



Baby's first year at a glance

Five windows, not deadlines. Every baby moves through them at their own pace.

Weeks 0 to 8

about 0 to 2 months

Settling in

Crying builds and usually peaks around weeks 6 to 8, then eases. Wanting to be held a lot is normal, not a bad habit.

Fussier stretch described
around week 5

CDC milestone checklist
at 2 months

Weeks 8 to 17

about 2 to 4 months

Waking up to the world

Real smiles, first chuckles and cooing. Sleep often changes around 4 months as it matures.

Fussier stretch described
around weeks 8 and 12

CDC milestone checklist
at 4 months

Weeks 17 to 26

about 4 to 6 months

Grabbing everything

Everything goes in the mouth and rolling may start. Solids usually begin around 6 months, once the readiness signs show.

Fussier stretch described
around week 17

CDC milestone checklist
at 6 months

Weeks 26 to 39

about 6 to 9 months

On the move

Sitting, and for some babies crawling. Clinginess and wariness of strangers are milestones, not setbacks.

Fussier stretch described
around weeks 26, 30, 36

CDC milestone checklist
at 9 months

Weeks 39 to 52

about 9 to 12 months

Almost a toddler

Pulling up, cruising and waving bye-bye. Walking and talking are not first-birthday requirements.

Fussier stretch described
around weeks 44 and 52

CDC milestone checklist
at 12 months

Born early? Use adjusted age: count from the due date, not the birth date.

Every sleep: on the back, on a flat, empty surface.

Sources: CDC milestone checklists (2022) and the CDC and AAP milestone revision (Zubler et al., Pediatrics 2022); fussier stretches from van de Rijt-Plooij and Plooij (1992), whose exact weeks later studies did not confirm, so treat them as rough windows. General information, not medical advice. If you are worried, talk to your doctor. Your baby's own dates, filled in: peanutbean.com/printables