

Family Resources for Milestones

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Introduction

What did we look at and why?

- We examined the current resources available to parents on motor milestones and appropriate play activities from 0 - 1 years of age to determine what information parents are receiving on how their children should be physically developing and what they can be doing to help their children develop
- We were also interested in examining differences that exist in how our culture is taught to help their children develop versus what is provided in other cultures
- This topic is of importance due to the large impact that caregivers can have on the physical development of their children during the early years of life

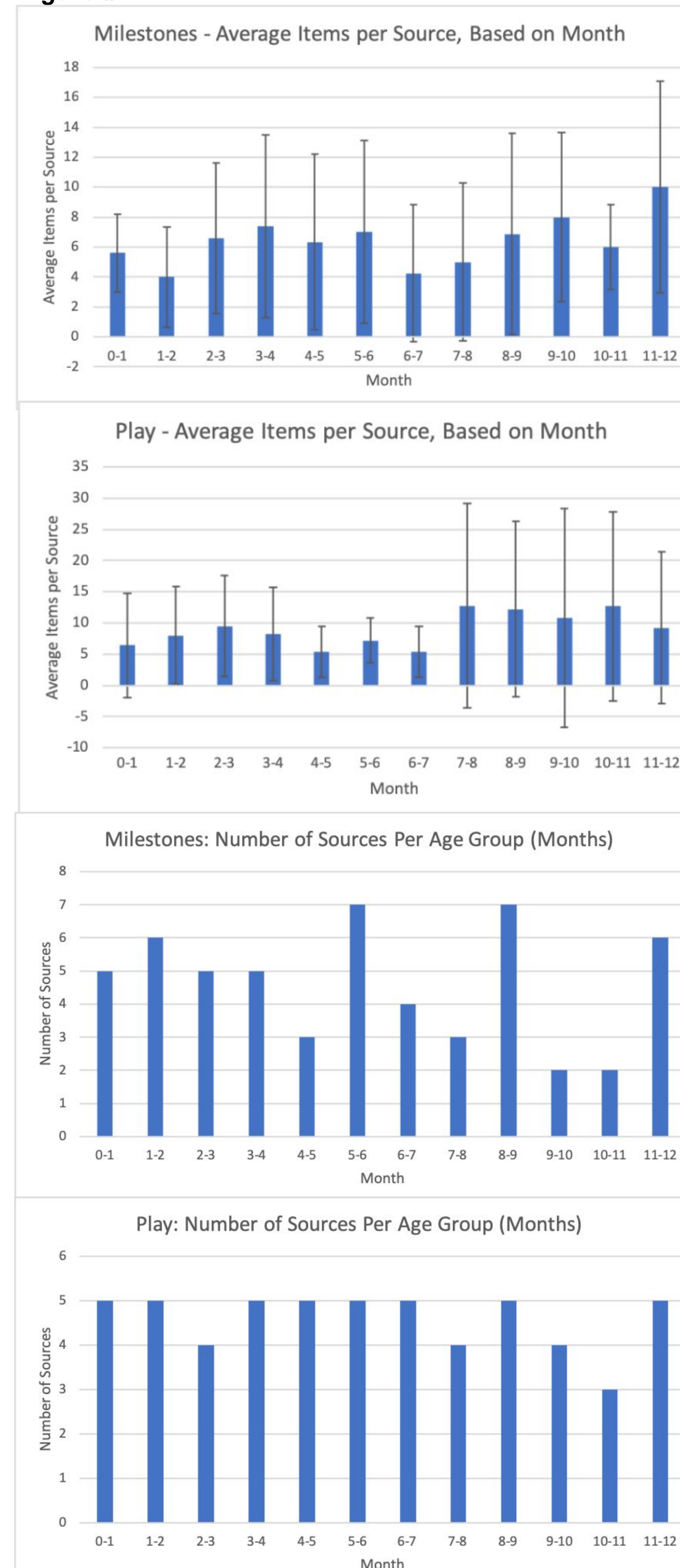
Methods

Search Terms Used:

- Developmental Milestones x month
 - Developmental Milestones for Newborns
 - Baby Milestones by Month
 - Child development by month
 - How to play with your newborn by month
 - How to play with your baby month by month
 - Games to play with baby each month
 - Child milestones
 - CDC Developmental Milestones
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- We examined current resources on the internet and in bookstores which had available information on motor milestones and play activities for infants up to the 1st year
 - We then extracted relevant milestones and play recommendations and summarized them along with search terms used and toys/caregiver involvement
 - Then we pooled our data to determine trends in amount of resources provided for each month of development
 - Finally, we looked at trends in type of motor milestones and play laid out for each month of development

Results

Figure #1



Conclusions

Motor themes:

- Emphasis on increased attention and interaction with infant not significantly highlighted before 3-4 months
 - Implications for caregivers promoting mobility before this age
- Increased playful interactions and varied play experiences not highlighted until 6 months
 - Implications: Caregivers not attempting to expose child to play experiences before this time
- Theme of infants actively seeking things out in environment highlighted at 7 months
- Emphasis on infant achieving more varied movements at 8 months
- General trend towards laying milestones out as absolute; less emphasis on varied range within which infants can achieve milestones
 - Contribution to caregiver anxiety when children don't achieve goals at set time points
- 0-3 months: Emphasis on sensory interactions, physical contact
- 4 months: Increased emphasis on games with toys and reaching
- 6 months: Cause and effect scenarios
- 7 months: Hand-eye coordination
- 8 months: More games involving fine motor control such as pointing
- 9 months: Encourage walking and environment exploration
- 10 months: Fascination with dropping things (cause/effect), increased grip and grasp control
- 11 months: Imitation, pattern recognition
- 12 months: Games with problem solving and changing appearances

Bibliography

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