

Development at 5 Months: What Your Baby Can Do



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Highlights

By 5 months, your baby's weight may have doubled from birth, and they will grow about 2 cm each month.

Your baby will soon be able to sit with support and may sit briefly on their own.

Language development is accelerating, with your baby repeating sounds like blowing raspberries.

Although your baby may show interest in solid food, breast milk or formula should remain their main nutrition at this stage.

What milestones can I expect from my 5-month-old?

At 5 months, your baby is rapidly growing and learning more about their

environment. By this stage, many babies are nearing the readiness for solids, though it is still usually recommended to wait until 6 months.

Your baby's weight may have doubled from their birth weight, and they will continue to grow about 2 cm each month. As they grow, it's important to adjust routines to meet their developing needs. Now is a good time to baby-proof your home, as your baby will soon be moving more.

How can I support my baby's development?

Physical development

Your baby may be able to sit up with support and could sit briefly on their own. They'll also be able to extend their arms and legs, arch their back, and lift their head and shoulders while on their back.

They enjoy bouncing on your lap and may start rolling from tummy to back and vice versa. They are also exploring objects with their mouth, a common developmental milestone, and may show interest in solid food, although breast milk or formula should still be their primary source of nutrition.

Cognitive development

At this stage, your baby will be able to swipe at dangling objects and shake toys placed in their hands. They may get bored if left alone for too long, so it's helpful to have engaging activities ready.

Social development

Your baby will start to communicate their needs more clearly, such as lifting their arms to be picked up or crying when you leave the room.

Emotional development

They will begin to laugh, giggle, and engage in cuddles and kisses. They are also learning cause and effect-for example, they may drop a toy and find it amusing when you pick it up.

Language development

Language skills are beginning to develop as your baby starts repeating sounds like blowing raspberries. They will react to different sounds and may be distracted by them.

Signs of developmental concerns

If your baby:

Doesn't seem to recognize you or show interest in their surroundings

Doesn't make any sounds

Doesn't open their fingers or kick their legs

Doesn't follow objects with their eyes or make eye contact

Doesn't turn toward sounds or react to loud noises

Is frequently unhappy or unsettled

Consult your doctor or health professional.

Tools and Assistance

If you have concerns about your baby's development, the following resources may be helpful:

Pediatricians: They can provide guidance and support tailored to your baby's growth.

Parenting support groups: Connecting with other parents can offer helpful advice and reassurance.

Developmental assessments: Speech therapists, occupational therapists, or other specialists can evaluate your baby's developmental progress.

Books and online resources: Numerous resources are available for learning about your baby's growth and providing tips for developmental support.

If you're concerned about any of your baby's milestones, reaching out to a healthcare provider will ensure you receive appropriate guidance.