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Listening, learning, and living together: it's the science of life.

Six Months To One Year: Physical Development¹

Donna Davis²

Watching an infant develop is an extraordinary adventure. "The first year is full of twists and turns and ups and downs...literally." Physical development of a child in the first year is amazing to behold. Growing from a tiny, fragile, helpless being to a baby on the move keeps parents on their toes. Rolling over, sitting up, and taking those first monumental steps are all taking place in the first six to twelve months or so.

New parents are often curious about when to expect those magic moments to occur. Typically, by five or six months, babies will begin rolling over, sitting up on their own, and have significant improvement in their eye-hand coordination. As they reach eight to ten months of age, mobility becomes both a thrill and a challenge when babies begin to crawl. At this point it will be important to begin to "babyproof" their surroundings. Move breakable objects, houseplants, and dangerous substances out of reach. Cover electrical outlets and put safety latches on cabinets. Some homes may need a child gate to keep babies out of certain areas or away from stairs.

Between the tenth and twelfth month, babies will begin climbing, pulling themselves up, standing, and, eventually, taking those first steps. Along with their mobility comes dexterity. Babies can now pick up small items. They will want to feed themselves and

1. This document is FAR0404, one of a series of the Department of Family, Youth and Community Sciences, Florida Cooperative Extension Service, Institute of Food and Agricultural Sciences, University of Florida. First published November 2007. In the interest of time or clarity, the broadcast version of this script may have been modified. Please visit the EDIS Web site at <http://edis.ifas.ufl.edu>.
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will likely want to help dress and undress themselves. So hang on! The adventure just got louder, higher, faster, much more fun, and definitely more exhausting!

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