You Know Your Child Best

• Every child is different.
• You are the expert.
• You know how your child responds to you and others, listens and understands, babbles and talks, and uses her hands and feet.

Talk With The Doctor About Your Child

• This will help the doctor understand how your child is doing.
• Families have different ideas about how children develop. Share what you think with your child’s doctor.
• Ask your child’s doctor what you can do to help your child grow and develop. The doctor may give you ideas about what you can do.
• Discuss your concerns at scheduled visits. Schedule a special appointment if you still have concerns.
Talk With The Doctor About Your Child’s Development

Newborn to 2 month olds can:
- Smile
- Coo
- Stuck and swallow
- Raise head and chest when on tummy

Try this:
- Cuddle your baby when he cries
- Talk and sing to your baby
- Tell stories and read to your baby
- Encourage play with toys

3 to 6 month olds can:
- Babble and make sounds
- Smile
- Turn toward sounds
- Transfer a toy from hand to hand
- Roll over (4 months)
- Sit without support (6 months)

Try this:
- Read and share picture books with your child
- Talk about what you and your child are doing and seeing together
- Put your baby’s sounds and actions into words
- Continue a bedtime routine
- Praise your child for good behavior

10 to 12 month olds can:
- Say 1-3 words in addition to “mama” and “dada”
- Play Peek-a-Boo or Pat-a-Cake
- Bang two toys together
- Take a few steps alone
- Feed herself using fingers

Try this:
- Combine 2 words
- Follow a two-step command
- Make lines with a crayon
- Run and kick a ball
- Change activities with little frustration

2 year olds can:
- Use 3 word phrases
- Ride a tricycle
- Copy a circle
- Get dressed with your help

3 to 15 month olds can:
- Say 3-5 words in addition to “mama” and “dada”
- Point to one or more body parts
- Drink from a cup
- Walk well alone

Try this:
- Talk and read to your toddler
- Sing and play
- Encourage your toddler to imitate words

7 to 9 month olds can:
- Make sounds like “mama” and “dada”
- Respond to her own name
- Eat pureed foods
- Crawl

Try this:
- Read to and share picture books with your baby
- Talk and sing with your baby
- Establish a bedtime routine
- Play games like Pat-a-Cake

13 to 15 month olds can:
- Say 15-50 words
- Understand simple instructions (like “come to mama”)
- Show affection, give kisses
- Walk quickly or run
- Use a spoon

Try this:
- Read and talk to your toddler
- Sing and play
- Ask your toddler questions
- Praise your toddler for good behavior
- Provide choices whenever possible

4 year olds can:
- Use sentences with 4 or more words
- Draw a person with several body parts
- Give his first and last name
- Hop and jump on one foot

Try this:
- Read and share books, encourage your child to point out letters and words, describe pictures, tell you the story
- Ask your child questions that give her an opportunity to share ideas
- Provide opportunities for play with other children
- Provide choices whenever possible
- Praise your child when he helps
- Encourage your child to talk about friends and school

6 and 9 Month Visits
- What sounds does your baby make?
- How does your baby move? (Does she sit up? Roll? Crawl?)
- How does your baby pick up things?
- How does your baby ask for what he wants?
- How does your baby respond to you? (Does she look toward you? Notice you when you speak?)
- What does your baby eat?
- Your questions:

2 and 4 Month Visits
- How does your baby respond when talking to?
- When does your baby smile?
- What sounds does your baby make?
- When does your baby cry?
- How does your baby move? (Does he hold his head up? Kick his legs and feet?)
- Your questions:

12 and 15 Month Visits
- Count the number of words your child uses (in any language).
- How does your child ask for what he wants
- (Does he point? Grunt? Cry? Say the word?)
- Does your child talk?
- How does your child respond to you (Does she look at you? Play with you? Try to talk to you?)
- How does your child play with you?
- Does your child drink from a cup?
- Your questions:
18 Month Visit

- Count the number of words your child uses (in any language).
- How does your child ask for what he wants? (Does he point? Grunt? Cry? Say words?)
- Does your child run?
- How does your child play with other children?
- Does your child repeat the same odd actions or movements over and over again?
- Your questions:

24 Month Visit

- Count the number of words your child uses (in any language).
- Does your child combine 2 words when talking?
- How does your child react when you say "no" to something she wants?
- How does your child play with other children?
- Does your child repeat the same odd actions or movements over and over again?
- Your questions:

36 Month Visit

- Does your child use simple sentences?
- Can other people understand most of what your child says?
- How does your child react when you say "no" to something he wants?
- Can your child kick a ball?
- How does your child play with other children?
- Your questions:

48 Month Visit

- How many words does your child use in a sentence?
- Can other people understand everything your child says?
- What can your child draw?
- How does your child play with other children?
- Your questions:
What To Do
When You Have a Concern . . .

Share Your Concerns
• Be ready, and share your thoughts and concerns with your child’s doctor.
• Let the doctor know at the start of the visit that you have a concern or question about your child.
• Your child’s doctor may have suggestions about what to do next. He or she may send you to another doctor or suggest activities to help your child.

Ask Questions
• What can I do to help my child’s development?
• What developmental changes can I look for?
• Who else can I talk to about my concerns?
• When should I make another appointment?

Keep Good Records
• Keep all of your child’s records organized and in one place. A binder or folder works well.
• Keep notes from all conversations with the doctor about your child’s development.
• Write down days and times that you talk with your child’s doctor or any professional about your concerns.

What To Do
If You Need More Help . . .

Your first call should be to your child’s doctor
In addition, there are resources in your community to answer questions about your child’s development.

Early Start: (800) 515-2229
• If your child is younger than 36 months, the doctor may refer you to Early Start, a program that supports the learning and development of young children.
• Any parent with a concern about their child’s development can call to refer their child. You do not need a doctor’s referral.

School District
• If your child is 3 years or older, contact your local school or school district. Ask for an assessment for your child.

Community Resources: 211
• Call 2-1-1 for information about community resources, including services for children birth to 5 years of age.