



How well do you know your child's emotional, physical, and mental development? Take our quiz and find out if you know your baby's developmental milestones.

1. **Between the time he is born and his first birthday, your baby's brain will:**

- Double in size
- More than double in size
- Shrink
- Stay the same size

2. **When should you start feeding your baby solids?**

- Upon birth; people need food to survive
- Anywhere between the first and the third months
- At 6 to 9 months, depending on the child
- Over 10 months

3. **Baby's first utterances are typically:**

- Hard consonant sounds
- Vowel sounds
- A series of beeps and clucks
- A request for a meal other than milk

4. **Hindsight may be 20/20, but babies are too young to reflect on their experiences. A newborn's vision will typically score:**

- Between 20/15 and 20/10; vision only degenerates as people get older
- Between 20/200 and 20/400; the equivalent of seeing the big "E" on the chart
- It varies dramatically based on the child
- 20/20; most infants have perfect vision

5. **When will your baby need shoes?**

- Upon birth
- At 6 months
- When she starts walking
- When she starts walking outside

6. **During her first year your baby grows to be:**

- Approximately three times the weight and twice the length she was at birth
- Approximately twice the weight and length she was at birth
- It's impossible to tell; each child grows at her own rate
- Only a couple pounds and inches more than she is now; physical growth accelerates dramatically after Baby's first birthday

7. **If you place your 3-month-old in front of a mirror, he will likely be fascinated. This is because:**

- He finds himself devastatingly handsome
- He is trying to play with his new "friend." He doesn't recognize the mirror image as himself
- He is trying to figure out what to do with his hair
- He is simply interested in himself. It's very natural and human to be self-centered

8. **Playing with your child:**

- Is an important part of her developing proper cognitive functioning and brain development
- Shows her that the world is a bright and positive place
- Will turn her into a freeloader who thinks life is but a game
- Makes no difference at all in how your kid turns out

9. **An effective way to encourage your child's language development is:**

- Playing the Quiet Game. This clever reverse psychology method is sure to get your kid gabbing in no time
- Articulating your actions (for example: "Now, I'm washing dishes...")

- Ignoring your child until she "uses her words"
- Using baby talk as a way to match your child on her level

10. A "social smile" refers to when Baby:

- Smiles just to be polite
- Smiles as a happy response to your presence, as opposed to the appearance of a smile due to gas
- Bravely smiles through his pain even when he is sad—what a trouper!
- Pastes on the smile he typically reserves for cocktail parties

11. Speaking to your baby in various languages will:

- Confuse her entirely and deter her from learning how to speak
- Teach her to speak various languages
- Give her a an affinity for international cuisine
- Have no affect on her at all

12. Fine and gross motor skills refer to:

- Your baby's manners. Infant etiquette is rated on a spectrum ranging from fine to gross
- A movement continuum. As your child grows, his actions progress from fine to gross as they get larger and larger
- The two types of motor skills your baby develops. Fine motor skills use small group muscles to draw, eat, dress, etc., and gross motor skills use large group muscles to move his limbs and trunk
- The automotive skills your child will develop in his teenage years when he is ready to get his driver's license

13. Mealtime is important for infants because:

- Kids need to eat to grow, duh!
- Good table manners are cemented by the end of Baby's first year
- It's a way to nurture your child and show him that he is loved and cared for
- A and C

14. New experiences:

- Actually change the physical structure of your baby's brain
- Are filed away in Baby's subconscious and will be accessed later when the new information is needed
- Make Baby anxious and uncomfortable
- Will turn Baby into a liberal

15. **If your baby still hasn't uttered his first word by 1 year, you should:**

- Get him a tutor
- See your pediatrician immediately
- Resign yourself to your child's limitations. Hey, maybe he'll be good at football!
- Not get discouraged. Children learn to communicate at their own rates

16. **Your infant sees the world in black and white throughout his first three months. This means:**

- He loves old movies; keep your television tuned to the classics
- He takes a special interest in newspapers and current events
- He responds to black-and-white toys, which will aid in his visual development
- His favorite animal is the zebra



Correct Answers:

1. By the time he turns age 1, your baby's brain will have grown to be about two and a half times the size it was when her was born. That is a lot of neurons, so take advantage of each minute to boost that brain power and help your child grow up smart.
2. Although your baby will be physiologically ready to start eating solids at 4 months, medical experts recommend waiting until the baby is at least 6 months before starting. Check with your pediatrician to learn what is best for your infant.
3. Three to Four month old babies will typically begin vocalizing vowel sounds as their first utterance.
4. Your newborn's vision is typically between 20/200 and 20/400.
5. According to The American Orthopedic Foot and Ankle Society, babies do not need shoes until they begin to walk outdoors. As long as the area in which the baby is walking has no objects or obstructions that will harm the baby's feet, he can be barefoot. Also being barefoot helps improve your baby's balance more quickly.
6. By the time your baby celebrates her first birthday, she will have grown to be about three times the weight and twice the length she was at birth.
7. Babies love to look in the mirror, but why? Developmental psychologists generally agree that infants don't recognize themselves in the mirror, but the image of a lively baby is interesting to them. Also, researchers believe mirrors provide an important element in the process of self-recognition and help the infant construct a sense of the self.
8. Play is incredibly important for helping your child develop higher brain functioning. Your child explores the world through toys and games, and playful interactions with you will go a long way toward raising a healthy child. In fact,

studies show that children who are neglected have significantly smaller brains than those who are parented properly. So, make sure to bond with your baby, it is never too early to start.

9. Narrating your actions to baby will help your child develop important communicative skills. It may feel silly to constantly describe what you are doing to a baby who you think can't understand you, but in fact, you are encouraging and stimulating development. Studies suggest that the more words a baby is exposed to, the more she is likely to learn and retain.
10. Don't just brighten the room. At about age 3 months, your baby will smile when he sees you. Try these great ways to make your baby grin and laugh. If your baby still has not smiled by 6 months, you should discuss this with your pediatrician, according to the AAP.
11. Do you want a multilingual child? Go for it. According to Zero to Three, speaking to your child in various languages is the way to teach her to speak them. This will not cause permanent confusion; she'll sort 'em out. In fact, babies are born with the capabilities to learn all languages and they learn by hearing others speak, so get talking.
12. Fine motor skills are developed by the use of small muscle groups in your baby's hand, fingers, and toes; as your baby grows he will learn to coordinate these skills. Gross motor skills control the limbs, trunk, and whole body movements.
13. Mealtime is important for a number of reasons: Obviously kids need proper nutrition to grow and thrive, but preparing meals for your baby is also a way to show him that you are there to provide for him. According to Zero to Three, an organization dedicated to the health and well being of families, there are a number of social and psychological perks that come with feeding your kids. That said, you should be sure to comfort your kids without food, as well. And make sure your child is hungry before feeding, often times, hugs and affection (not another bottle) are really what your baby needs.

14. Believe it or not, but the brain physically changes with every new experience, according to ZTT. New neural circuits are strengthened every time they are excited, actually transforming the structure of the brain.
15. Do not get discouraged. Children learn to communicate at their own rate.
16. He responds to black and white toys, which will aid in his visual development.