to refuse a bottle • Begin to like/dislike certain foods • Pull themselves up • Point at objects that • Stand alone • Climb • Stacks things • Moving toys back and forth between hands • Puts objects inside boxes or other toys • Enjoys "dropping" things. • Avg. weight: 17 to 27 pounds • Avg. length: 27 to 32 inches • Sleep about 11 to 13 hours per day 	<ul style="list-style-type: none"> • Leg muscles continue to develop • Eye-hand coordination continues to develop • Teething more rapidly (about 6 to 10 teeth will appear) • Drink out of a straw • Draw using the entire arm • Push and pull toys • Stand unassisted • Try to run, but can't stop • Stand/walk alone • Quickly crawling • Like to try and feed themselves • Carrying objects from one place to another • Like to throw objects over and over in the same direction • Avg. weight: 17 to 30 pounds • Avg. length: 27-35 inches • Sleep about 10 to 12 hours per day 	<ul style="list-style-type: none"> • Leg muscles continue to mature • Eye-hand coordination continues to develop • Visual skills needed for learning to read begin to develop • Eat with a spoon • Have almost all teeth • Squat while playing • Climb stairs • Walk around objects • Balance on one foot • Walk well • Walk backwards • Fill and dump containers • Hold a cup • Zip and unzip clothes • Button and unbutton clothes • Avg. weight: 22 to 38 pounds • Avg. length: 32 to 40 inches • Pick up toys without losing balance • Sleep between 9 to 11 hours per day • Can potty train