



Cognitive Development Milestones Checklist^{5,9}

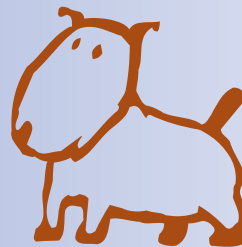
Handout A17



At this stage of development, my baby may...

- ☐ Try to find a toy or object that I hide from them
- ☐ Use different solutions when they're trying to solve a simple problem during playtime. For example, my infant may try lots of different ways to reach a ball that has rolled under a table.
- ☐ Connect animals to the sounds that they use. For instance, they might understand that dogs bark or lions roar.
- ☐ Copy the things that they see me doing such as talking on a phone
- ☐ Point to the familiar people in their everyday routine when asked a question like "Where's Grandma?"
- ☐ Recognize their own name when they hear others say it
- ☐ Begin to understand cause-and-effect (when I do this, something else happens) by repeating their actions over and over again. For example, my baby might drop their spoon multiple times in a row because they're learning that someone will pick it up for them.
- ☐ Show that they understand some shapes by doing something like placing a square toy in the square opening on a shape sorter
- ☐ Like to look at pictures
- ☐ Point to the correct body part when I ask them things like, "Where's your nose?" or "Where's your arm?"
- ☐ Understand that a small toy can fit inside a large container

Reminder...
Babies grow and develop at different rates. Your baby may be following a different path than other infants the same age.



Continued



How I can support cognitive development...

- ☐ Tell them what they learned when they master a new skill or concept
- ☐ Join them in exploring lots of interesting toys or safe household objects
- ☐ Give them opportunities to play on their tummy
- ☐ Take turns having playful interactions with my infant as I do things like clap, then wait for them to clap, or blow kisses and then encourage them to blow kisses back to me
- ☐ Encourage them to help me find hidden toys or objects
- ☐ Talk about cause and effect. For example, I might say something like: “You dumped the water out of the bucket. Now the water is floating down the sidewalk.”
- ☐ Spend lots of time reading with them and looking at pictures in books
- ☐ Join them in dancing to music

*Remember that the Daily Do **Brain Builders** supports healthy cognitive development.*

