

P-POD: Pediatric Pocket of Development

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University of Maryland, School of Medicine



Age	Adaptive	Social-Emotional	Fine Motor	Cognition	Language	Gross Motor
Newborn	Nipple feeds well	Soothes--picked up	Grasp	Fixes on objects	Cries	Clears head in prone
1 mo	Alert 1 hour	Looks at faces	Hands fisted	Tracks 30°	Throaty noises	Head up in prone
2 mos	Sleeps 3-4 night hours	Social smile	Hands 50% unfisted	Tracks horizontally & vertically	Coos	Chest up in prone
4 mos	Hands to mouth	Smiles, reaches for parent	Grasps rattle	Watches own hands	Laughs	Good head control
6 mos	Eats baby food	Imitates razz	Rakes, transfers	Looks dropped spoon	Says 'baba' 'dada'	Rolls, sits tripod

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