

✨ BUNDLE FREEBIES ✨

INTRODUCTIONS

- Quick introduction to Montessori childcare philosophy
- Montessori tips when introducing toys
- Why wooden toys?
- What's a *yes space*?
- Montessori-aligned toys and what to avoid

CHARTS

- Gross motor development summary per age group
- Fine motor development summary per age group
- Development category summary and checklists per age group

RECOMMENDATIONS

- Books
- Music

GUIDES

- Guide to Montessori mobiles for every stage
- Guide to Montessori Prepared Environment



SLEEPING
Little Angels



Introduction to Montessori for Babies (0–12 Months)

The Montessori approach focuses on **respecting your baby as an active, capable learner** from the very beginning. Instead of trying to “teach” skills, Montessori prepares an environment that allows the child to develop naturally—following their own pace, interests, and curiosity.



Core Montessori Principles for Infants

1. Follow the Child

Every baby develops differently. Montessori encourages observing your little one’s cues, interests, and rhythms so you can offer activities and toys that match exactly where they are.

2. The Prepared Environment

Your home becomes a safe, simple, inviting place where your baby can move freely and explore. A Montessori environment is calm, uncluttered, and arranged at the child’s level.

3. Respect for Independence

Even tiny babies are building independence—lifting their head, reaching for an object, choosing where to look. Montessori supports this by giving babies time, space, and opportunities to do things themselves.

This guide is categorized by development type:

GROSS MOTOR

Big body movements (rolling, crawling, walking)

FINE MOTOR

Hand/finger skills (grasping, releasing, pincer)

SENSORY

Vision, hearing, touch, smell, vestibular, proprioception

COGNITIVE

Thinking, problem-solving, memory, cause-effect

LANGUAGE

Babbling, gestures, understanding words

SOCIAL/EMOTIONAL

Bonding, emotions, self-soothing, interaction

ADAPTIVE

Feeding, early-routines, independence skills

Montessori Tips When Introducing Toys (0–12 Months)

Introduce only one toy at a time to encourage focus allowing exploration, then switch only when interest fades.

◆ Babies learn more when not overwhelmed.

Present the toy slowly, with intentional motions. Show how to use the toy one time, then allow the baby to explore freely.

◆ Slow demonstration supports concentration.

Sit next to the baby, not in front. Your presence is supportive. Let baby see your hands and the object clearly.

◆ Encourages self-directed exploration and independence.

Let the baby lead. Don't correct their grip or force the "right way." If they explore differently, that's part of learning.

◆ The goal is not performance. It's discovery.

Use simple, natural toys like wooden, fabric, and metal objects before complex toys.

◆ These provide rich sensory feedback and help refine early skills.

Offer toys at the baby's level like low shelves, shallow baskets or within reach on a playmat

◆ Independence begins with access.





Montessori Tips When Introducing Toys (0–12 Months)

Observe before you intervene to see how baby interacts: e.g. mouthing, shaking, dropping. Offer toys based on observation.

◆ Montessori is built on "follow the child."

Rotate toys every 1–2 weeks. Remove toys that no longer interest the baby and replace them with new ones.

◆ Keeps engagement without overstimulation.

Choose toys that support one skill at a time
Montessori toys isolate a single skill like grasping, tracking, posting, or staring.

◆ Isolation of skill builds true mastery.

End the activity naturally. Let baby finish when *they* are done. Don't force longer play or stop abruptly unless unsafe.

◆ Helps them develop attention span and autonomy.

Demonstrate respect for the toy by handling toys gently, put them back neatly where they belong, and model care.

◆ Baby will imitate this relationship with their environment.

Always follow safety + development readiness
Introduce toys that match the child's abilities, not age labels.

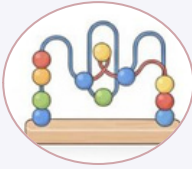
◆ Every baby develops differently.

Why Montessori emphasizes simplicity?

Babies learn best when their environment is **orderly and not overstimulating**. Instead of a room full of flashing, noisy toys, Montessori encourages:

- **Less clutter**
- **Fewer but higher-quality materials**
- **Clear organization**
- **Purposeful movement**

◆ This helps babies focus, calm their nervous system, and explore with intention.



Why wooden toys?

Wooden toys are popular in Montessori environments because they are



- **Safe & non-toxic**
- **Durable and long-lasting**
- **Natural in texture and temperature**
- **Visually simple**, promoting concentration and grounded in reality

◆ They do not light up or make electronic sounds—so the **baby creates the action**, not the toy.



What to avoid

Montessori suggests limiting:

- **Battery-operated, flashing, or musical toys** that entertain rather than engage
- **Plastic, overly colorful items** that overstimulate
- **Walkers, jumpers, and containers** that restrict movement
- **Cluttered shelves or toy bins** that make it hard for babies to choose intentionally

◆ The goal is not perfection, but **intentionality**.



What is a Montessori Yes Space?

A **yes space** is an area where everything is safe for your baby to explore freely—no “no’s” needed. This usually includes:

- A floor mattress or safe sleep area
- Soft flooring or mats
- Low shelves with a few toys
- Baby-proofed outlets, corners, and furniture

◆ A yes space builds confidence, freedom of movement, and independence.

Montessori-Friendly Toys vs. Not Montessori Toys

- ✓ Wooden rattles
- ✓ Grasping rings (wood, silicone)
- ✓ Soft balls, textured balls
- ✓ Interlocking discs
- ✓ Rolling bell cylinder
- ✓ Object permanence box
- ✓ Posting toys (coin box, ball drop)
- ✓ Simple puzzles (1–3 pieces)
- ✓ Stacking rings / nesting cups
- ✓ Real objects (Treasure Basket items)
- ✓ Board books with real images
- ✓ Natural materials (wood, metal, fabric)

- ✗ Light-up plastic toys
- ✗ Battery-operated toys that “perform”
- ✗ Electronic toys with music + flashing lights
- ✗ Baby walkers, jumpers, exersaucers
- ✗ Toys with buttons that trigger lights/sounds
- ✗ Overly colorful, noisy toys
- ✗ Toys that restrict movement or contain baby
- ✗ Toy sets with too many parts/visual clutter
- ✗ TV-linked toys or app-based toys
- ✗ Miniature cartoonish replicas
- ✗ Books with sound buttons or distractions
- ✗ Full plastic toy sets / themed playsets

DISCLAIMER: This guide is for **informational and educational purposes only**. The activities, suggestions, and toy recommendations included are based on general child development principles and Montessori-inspired practices. Every baby develops at their own pace, and caregivers should always use their own judgment and adapt activities to their child’s individual needs and abilities.

Nothing in this guide should be considered **medical advice, professional therapy, or a substitute for consultation with a qualified healthcare provider**. Always consult your pediatrician or a licensed professional if you have concerns about your child’s health, safety, or development.

All activities should be supervised by an adult at all times. When using this guide, you acknowledge that the creator is **not responsible for any injury, hazard, or damage** that may result from the use of the information, toys, or materials mentioned. It is the caregiver’s responsibility to ensure that all toys and materials are age-appropriate, non-toxic, and safe for their individual child. Always be mindful of choking hazards like small, removable objects or toys that may detach and become small enough to swallow.

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Thank you for respecting the work, research, and creativity that went into making this guide.

Montessori Mobiles For Every Stage

Montessori mobiles are introduced in a **specific developmental order** because each mobile supports the baby's evolving visual abilities: contrast, focus, tracking, depth, and color perception.

Munari Mobile 0 to 6 Weeks

- Black, white, geometric shapes
- Very light, slow movement
- Supports newborn visual focus + contrast
- Helps develop concentration

Octahedron Mobile 6 to 8 Weeks

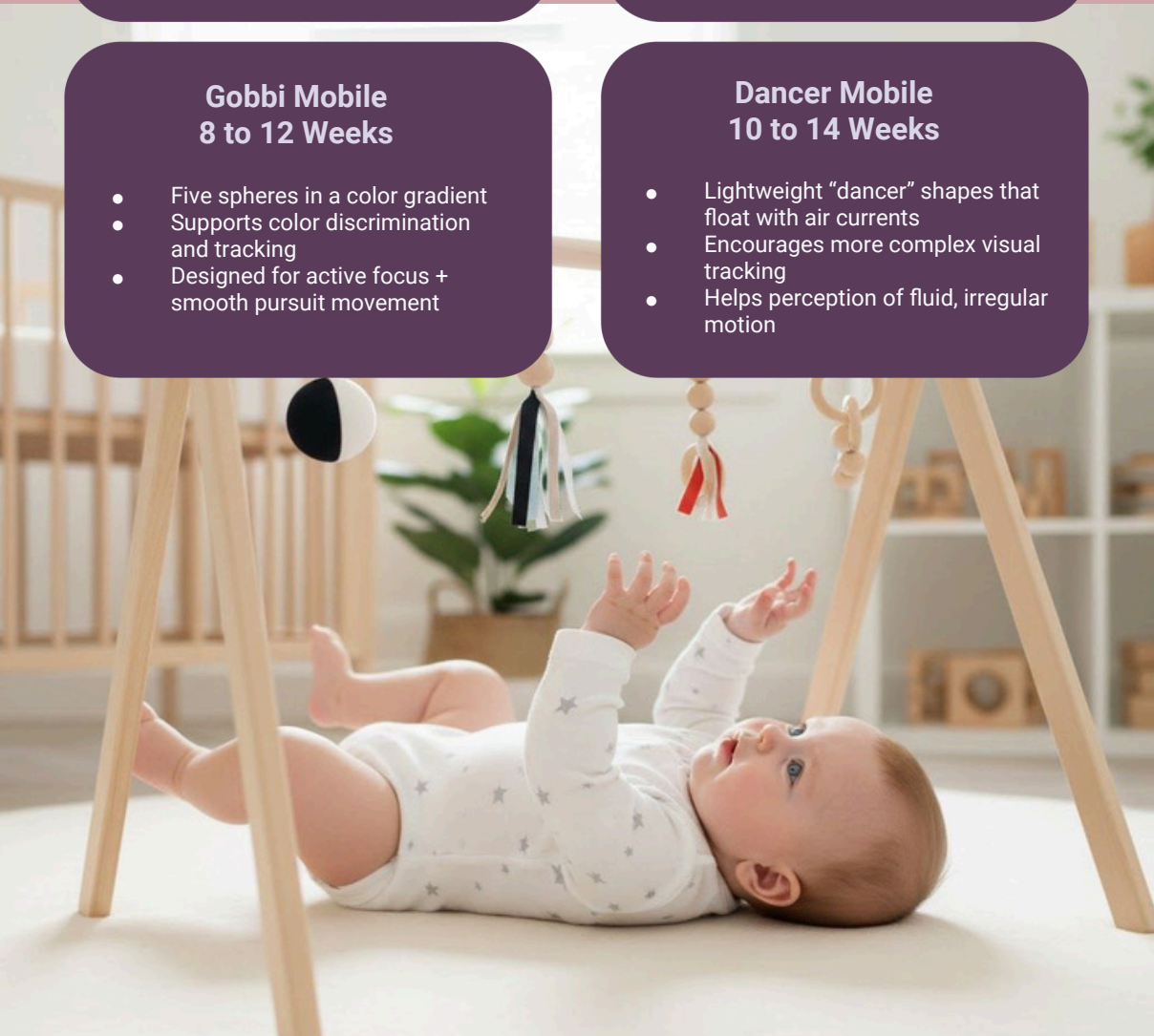
- Three colorful octahedrons (primary colors)
- Introduces *color perception*
- Baby practices focusing at different depths
- Helps expand visual range and depth understanding

Gobbi Mobile 8 to 12 Weeks

- Five spheres in a color gradient
- Supports color discrimination and tracking
- Designed for active focus + smooth pursuit movement

Dancer Mobile 10 to 14 Weeks

- Lightweight "dancer" shapes that float with air currents
- Encourages more complex visual tracking
- Helps perception of fluid, irregular motion





Rainbow Mobiles 12+ Weeks

- More complex shapes
- Baby refines visual learning + curiosity
- Supports attention span and pattern recognition

Tactile Mobiles 3 to 5 Months

These are *reachable* (unlike visual mobiles, which are not to be touched).

- Bell on a ribbon
- Wooden ring
- Grasping beads on string
- Crochet ball

Place mobiles in

- Floor mat or movement area
- Near natural light
- 12 inches above baby's chest
- In a calm uncluttered area
- Where baby can not touch (visual mobiles)
- Where soft wind can naturally cause movement

Avoid for overstimulation

- Placing over crib or changing table
- Placing near fans or strong wind
- Placing too high above baby
- Battery operated mobiles
- Musical and light-up mobiles
- Cartoon character mobiles
- Too colorful mobiles



Munari Mobile (0–6 weeks)

Hang 12 inches above baby's chest. Baby watches the gentle movement; do not touch or spin it for them.

[Buy similar](#)



Octahedron Mobile (6–8 weeks)

Hang above baby; the reflective colors help depth perception.
Baby observes passively.

[Buy similar](#)



Gobbi Mobile (8-12 weeks)

Hang near baby; 5 gradientspheres help visual discrimination.

[Buy similar](#)



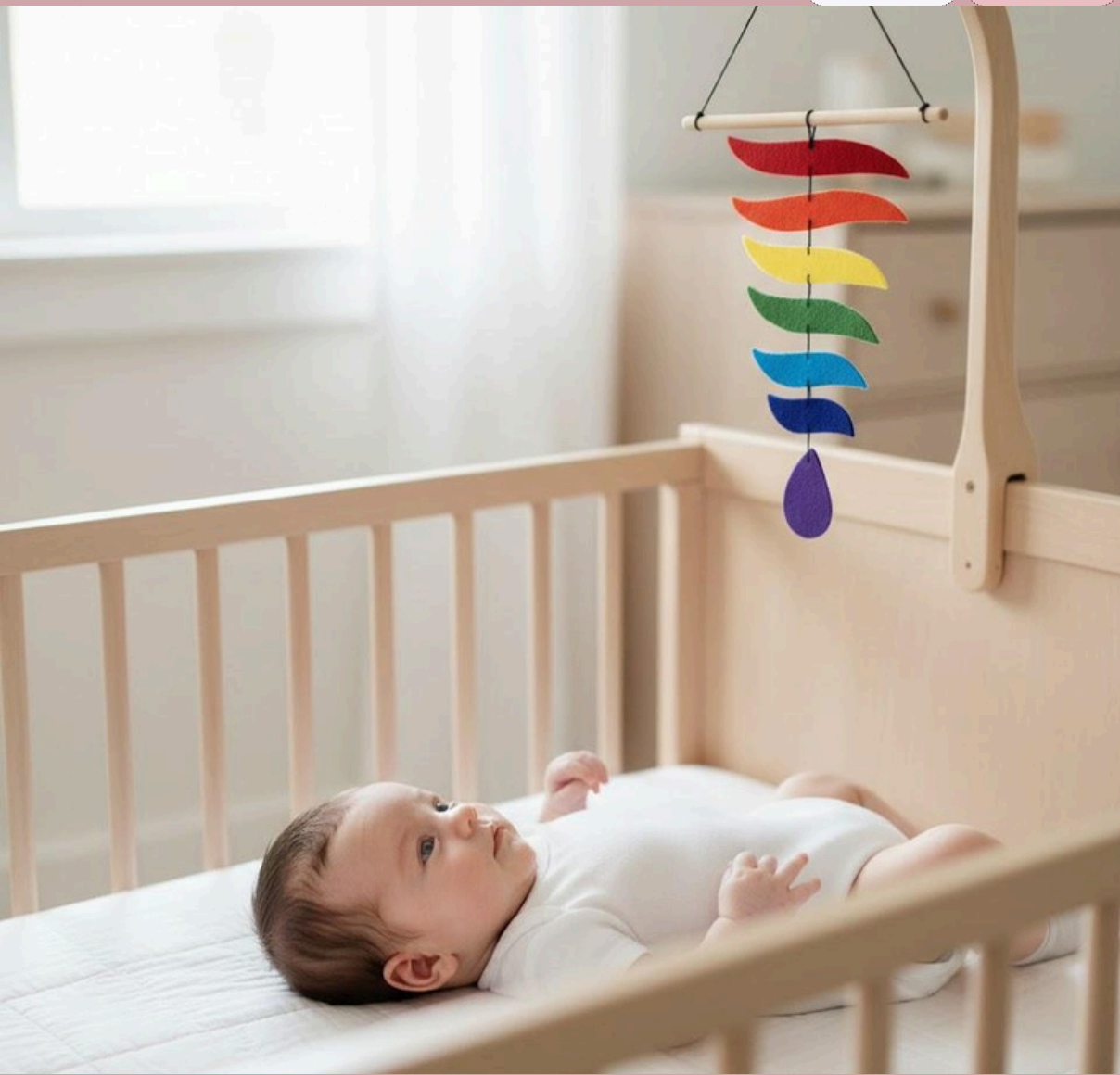
Dancer Mobile (10-14 weeks)

Baby's eyes are developing the ability to follow more complex movement. The holographic/foil "dancers" reflect light and move lightly with air currents. Supports depth perception, visual tracking, and concentration

[Buy similar](#)

COGNITIVE

SENSORY



Rainbow Mobile (12+ weeks)

Supports color gradation awareness and depth perception.
Meant for slightly more advanced visual tracking

[Buy similar](#)

SENSORY

FINE MOTOR

GROSS MOTOR



Play Gym with One Tactile Toy

Hang a single grasping ring, bell, or ball. Baby can bat or reach toward it, encouraging early coordination. Put one toy at a time.

Choose a versatile play gym which you can hang different toys for every development later (sensory, grasping, kicking etc.)

[Buy similar](#)



The Montessori Prepared Environment

FLOOR MAT

LOW MIRROR

PLAYGYM

FLOOR BED

LOW SHELF

CESTINA

TOPPONCINO

BOOK SHELF

TABLE & CHAIR



How to Choose a Montessori Floor Mat

Choose natural or non-toxic materials:

- 100% cotton
- Easy to Clean & Washable
- Organic cotton batting
- Wool felt
- Non-toxic EVA foam
OEKO-TEX, GOTS, or
CertiPUR-US certifications

Large enough for movement to allow:

- Rolling
- Reaching
- Kicking
- Crawling attempts
- Early floortime independence

Ideal size:

At least **3 × 5 feet (90 × 150 cm)**
Bigger is better if space allows.

Choose simple, neutral design for concentration.

- Solid colors
- Soft neutrals
- Simple textures

Avoid busy patterns, cartoon prints, and overstimulating graphics. Babies focus easily when the environment is visually calm.

Safe, firm, supportive surface: Avoid overly squishy or padded surfaces because babies need firm ground to:

- Strengthen head, neck, and core muscles
- Push down effectively during tummy time
- Develop balance and coordination

Look for:

- Firm foam mats
- Wool or cotton padded quilts
- Thin but comfortable organic mats



ADAPTIVE

SENSORY

SOCIAL
/EMOTIONAL

GROSS MOTOR



Montessori Floor Bed

Use as a low, open resting space where baby can lie, observe the environment, or enjoy calm awake time. As baby matures, it allows free movement on and off the mattress. Place near a mirror or shelf for visual engagement. Use only with full supervision at this age.

[Buy similar](#)

SENSORY

ADAPTIVE

SOCIAL
/EMOTIONAL

Topponcino (Montessori Infant Support Pillow)

Use as a soft, stable surface for holding, feeding, or transferring baby between caregivers. Lay baby on topponcino during supervised awake time to create a familiar sensory environment. Helps reduce startle reflex during handling.

[Buy similar](#)



Low mirror

Position baby on back or tummy in front of mirror. Let them watch their own movements and facial expressions. Ensure mirror is secure.

[Buy similar](#)



Montessori Baby Bookshelf (Front-Facing)

Place 3–5 simple board books with covers facing outward. Sit with baby during awake time and show each book slowly. Books stay in the same spot to build familiarity and order. As baby matures, they will begin reaching toward the books themselves.

[Buy similar](#)



Cestina (Montessori Newborn Basket)

Place newborn in the basket during supervised awake periods. Use it as a calm, consistent space for observing the environment, gentle transitions, or quiet alert time. Helps baby feel secure and contained, similar to the womb.

[Buy similar](#)

How to Choose a Montessori Toy Shelf

Low & accessible: Montessori supports independence from the earliest months

- Height should be accessible
- Your baby should be able to see the toys even before they can sit
- Later, they can crawl or pull up to access items independently

Open shelves with wide compartments: Encourages order and purposeful choice.

- Shelves should be **open(not bins)**
- Each toy has a clear, visible place
- Helps with toy rotation and organization

Simple, natural materials: A calm environment supports concentration

- Solid wood or plywood is ideal
- Light or neutral colors
- Avoid bright patterns, decals, or busy designs

Stable & Safe: Babies pull up on furniture. Safety first.

- Should not wobble when pushed
- Ideally anchored to the wall
- Rounded edges preferred

Where to put the shelf:

- In the baby's main play area
- Next to a soft movement area
- With good natural light
- Away from overstimulation
- In a safe, baby-proofed zone
- With enough clearance around it

Montessori recommends putting out 4–8 developmentally appropriate toys and rotating them every 1–2 weeks.



[Buy similar](#)



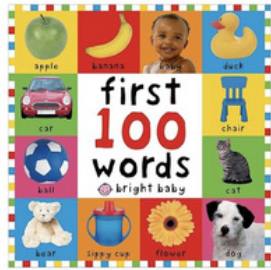
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Recommended books for 9-12 months

Real objects

First 100 Words (Real Photographs Edition)



[Buy](#)

My First Words: Let's Get Talking



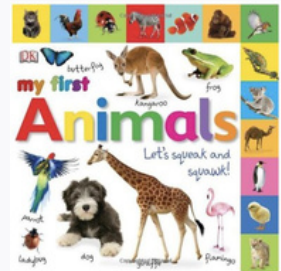
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My First Things That Go



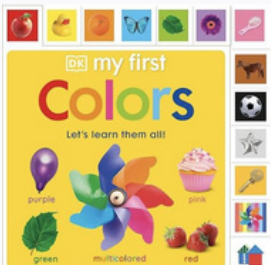
[Buy](#)

My First Animals



[Buy](#)

My First Colors



[Buy](#)

My First Ocean



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Note: There are more from DK Publishing under My First Collection

[Visit](#)

Recommended books for 9-12 months

Routine and Daily Life

Bathtime



Buy

Let's Get Dressed



Buy

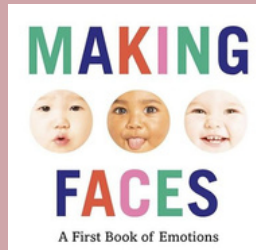
Bedtime



Buy

Emotions and Baby Faces

Making Faces



Buy

Montessori-aligned tips when choosing books

Choose real photographs, not cartoons.

Simple pages with one clear image per page.

Concrete themes: animals, babies, food, routines

Sturdy board books for independent page-turning.

Real baby faces to support emotion recognition.

Simple language (“Dog,” “Apple,” “Baby sleeping”).

Repetition is good – helps memory and engagement.

Avoid buttons, sounds, flaps, and characters.

Encourage pointing and naming while reading together.

Offer only 2–3 books at a time and rotate weekly.

Montessori Music Environment

✓ Offer real, gentle music

Choose acoustic, instrumental, or classical pieces.

Music should support concentration, not overstimulate.

✓ Prioritize the human voice

Your voice is your baby's favorite instrument.

Sing slowly, clearly, and with warmth. This builds language, rhythm, and emotional connection.

✓ Present a few instruments at a time

A small "music basket" (2–3 items):

- Shaker
- Jingle bell
- Small drum

✓ Encourage intentional listening

Play one song at a time.

Avoid background noise all day.

Let your baby experience silence and sound contrast.

✓ Support movement with music

Slow swaying, dancing while being held, or waving a scarf helps integrate auditory + motor skills.

✓ Choose real, high-quality sounds

Avoid electronic toys, buttons, and cartoon music. Instead, use:

- mechanical music boxes
- real instruments
- recordings of real instruments and voices

✓ Observe your child

Turn off: If the music makes them hyper, fussy, or overstimulated

Keep it on: If they quiet, sway, watch, or smile — they're absorbing it beautifully.



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Best Montessori-Aligned Songs & Playlists (0–12 Months)

CLASSICS

Bach – Cello Suites (Yo-Yo Ma or Mischa Maisky)

Mozart – Piano Sonatas

Debussy – Clair de Lune

Vivaldi – Four Seasons (Slow Movements)

Schubert – Ave Maria (Instrumental)

ACOUSTICS

“Acoustic Lullabies” – Spotify Playlist

“Instrumental Dreaming” – Apple Music

Solo guitar lullabies (Acoustic Covers)

Fingerstyle guitar playlists

Harp lullaby albums

NATURE

Gentle rain

Ocean waves

Forest birds

Breeze in trees

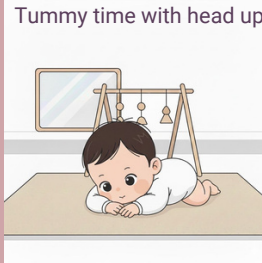
Gross Motor Development Chart

0-3 months

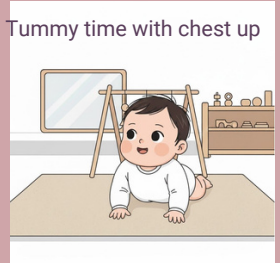
On the back



Tummy time with head up



Tummy time with chest up

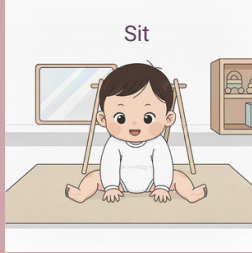


3-6 months

Roll over



Sit



Slither

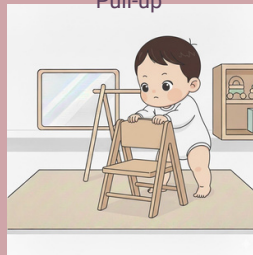


6-9 months

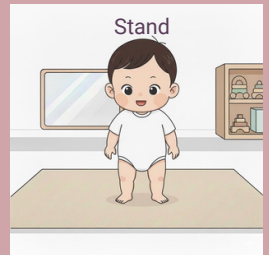
Crawl



Pull-up

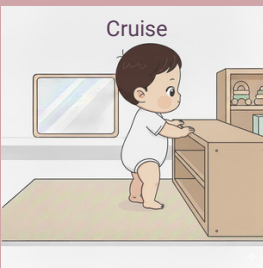


Stand

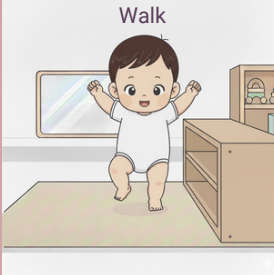


9-12 months

Cruise



Walk



DISCLAIMER: These milestones are meant to serve as a gentle guide. In Montessori, we honor each child as an individual with their own timeline, interests, and pace of development. Babies grow in different ways and at different rhythms, and no single milestone defines their progress.

Please avoid comparing your child to others or feeling pressure to "teach" or force skills. Instead, observe, offer support when needed, and create a calm, prepared environment that allows development to unfold naturally.

If you ever have concerns about your baby's development or notice significant or persistent delays, consult your pediatrician or a qualified developmental specialist. Professional guidance provides clarity and ensures your child receives the support they need—while still respecting their unique path.

Fine Motor Development Chart

0-3 months
Accidental grasp

Hand-to-mouth



Batting at toys



3-6 months

Intentional grasping



Hand-to-hand transfer



Purposeful release



6-9 months

Raking grasp



Putting objects in containers



Two-handed manipulation



9-12 months

Pincer grasp



Stacking



Using tools



0-3 months milestones checklist

GROSS MOTOR

- Lifts head briefly during tummy time (0–6 weeks)
- Turns head side to side
- Begins to push up on forearms (~2–3 months)
- More controlled kicking and stretching
- Starts to coordinate head + neck movements

FINE MOTOR

- Hands mostly in fists at birth then gradually open more often
- Begins to grasp objects placed in hand (reflexive then intentional)
- Starts bringing hands toward mouth
- Early attempts at batting at toys (~2–3 months)

SENSORY

- Tracks high-contrast objects with eyes slowly
- Prefers faces and black-and-white images
- Responds to sounds: startles, turns head toward familiar voices
- Enjoys varied textures on skin (soft, smooth, warm)
- Develops early depth perception (~8–12 weeks)

LANGUAGE

- Cries differently for different needs
- Cooing begins ~6–8 weeks
- Makes gurgling noises and vowel sounds
- Turns toward voices
- Starts to mimic facial expressions like mouth movements
- Begins early social "conversations" with caregivers

COGNITIVE

- Longer periods of alertness
- Begins to observe surroundings with intention
- Shows early problem-solving attempts like trying to reach a toy nearby
- Recognizes caregiver routines (feeding, voices, patterns)
- Beginning of cause and effect e.g. I move, and the mobile moves

SOCIAL /EMOTIONAL

- Makes eye contact
- Bonding deepens with familiar caregivers
- Smiles socially ~6–8 weeks
- Shows pleasure through coos, smiles, brightening eyes
- Begins to self-soothe in very small ways (hands to mouth, sucking)
- Recognizes caregivers and prefers familiar voices/faces

ADAPTIVE

- Brief calm periods where baby can lie and explore independently
- Starts participating in dressing/diapering by relaxing or tensing body
- Adjusts to daily routines (feeding/sleeping patterns emerging)
- Begins to show hunger/fullness cues more clearly



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3-6 months milestones checklist

GROSS MOTOR

- Rolls from tummy to back then back to tummy (later)
- Pushes up on hands during tummy time
- Begins pivoting in a circle on tummy
- Sits with support
- Strong head & neck control
- Kicks legs purposefully

FINE MOTOR

- Reaches for objects with both hands
- Uses whole-hand palmar grasp
- Transfers objects hand-to-hand
- Begins exploring objects with two hands
- Starts raking motion for smaller items

SENSORY

- Explores objects with mouth
- Pays attention to new textures, shapes, temperature
- Tracks fast-moving objects
- Shows interest in complex colors and patterns
- Recognizes familiar sounds or voices

LANGUAGE

- Babbling begins (ba, da, ga sounds)
- Laughs, squeals, vocal play
- Turns toward sounds from different directions
- Responds to their name or familiar tone
- Makes sounds to get attention (not just crying)
- Watches your mouth when you talk (pre-speech skill)

COGNITIVE

- Understands cause-and-effect e.g shake = sound
- Studies objects longer and with more intention
- Begins problem-solving through trial and error
- Recognizes routines
- Shows curiosity and interest in surroundings
- May search for partially hidden objects (early object permanence)

SOCIAL /EMOTIONAL

- Smiles readily at familiar people
- Enjoys social games (peekaboo, simple face play)
- Shows preferences for caregivers and familiar faces
- Starts expressing more complex emotions: joy, frustration, excitement
- Looks to caregiver for emotional cues (early social referencing)

ADAPTIVE

- Begins to grasp and hold bottle or cup with support
- More predictable feeding and sleep patterns
- Brings hands to bottle or spoon
- Tries to help during dressing by pushing arms or legs
- Self-soothing improves (thumb, hands, rubbing face)



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6-9 months milestones checklist

GROSS MOTOR

- Sit without using hands for support
- Sitting to reach objects
- Roll both ways consistently
- Push with hands on tummy time
- Begin army crawling
- Crawling on hands and knees
- Pull to stand
- Begin cruising along furniture

LANGUAGE

- Always responds to name
- Understands some words e.g. mama, dada, up, no
- Babbles ba-ba da-da ma-ma
- Experiments with tone, pitch
- Uses sounds to express needs and excitement
- Imitates simple sounds
- Shows interest in books
- Understands simple gestures (wave, arms up)

FINE MOTOR

- Develops a raking grasp
- Uses a radial palmar grasp
- Transfers objects hand-to-hand
- Rotates wrists to explore toys
- Pokes objects with index finger
- Begins early pincer grasp
- Bangs two objects together
- Practices intentional release (placing objects *into* containers)

COGNITIVE

- Object permanence (looks for hidden items)
- Solves simple problems (How to get this toy?)
- Experiments with consequences repeatedly
- Knows familiar faces, routines, objects
- Begins matching actions to outcomes (posting, dropping, retrieving)
- Understands spatial concepts like "in," "out," "on," "under"

SENSORY

- Tracks moving objects
- Shows strong interest in textures, surfaces etc.
- Explores objects through mouthing, tapping, and rubbing
- Responds to sounds directionally
- Becomes more sensitive to new sensory experiences (warm, cold, rough, smooth)

SOCIAL /EMOTIONAL

- Preference for familiar caregivers (stranger anxiety)
- Laughs and smiles socially, expresses more emotions
- Plays peekaboo
- Shows interest in children
- Enjoys mastery (repeats actions proudly)
- Begins showing independence (refusing, reaching, choosing)

ADAPTIVE

- Begins self-feeding with hands
- Holds cup with both hands
- Attempts to use spoon
- Participates in diaper changes and dressing by offering arms/legs
- Shows preference for certain foods or textures
- Attempts to put objects away or hand them to adults

9-12 months milestones checklist

GROSS MOTOR

- Crawls efficiently; may crawl upstairs
- Pulls to stand using furniture
- Cruises along furniture
- Stands briefly without support
- Takes first independent steps (some babies)
- Climbs over small obstacles

LANGUAGE

- Understands simple words ("no," "bye," "ball")
- Responds to their name consistently
- Follows simple gestures ("come here," "give me")
- Babbles with more complex sounds ("mama," "dada," "baba")
- Uses gestures: pointing, waving, reaching
- May use 1-2 meaningful words by 12 months

FINE MOTOR

- Uses pincer grasp (thumb + index finger) to pick up small objects
- Transfers objects hand to hand with control
- Points with one finger
- Stacks 2 objects (cups, rings) with help
- Opens and closes containers with emerging coordination
- Picks up and drops objects intentionally

COGNITIVE

- Understands cause-and-effect (push → fall, drop → sound)
- Explores toys with purpose, not just mouthing
- Begins simple problem-solving (how to reach an object)
- Looks for hidden objects (advanced object permanence)
- Experiments with posting, putting in + taking out
- Copies simple actions (clapping, banging, shaking)

SENSORY

- Explores textures with more intention (smooth vs rough)
- Enjoys light + shadow play
- Improved **visual tracking** and depth awareness
- Sensitive to loud or sudden sounds
- Begins to discriminate between sizes, shapes, and weights

SOCIAL /EMOTIONAL

- Shows **stranger anxiety** and seeks caregiver reassurance
- Prefers familiar people
- Initiates shared attention (points to show something)
- Imitates everyday actions (brushing hair, talking on phone)
- Expresses a wider range of emotions
- Enjoys simple social games (peekaboo, clapping)

ADAPTIVE

- Drinks from an open cup with help
- Attempts self-feeding with fingers
- Helps with dressing by holding out arms/feet
- Tries to brush hair or hold a toothbrush
- Puts objects into containers with accuracy