

ONE MONTH TYPICAL DEVELOPMENT CHECKLIST (©Diane Bahr)

Place a check mark next to the characteristics you see in your one-month-old baby

Typical 1-Month-Old Baby	YES	NO
FEEDING/MOUTH DEVELOPMENT		
Begins gaining control over rooting reflex (rooting leads to sucking)		
Locates nipple with mouth easily		
Sequences 2 or more sucks from the bottle or breast		
Mouths hands & fingers near front of mouth (generalized mouthing)		
Mouth, nose, & throat growing & changing (different from newborn)		
Has closed mouth & easy nose-breathing when mouth is <i>inactive & empty</i>		
Rests tongue in roof of the mouth to help maintain broad palate shape		
Is free of tethered tongue, lip, and/or cheek ties		
Can mirror/imitate some mouth movement		
Can match some pitch & duration of human voice		
BODY DEVELOPMENT		
When Held Upright		
Lifts & holds head up in line with body for a few seconds (birth to 1 month)		
Holds head up steadily in line with body for a few minutes (1 to 2 months)		
When on the Stomach		
Rests head to one side or the other & can bring hand to mouth on that side		
Moves arms & legs away from body & lowers hips toward a surface when resting		
Lifts & turns head with increasing skill (shifts weight to arms; shoulders likely sending information through spine for hips to lift from surface)		
Can lift head for a few moments without chin touching a surface (birth to 1 month)		
Can lift head for approximately 5 seconds (1 to 2 months)		
Moves legs in thrusting or crawling motion (birth to 1 month)		
When on Each Side		
Turns from side to back from each side (1 to 2 months)		
When on the Back		
Has increased skill in head turning & chin lifting; may turn head from side-to-side		
May assume fencing posture with head turning (arm reaching outward on face side, elbow bent on skull side – asymmetric tonic neck reflex/response)		
May turn head to look at something & move hands in a rudimentary way (possible eye-hand connection)		
Has better peripheral than midline vision, so can track object from side to middle of body		
Has increased chest, shoulder, arm, & hand opening likely secondary to gravitational pull		
Closes hand around adult's finger or object (grasp response)		
Moves arms vigorously (1 to 2 months)		
Kick legs in the air reciprocally, as well as symmetrically		
Bends body, arms, & legs at the same time (tonic labyrinthine reflex, birth to 1 month)		

Straightens body; tries to straighten arms & legs (tonic labyrinthine reflex, birth to 1 month)		
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Primary References

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