

FREE

Developmental Charts for Parents

Well Adjusted™

A Note For Parents & Carers:

The sequence and the duration of the developmental phases holds the key to all future performance.

If you feel that your baby or infant is not reaching the relevant developmental milestones for his age then please see “Guiding Your Baby’s Development” or “Well Adjusted Babies” for further information *(both available from www.welladjusted.me)* – these resources outline why developmental delays may occur and where parents can find help and assistance.

For more products and free resources to build the health of your family, please take a look at our website:

www.welladjusted.me

Why is my baby not reaching the developmental milestones?

This is a great question.

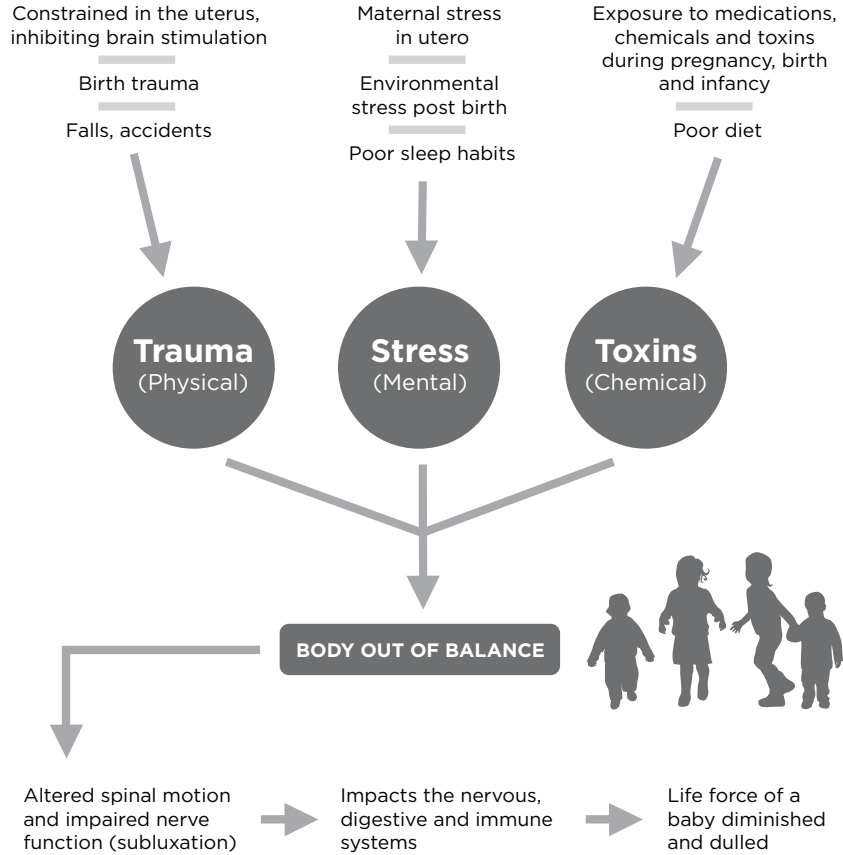
The answer is however not so simple as often there are a number of contributing factors that create a compounding effect. When we look at the adjacent flow chart we can see how restriction in the uterus may effect important brain stimulation as can exposure to harsh chemicals with the result potentially being a young baby who is struggling to integrate their world. Struggling to learn, to express themselves and to interelate.

When the body is out of balance due to stress, trauma or toxins, interestingly the function of the spine and nervous system becomes impaired which results in a reduced flow of the life force. This condition within the body is called a sub-lux-ation. The more severe and the longer the subluxation exists, the more profoundly "dis-organized" the body becomes.

When a child becomes subluxated, the life force is diminished. This causes results weakness of the life force resulting in a lack of coordination and synchronization of the body.

For further information about how these stressors impact our children please see *Well Adjusted Babies*.

Note: Chiropractors work with the nervous system to help restore the flow of life force.





Birth to 8 weeks

VISION

- Your newborn will have blurred vision for first week because the centre of the eye—the part that sees colour—has not yet developed.
- Your baby sees most clearly at a distance of 20–25 cm, which is about the distance that a newborn focuses on his mother when breastfeeding.
- Newborns like toys with bold bright colors or stark contrast, like black and white.
- Your baby will have long spells of staring vacantly at large masses (walls, windows).
- After about a month, pupils will be sensitive to changes in brightness and your baby will turn his head toward sudden bright light.
- After four weeks your baby focuses on the face of whomever is holding them and may follow a toy if you move it in an arc-like motion.

“**Grasping is one of the most important functions that influence the total development of your baby.**”

HEARING

- Your baby will recognise your voice and smell
- Your baby will be startled by loud noises.
- After four weeks he will show interest in voices and begin to recognize yours.
- At four weeks your baby will have different cries and will respond to soothing voices.



MOTOR

Your baby will usually display the following important reflexes:

- Rooting reflex – touch a newborn’s face and he will turn towards you, opening his mouth and searching for something to suck.
- Grasping reflex – up until about eight weeks, if you put your little finger in his hand, he will hold it tightly.
- Suckling reflex – if something enters his mouth, he will lower his tongue to create a vacuum and then begin to suck.
- Walking reflex – if he is held upright and his feet touch the floor, he will make walking movements.
- Moro/startle reflex – if you hold his body without supporting his limbs, he will throw out his limbs and arch his back, then bring himself into fetal position.
- Within four weeks he is able to hold his head up momentarily from the changing table.

From Birth

- Alternate your baby from side to side whilst feeding — this ensures that even right-left brain development occurs. Swap sides even when bottle-feeding.
- Look your baby in the eyes and talk to them frequently throughout the day.
- Get skin-to-skin with your baby as often as you can.
- Blow ‘raspberries’ on his tummy.
- Massage your baby, as massage provides wonderful stimulus and feedback to the brain.
- Have your baby’s nervous system checked by a chiropractor or cranial osteopath skilled with children. Constraint in the uterus or via the birth process can impair nerve function. The earlier your baby is checked the better.

From 3 weeks

- When changing his nappy turn him onto his tummy and briefly (10 seconds) let him lie there; this encourages him to support the weight of his head.
- Lay your baby on your chest and talk to him, encouraging him to lift his head and look you in the eyes.
(If your baby does not appear to like lying on their stomach, this could be an indication of spine or nerve irritation and it is best to have them checked by a chiropractor).
- Babies love visual stimulation. Hang mobiles and wall charts with shapes for them to look at, ideally at varying distances. Start with black and white shapes.

From 6 weeks

- Continue putting your baby on his tummy each time you change his nappy, slowing increasing it to 30 seconds.
- Lie on the floor with him so he has to lift up his head to see you.
- Hold him in your arms and whilst supporting his neck, bend your legs up and down (as if simulating an elevator). Alternatively, hold him safely whilst rocking to and fro in a rocking chair, or place him on your knees whilst sitting on a swivel chair, turning round and round. These motions are said to stimulate production of new brain cells and synapses.
- Introduce colour and slightly more complex patterns to your baby’s field of vision.
- Cover a torch with different colored cloths or pieces of cellophane and move it from side to side to see if he will track it.

CARRY YOUR BABY IN SUPPORTIVE BABY CARRIERS AS MUCH AS POSSIBLE.

An unborn baby spends nine months in the womb experiencing constant motion, warmth, and physical contact with the mother. If a baby cannot feel, smell, and touch their mother, this can be alarming for them and neurological development is often impaired under stressful situations. Researchers are now recognizing the importance of continued contact and motion on the neurological and emotional development of babies.



From 8 weeks

VISION

- Your baby will begin to focus intently on his hands and other objects that are put in front of him.
- He will begin to recognize your face.
- He will have greater depth perception.

HEARING

- Your baby will like to listen to musical sounds.
- He will begin to recognize your voice.

MOTOR

- Your baby will start reaching for and hitting nearby objects.
- He will begin to smile at you and interact by trying to “coo”.
- He will be able to hold his head up for longer when lying on his tummy.

SUGGESTIONS

- Continue putting him on his tummy each time you change his nappy, slowing increasing the time interval.
- Lie on the floor with him so he has to lift up his head to see you.
- Shake rattles and toys that attract his attention and encourage him to follow the sound with his eyes.

SAFE PLASTIC TOYS?

Minimize your child’s exposure to toxins by educating yourself about the harsh chemicals found in many plastic products including baby’s toys.

Watch out for the poison plastic — PVC which can leach phthalates (linked to hormone disruption) and lead (a potent neurotoxicant) Health concerns surrounding PVC are related to both contact exposure (e.g. children putting toys in their mouths) and offgassing.

Go PVC-free by reading packages and avoiding the recycling classification number 3 (found in the ‘chasing arrows’ symbol on the bottom of a product).

Also be mindful of Bisphenol-A (BPA), a component in plastics.





From 12 weeks

VISION

- Your baby will start to recognize faces and places.
- He will be able to distinguish between colours.
- Your baby reaches for things but misses.
- He will watch his hands.

MOTOR

- Your baby will put objects in his mouth.
- Your baby likes to reach and feel with open hands, grasping crudely with two hands.
- When on his tummy, his forearms can support his head and shoulders.
- Ideally, he should be starting to roll himself over.

SUGGESTIONS

- With one of your hands gently cover one of your baby's eyes — then shine a small light across the open eye and notice if the pupil of his eye constricts or becomes smaller. Just test this once or twice — do not do repeatedly.
- From around 3-4 months, when you clap your hands near your baby's head they should stop having such a big startle response.
- Place your baby on his tummy and when he extends one arm forward to touch an object, see if the opposite leg bends up to push off with the toe. If not, then gently bend up this knee to stimulate the cross-over of brain pathways.





4 months



MOTOR

- He likes to grasp things, then let go and kick at the same time.
- He holds and shakes a rattle which is placed in his hand.
- He plays with his own hands.
- Ideally, he should be rolling from side to side.



COMMUNICATION

- Your baby is laughing and blowing 'raspberries'.
- He has learnt that language is fun and is constantly making babbling sounds.
- He will laugh at unexpected sounds and sights, and loves games like 'peek-a-boo'.



“Babies, spend nearly half of their waking time doing things like waving their arms, kicking and bouncing. And while it may appear all this activity is just for the sake of moving, it’s important to realize a baby is never “just moving” or “just playing.” Every action extends the child’s development in some way.

 5 months

 VISION

- Your baby will start to make longer eye contact and explore your face.
- His peripheral vision develops.

 COMMUNICATION

- He uses one syllable words, such as "ah" and "da"
- Be aware he may be shy around strangers.



 MOTOR

- Your baby will be grasping objects and transferring objects from one hand to the other.
- You can gently pull him into a sitting position while he is lying on his back.
- When on his back, he may push up with his legs, lifting his bottom.
- He discovers his feet.
- When lying on his stomach, he pushes up with his arms.
- He plays actively when propped up with cushions in play area for 10-15 minutes.
- He likes to stand up in your lap and push up on his feet.
- He likes to bang items.

 SUGGESTIONS

- Give your baby a range of toys and objects, including those that make noise.
- Allow your baby time to move about, explore his world and entertain himself with a variety of objects such as cups, soft balls, plastic spoons (BPA-free), string, a plastic mirror, etc.
- Give him a rubber suction toy on the tray of his high chair.
- Put a few 'pop-up' toys within easy reach. Watch his surprise as he hits the right buttons.
- Play 'peek-a-boo'.
- Show him 'lift-the-flap' cloth books.
- Let him look at his reflection in a mirror.



6 months

VISION

- Your baby develops greater form perception and has an ability to know object shapes and sizes.
- He is able to recognize familiar faces.

CRAWLING

When your baby crawls, both hemispheres of the brain must communicate and interchange information rapidly across the brain stem. What makes this incredible is that these same neurological routes are used later in life to perform more difficult tasks and in the capacity to multi-task.



MOTOR

- Your baby can roll over, lift his head and shoulders when lying on his back, and raise his arms to be picked up.
- He may be able to sit-up unsupported for a brief time.
- He can move an object from one hand to the other.
- He examines objects by placing them in his mouth; he likes to chew them.
- When lying on his stomach, his head and upper body can be supported by his hands and arms.
- He may try to pivot in a semi-circle on his tummy in search of toys.
- He likes to play with his feet.
- He likes to shake objects and bang objects down.
- He may hold onto a bottle.



COMMUNICATION

- He will begin to recognize his own name.



SUGGESTIONS

- Around six months, your baby will give you clues that he is ready for food. Please consider three important points:
 1. **Slowly introduce foods** and preferably introduce low allergy foods to minimize the risk of allergy and sensitivity. *Please see “Which Foods When” on our website.*
 2. **Minimize your child’s exposure to toxins.** Pollutants in our modern environment—for example pesticides, heavy metals, herbicides and fumigants—have been linked to abnormalities in behaviour, perception, cognition, and motor ability during early childhood, even when exposure is at so-called harmless levels. Therefore, try to provide your child with fresh air, organic food and a toxin-free environment. *Please see “Well Adjusted Babies” on our website.*
 3. **Prioritize ‘brain foods’:** Essential Fatty Acids (EFAs) are great brain foods and are found in cold-water oily fish, various oils such as macadamia, flaxseed and olive, some nuts and seeds, goat’s milk products, blueberries and egg yolks. *Please refer to “Which Foods When” on our website.*

 7 months

 **MOTOR**

- Your baby may be able to sit up briefly, and like to sit alone.
- He likes to use his finger and thumb.
- He notices cause and effect.
- He can bite.
- He may be drinking from a cup.
- He starts combining skills, such as sitting and then lunging into a crawl, then back into a sitting position.

 **COMMUNICATION**

- Your baby takes tremendous pleasure in loved ones, and will remember them even when he hasn't seen them for a few days.
- He is wary of strangers.
- He may suffer separation anxiety if you go away.
- He will use his body to communicate with you, e.g. he will arch his back when you are holding him and he wants to get down.

 **SUGGESTIONS**

- Be aware that between 7-24 months it is common for children to experience separation anxiety. Remain patient rather than pushing them to stay with strangers, as forcing them to stay in an environment they do not wish to can intensify the problem.





8 months



MOTOR

- Your baby likes to pivot on his stomach, throw things, and bang toys together.
- Your baby should ideally be able to sit up unassisted.
- He will start to pull himself into a standing position.



COMMUNICATION

- Your baby may randomly use two syllable words, such as "dada".



SUGGESTIONS

- Interact with your baby and encourage him to imitate your arm movements



9 months



HEARING

- Your baby can associate voices and names with people, even on the phone.
- He will respond to music.



MOTOR

- He can sit up on his own, wriggle along on his stomach, he will be close to crawling if he is not already.
- If he is strong enough, he may be able to use furniture to pull himself upright.
- He may be ready to take his first steps.
- He may be able to handle a baby spoon.
- He can drink from a cup.



COMMUNICATION

- Your baby can wave "bye-bye"
- He understands the concept of "no".



SUGGESTIONS

- Give him toys that squeak when he squeezes them (*see "Safe Plastic Toys on page 6*).
- Play different types of music for him.



10 months



HEARING

- He will like to drop toys, watching and hearing them fall.



MOTOR

- Your baby likes to poke and prod with his fingers, and put smaller objects inside bigger objects.
- He may start to walk; babies usually start somewhere between the ages of 10-14 months.



COMMUNICATION

- He will imitate sounds.
- He may link his first recognizable word to a person, often "dada".



SUGGESTIONS

- Use a soft ball to play with him.
- Explain to him instructions, for example while putting his socks on say "give me your foot and we'll put your sock on".



11–12 months



MOTOR

- Your baby is able to lower himself from a standing position.
- He can use crayons and imitates scribbling.
- Throws objects intentionally.
- He can walk assisted by holding onto furniture or your hand.



COMMUNICATION

- He may say "ta" for thank you and will give you things if you ask.
- He will point to recognizable objects.
- His memory is developing well: he remembers what is behind closed doors, such as pots and pans in the cupboards.
- He often wants to join in conversations and loves to laugh.



SUGGESTIONS

- Speak to him knowing he understands more than we realize.
- Teach him the names of friends and family.
- Show him how to place one block after the other on a table if he is not doing so himself – an ideal place to start counting.
- Demonstrate placing blocks one on top of the other.



12–18 mths

**MOTOR**

- The 'in-the-mouth' method of learning about the world usually disappears by this time.
- Your baby can turn two to three pages of a book at a time.
- His hand-eye coordination now becomes well established.
- Somewhere between 10-14 months he will begin to walk unassisted.
- Somewhere between 12-18 months he will begin to run – this will still be awkward.
- He will be able to remove gloves, hats, socks and unzip jumpers.
- He is able to open cupboard doors.
- He can walk assisted up and down stairs.

**COMMUNICATION**

- Your baby has a vocabulary of two to three words.
- Plays near others but may not play with them.
- Will hug others, push, pull, snatch and grab, will defend himself.
- Talks to himself whilst playing.
- Probably won't ask for help.

PRIME YOUR BABY'S SENSES

Whenever possible, introduce new sensory experiences to your baby. Let them play with a range of objects which have different textures, temperatures or that make different sounds. Use the everyday world to excite their senses; have them run barefoot on the grass or sand, dip their fingers and toes in water, or play with rustling leaves.

**SUGGESTIONS**

- Speak to him in full sentences.
- Encourage him with a range of objects and toys to do lots of self-play.
- Give him play dough, clay etc – things he can mould.
- Give him toys he can pretend to feed, wash, clean their teeth and comb their hair.
- Give him ride-on toys to push himself along.





18 mths – 2 yrs



MOTOR

- By 18 months, your baby is becoming a toddler and he is ready to learn how to kick or throw a ball.
- He is keen to scribble with a crayon.
- He is able to turn the pages of a book one at a time.



COMMUNICATION

- He can say between 6 and 20 recognizable single words, but understands many more.
- Role play is now of great interest to little ones and your toddler will want to copy you by “cooking”, “cleaning” and “doing repairs”!
- He will demonstrate frustration and impatience as he is eager for independence.
- Between 7-24 months it is common for children to experience separation anxiety.



SUGGESTIONS

- Speak to him in full sentences.
- Offer him a miniature broom, give him cloths to clean windows, give him mixing bowls, spoons and cups and small jugs of water and rice.
- Give him lots of colouring-in activities.
- Teach him different colours.





2yrs



MOTOR

- Your toddler now runs.
- He can negotiate stairs, placing two feet on each step.
- He can build a tower containing at least five blocks.
- Attempts to copy you drawing a vertical line.
- He can push himself along on a tricycle.



COMMUNICATION

- He is able to identify and match some colors.
- He uses phrases made up of two or three words.
- Use of pronouns such as mine, me, you, I.
- Has a vocabulary of about 270 words.



SUGGESTIONS

- Continue to give him a dusting cloth or a brush and pan so he can mimic and help you with housework. Praise his efforts!
- Teach him to do stimulating activities like blowing bubbles or balloons, building with blocks, doing puzzles.
- Give him play-dough to pummel and pull apart. Ask him to make you specific things.
- Drape a blanket between two chairs to make a tent. Fill the tent with toys and let his imagination do the rest.
- Make sure your child is getting ample sleep.
- Show him how to draw lines and a circle.
- Teach him his full name.
- Temper tantrums are common — be patient with him.

BE ACTIVE

From an early age it is important to teach your child a range of physical activities so that they can learn to balance and coordinate their bodies. Activities like standing on one leg, hopping, skipping and walking along a beam or ledge (under supervision) are all helpful for balance, while spinning, swinging, ball games, clapping hands and cross crawling all provide wonderful brain feedback and can be introduced early.



2-3yrs



MOTOR

- He can hold a crayon in his fist, and at 3 years he will start to hold the crayon with his fingers.
- He will attempt to copy a circle.
- He can hop on one leg and walk backwards.
- He can build a tower of about nine blocks.
- Somewhere between 2-4 children will learn to toilet train.



COMMUNICATION

- He refers to himself as I.
- He can carry on a conversation.
- He is willing to wait his turn for something.



SUGGESTIONS

- Ask him to help putting things away.
- Make sure your child is getting ample sleep.
- Encourage lots of imaginative play and dress ups.
- Give him lots of colouring-in activities.
- Teach him short songs.
- Spend time each day reading to him.
- When he draws get him to tell you what he is drawing.
- Give him buckets of sand and water to play with.





3yrs



MOTOR

- Your toddler now climbs stairs using one foot on each step.
- He can balance on one leg.
- He begins to walk on tiptoes.
- He holds crayon with fingers.
- He can draw a circle and a cross.
- He catches a ball clumsily and forcefully kicks it.



COMMUNICATION

- He will know his first and last name.
- He expresses himself in four-word phrases.
- Maybe be shy or uncertain.
- Knows approximately 900 words.



SUGGESTIONS

- Encourage regular sharing of playthings.
- Encourage him to dress himself under supervision.
- Give him lots of colouring-in activities.
- Make sure your child is getting ample sleep.



3-4yrs



MOTOR

- Your child now walks up or down stairs with one foot on each step.
- He can hop on one foot.
- He is able to walk on heels.
- He can build a tower containing at least ten blocks.
- He can draw a man as a circle with a head, arms, legs.
- He begins to button or unbutton.
- He is able to take off his shoes.
- He is able to feed himself.



COMMUNICATION

- Able to follow instruction to place items in, on top of or under another item.
- He knows his full name and age.
- He uses five-word phrases.
- He will have fewer temper tantrums as his communication builds.
- He will often be silly and do things wrong purposefully.



SUGGESTIONS

- Encourage him to feed himself.
- Encourage him to dress and undress himself.
- Ask him lots of questions and engage him in conversation.
- Make sure your child is getting ample sleep.
- Offer him a safe painting environment.
- Teach him primary colours.
- Spend time each day reading to him.



4yrs



MOTOR

- Your child now walks down stairs with one foot on each step.
- He can hop on one foot.
- He can build a tower containing at least ten blocks.
- He can draw a man with a head, arms, legs and a body.
- He should now be independent with the toilet.



COMMUNICATION

- His language should be fairly fluent.
- He listens attentively to others.
- He will ask lots of questions about the world around him.
- He can explain decisions that are made based on moral implications.




SUGESTIONS

- Demonstrate how to use a pair of children’s safety scissors.
- Allow time for him to dress himself.
- Explain the causes and effects of decisions.
- Give him opportunities to demonstrate his new level of responsibility.
- Let him plan an activity and execute it.
- Avoid over-stimulation by limiting his interactions with technology such as TV, gameboys, computers, etc.
- Make sure your child is getting ample sleep.



TURN DOWN THE TV

Studies have found that 40% of households keep the television on ‘in the background’ and that this negatively affects children¹, decreasing both the quantity and quality of parent-child interactions². If you want to keep the television on, turn the volume down as this keeps the brain active.

 4-5 years

 **MOTOR**

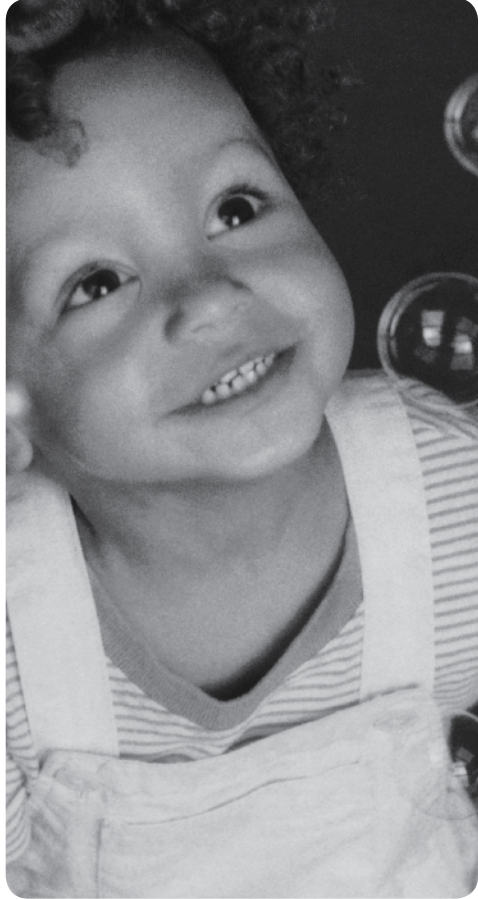
- He runs and turns without losing balance.
- He can stand on tiptoes.
- He may stand on one leg for ten seconds.
- He can cut out pictures and paste them on paper.
- He can count to four or higher.
- He may be able to tie laces.

 **COMMUNICATION**

- Can tell a simple story.
- Knows the days of the week.
- Understands right and wrong.
- He will use lots of self-praise.

 **SUGGESTIONS**

- Ask him questions like, "Which day comes after Tuesday?"
- Encourage outside play and ball skills.
- Encourage make-believe games.
- Encourage counting.
- Spend time each day reading to him.
- Show him how to write his name.
- Show him patterns and encourage him to create patterns.
- Make sure he has some lace-up shoes and show him how to tie them.
- Give him instructions that involve directions.
- Describe past, present and future events.





5-6 years



MOTOR

- He catches a ball and has lots of ball skills.
- He has good balance for climbing etc.
- His general co-ordination is improving.
- He can skip.
- He knows left from right.
- He will demonstrate an aptitude for right or left-handedness.
- He can draw a detailed house.



COMMUNICATION

- He will use 6-7 word sentences.
- He is able to count to ten or more.
- He will start to recognize numbers 1-10.
- He develops the ability to share and take turns.
- His handwriting is more legible.
- Friends become more important in his life.



SUGGESTIONS

- Engage him with simple household chores.
- Play simple board games that have basic rules.
- Continue to teach him how to write his name.
- Get him to tell you when it is morning, afternoon and evening.
- Spend time each day reading to him.
- Give him games that require matching up pairs.
- Give him games that involve him making patterns and sequences independently.





6-7 years



MOTOR

- He can copy a triangle.
- He uses a pencil for printing name.
- He will start writing more quickly.
- He will like stunts and gymnastics.



COMMUNICATION

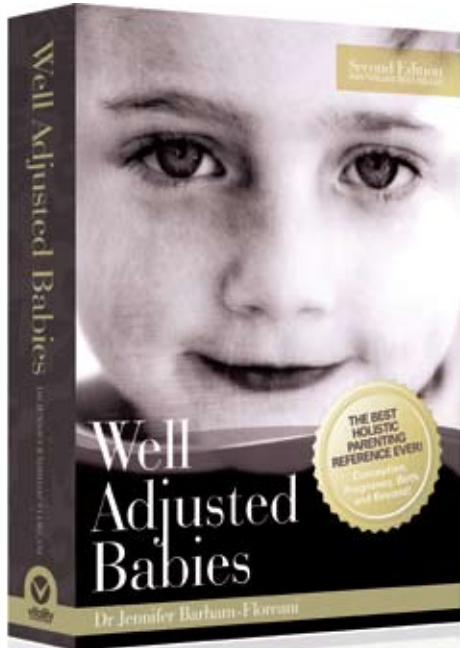
- He can read one syllable words such as cat, dog etc.
- He begins to develop a basic vocabulary, by figuring out words and choosing simple stories with illustrations.
- He asserts personal choice in decision making and is aware of consequences of his choices.



SUGGESTIONS

- Give him games that require counters and grouping.
- Encourage inventive spelling and sounding out.
- Teach him simple time concepts.
- Have him cut out different shapes and tell you about them.
- Spend time each day reading to him.
- Encourage gymnastics, karate or other sporting activities.





For More Information, Please See Dr Jennifer's Best-Selling Book: Well Adjusted Babies

Known as “the new parenting bible”, this Australian Best-Seller offers the most unique collation of cutting-edge information and knowledge on holistic parenting — all in the one book!

If you're looking for pregnancy books, Well Adjusted Babies is a unique guide for holistic parenting from pregnancy through to early childhood that every parent should own. This Best-Selling book focuses on health-related issues and what Dr Jennifer Barham-Floresani describes as “the variables that may affect your child's inherent potential”.

Astounded by the lack of information on chiropractic, particularly in books relating to parenting, Dr Jen (as many colleagues and clients know her) wrote this parenting and pregnancy book for parents, chiropractic clients and fellow practitioners.

Discover Dr Jennifer's well-researched, easy-to-read information about...

- ✓ Improving Fertility
- ✓ Meeting Your Needs
- ✓ How to Have a Safe, Natural Birth
- ✓ First Foods for Babies
- ✓ Minimising Harmful Toxins
- ✓ The Benefits of Chiropractic
- ✓ Wholesome dietary habits
- ✓ Self-Care During Pregnancy
- ✓ Techniques to Ease the Pain of Labour
- ✓ Breastfeeding, Formulas and Colic
- ✓ Tips for partners and birth teams
- ✓ Alternatives to Pharmaceutical Drugs
- ✓ How to Guide Your Child's Development
- ✓ And MUCH More...

FOR READER REVIEWS AND PURCHASE DETAILS, PLEASE SEE...

www.WellAdjusted.me