

# NEWBORN PHYSICAL DEVELOPMENT CHART

Child's Name:

Birth Date:

AGE RANGE	PHYSICAL MILESTONES	PERSONAL NOTES
<b>0 - 1 Month</b>	Jerky arm movements; keeps hands in tight fists; focuses on objects 8-12 inches away; lifts head briefly during tummy time.	
<b>2 Months</b>	Starts to push up during tummy time; smoother limb movements; begins to track moving objects with eyes; holds head up with less support.	
<b>3 Months</b>	Opens and shuts hands; brings hands to mouth; pushes down on legs when feet are on a flat surface; grabs and shakes hand toys.	
<b>4 Months</b>	Rolls from tummy to back; holds head steady unsupported; pushes up to elbows during tummy time; reaches for toys with one hand.	
<b>5 - 6 Months</b>	Rolls in both directions; begins to sit with support; supports weight on legs	

**AGE RANGE****PHYSICAL MILESTONES*****PERSONAL NOTES***

when standing; uses hands to "rake"  
small objects.

\* This chart is for informational purposes only. Consult a pediatrician for developmental concerns.