You Know Your Child Best

What Am I Looking For?

Look inside to learn what to look for as your child develops. Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.

Concerned About Your Child's Development?

Talk to your child's doctor.

Looking for free developmental screening?

Go to:
http://www.parenthelp123.org/grow

For more information about your child's development and what to do if you have a concern, start with a free developmental screening at:

http://www.parenthelp123.org/grow
(or call 800.322.2588)

ASK NOW
Babies & Kids Can't Wait

Snohomish County Washington

Early Support for Infants and Toddlers

Have further questions? Contact Snohomish County's Family Resources Coordinator
425.388.7402
EarlyInterventionProgram@snoco.org

Developmental milestones and other information adapted from U.S. Centers for Disease Control and Prevention and from Caring for Your Baby and Young Child: Birth to Age 5 (American Academy of Pediatrics, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children and Adolescents (AAP, 2008)

Adapted and reprinted with permission from the Spokane Regional Health District's Infant Toddler Network.

ASK NOW

Babies & Kids Can't Wait

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.

Talk with your child's doctor about these milestones.

For parents of children from birth to three years.

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

START HERE

0-6 MONTHS

- Lift head and chest while on stomach
- Smile, follow movements by turning head
- Quiet easily when comforted
- Make gurgling or cooing sounds
- Startle or cry at sudden loud noises

6 MONTHS

- Reaches for a toy
- Begins to sit without support
- Responds to own name
- Makes eye contact
- Copies sounds
- Strings vowels together when babbling ("ah, eh, oh")

1 YEAR

- Uses simple gestures such as shaking head for "no" or waving "bye bye"
- Transfers objects between hands
- Points to a picture
- Pulls up to stand
- Says "mama", and "dada"

18 MONTHS

- Walks alone
- Plays simple pretend, such as feeding a doll
- Knows what ordinary things are for, i.e. phone, brush, spoon
- Moves to music
- Can pick up small objects

2 YEARS

- Kicks a ball
- Says sentences with two to four words
- Can run
- Follows simple instructions such as picking up toys
- Gets excited when with other children
- Climbs, balances well
- Carries on a conversation using two to three sentences

3 YEARS

- Shows affection without prompting
- Can hold a crayon
- Plays make-believe with dolls, animals and people