

MILESTONE & ACTIVITY LIST

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children (75% or more) can do by a certain age.

Check the milestones your child has reached by the end of 1 year by completing a checklist with CDC's free Milestone Tracker mobile app, for iOS and Android devices, using the Digital Online Checklist

What most children do by this age:

Social/Emotional Milestones

- Plays games with you, like pat-a-cake

Language/Communication Milestones

- Waves "bye-bye"
- Calls a parent "mama" or "dada" or another special name
- Understands "no" (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- Puts something in a container, like a block in a cup
- Looks for things he sees you hide, like a toy under a blanket

Movement/Physical Development Milestones

- Pulls up to stand
- Walks, holding on to furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

Overview

As parents, it is very frightening to leave your baby while doing something, isn't it? We often want to check on them but at the same time, we need to focus on our tasks. With this simple project, we can monitor if there is movement from our baby using a motion sensor. Once the motion sensor detects a movement, the user will receive a notification.

Required Components

- NodeMCU-32S
- Breadboard PIR Sensor
- Jumpers
- Circuit Diagram