

Watch and help your children grow



How is your child growing and developing?

Below is a list of steps that many children go through from birth to 3 years old. These signs and steps will help you see if you need to take your child in for a more careful exam. If your child is not doing some of these steps, let your doctor know. Remember, every child is different, but it is better to know.

1-3 months

Lifts head up a little bit when on his tummy. **Reacts to sudden movement or noises.** Makes sounds such as “cooing”. **Follows moving objects with eyes.** Smiles when played with. **Grasps small object if placed in hand.**

3-6 months

Lifts head and chest when on tummy. **Tries to roll over.** Tries to reach and hold objects. **Seems to know familiar objects and people.** Makes little sounds like “ee” “aa” “oo.” **Sometimes laughs or chuckles.** Turns head toward sounds such as bell, voice, music.

6-9 months

Sits by himself when placed in a sitting position. **Rolls from tummy to back, and back to tummy.** Begins to creep on her tummy. **Feeds himself a cracker.** May pass objects from hand to hand. **Makes sounds such as, “baba, gugu, didi.”** Uses crying to show different needs (hunger, anger). **Knows strangers from family.** Begins to play simple games (peek-a-boo, pat-a-cake).

9-12 months

Pulls herself to sitting and/or standing position. **Creeps or crawls (perhaps backwards at first).** Picks things up with thumb and forefinger. **Can stack two blocks or objects.** Understands simple words (“Mommy,” “Daddy,” “Dog,” “Bye-bye”). **Knows his own name.** Pays attention to simple commands such as “Give it to me.” **Copies sounds and words such as “Mama” and “Dada.”**

12-15 months

Begins to walk by herself; may walk by holding onto furniture. **Begins self-feeding (lifts cup with two hands, starts using a spoon).** Turns pages two or three at a time. **Tries to build and stack objects.** Talks nonsense words. **Can say two or more words besides “Mama” & “Dada.”** Understands more of what is being said to him. **Plays by herself, but also likes to be with others.**

15-18 months

Walks by himself; can often walk upstairs with help. **Can throw a ball without falling.** Scribbles with crayons; can push and pull toys. **Imitates simple words (may use many words).** Can point to simple pictures such as dog, baby, and car. **Imitates simple actions such as cleaning and reading.** Begins to ask parent for help when needed.

18-24 months

Walks well; may begin to run; can climb stairs. **Can put squares and circles into puzzles.** Combines two or more words (“Play ball,” “Me want cookie”). **Knows self in mirror or picture.** May say “No” to bedtime, certain foods and simple requests. **Likes to move to music.** Plays for longer periods of time.

24-30 months

Jumps, runs, kicks a ball, walks up and down stairs. **Turns pages one at a time.** Can help to dress and undress herself. **Can feed himself well with a spoon.** Speaks in short sentences. **Begins to name objects in books.** Knows some colors. **Points to four or five parts of the body.** Plays with other children, usually for short periods of time.

30-36 months

Walks upstairs (one foot on a step). **Puts shoes on (no lacing).** Brushes teeth with some help. **Says first and last name; repeats some nursery rhymes.** Knows difference between “big” or “little,” and “boy” or “girl”. **Begins to ask to use the toilet during the day.** Shares, tells stories, likes to play pretend with other children.

Remember, these are just some things to look for. If you have any questions about how your child is developing, call your doctor, nurse or other health provider.

Ask for a screening at your next well child visit to the doctor

Visit www.earlychildhoodnm.com

Call infonet at 1-800-552-8195

