

help me




Early Childhood Developmental Milestones

No two children develop, grow or learn in the same way or do things at the same pace. However, they do develop in predictable ways. The following is a list of a few things that children do by certain ages and some things that families can do to help their child grow, learn and keep them healthy and safe. If you are concerned about your child's growth, development or learning, we encourage you to contact your child's health care provider or our program at 1-866-693-GROW (4769).

Age	I can...	My family can...
At 3 Months	<ul style="list-style-type: none"> Follow movement by turning head Watch objects pulled by a string Move arms and legs easily Coo or gurgle Raise head when lying on tummy Quiet when a familiar voice is heard Startle at loud noises Enjoy being hugged, soothed and cuddled Cry when hungry or uncomfortable Smile back at people 	<ul style="list-style-type: none"> Give me interesting things to look at Give me big, soft and safe toys Sing and read to me Breast or bottle feed on demand Hold me to feed me Throw away leftover breast milk/formula Comfort me by talking in a soft and soothing voice Put me to sleep on my back
At 6 Months	<ul style="list-style-type: none"> Enjoy quiet / soothing sometimes and talking/ playing at other times Roll over Try putting everything in mouth Turn head toward sounds Reach for and hold objects Coo, Babble, squeal, laugh Be soothed and love to be touched and held close 	<ul style="list-style-type: none"> Introduce infant juice in a cup not a bottle Look at colorful books with me Talk to and play with me Offer mashed or solid food as soon as I show signs of chewing motion Put me to sleep on my back Baby proof everything Let me sleep 2 to 3 times a day Talk and play with me
At 9 Months	<ul style="list-style-type: none"> Creep or crawl Respond to my name Know caregivers from strangers Say "MAMA or DADA" Imitate sounds Stand, holding onto a support Hit two objects together Understand common words like "no, bye, all gone, nighty-nite" Sit without help Turn pages of a book 	<ul style="list-style-type: none"> Play games with me like "pat-a-cake", "so big" "peek a boo" and ball games Sing and read to me Offer small amounts of well cut up slightly cooked food Put me to bed without a bottle Avoid foods that may cause choking Talk to me about what I am seeing or doing Give me a safe place to move around
At 12 Months	<ul style="list-style-type: none"> Wave "bye-bye" Show affection Say a few words besides "mama or dada" Walk with one hand held Show many emotions such as happiness, sadness, discomfort, and anger Be interested in other children Feed myself with a spoon/fingers/ cup Want caregivers to be where I can see them 	<ul style="list-style-type: none"> Switch from formula to whole milk Serve liquids only in a cup Include me at family meals Let me turn the pages of a book we are looking at Play with me, read to me, sing to me, and talk to me. Help me learn what I shouldn't do by saying "no" in a firm quiet voice. Stay within eyesight

Age	I can...	My family can...
At 18 Months	<ul style="list-style-type: none"> • Try putting on own shoes • Let you know what I want • Point to familiar things when named • Walk without help • Speak 10 to 20 words • Show different emotions such as happiness, fear, sympathy, modesty, guilt, or embarrassment • Bring objects to show you • Imitate your behavior • Show interest in other children • Look at something pointed to from across room 	<ul style="list-style-type: none"> • Offer variety of foods and allow me to choose amount and type of food as my growth is slower now • Match toys to my age with no small pieces • Avoid using food as a reward or punishment • Show me what I can do and use simple, one-step directions • Hold me and read simple stories • Teach me simple songs • Divert me from things I should not do
At 2 Years	<ul style="list-style-type: none"> • Jump, Run and climb stairs • Sometimes use 2 word sentences • Often do opposite of what's asked • Refer to myself by my own name • Learn about rules but not able to remember the rules • Try new things and explore new places but want to know that you are nearby • Show affection by returning a hug or kiss • Pretend in my play 	<ul style="list-style-type: none"> • Help me learn new words • Watch milk/juice intake, too much can decrease appetite for solid foods • Encourage water • Remember portion sizes as 1 Tbsp per year of age • Tell or read me short stories • Talk to me about things I do and see. • Help me learn new words • Be calm and comforting after my temper outbursts, I need to know that you love me • Be consistent with what I can and cannot do • Offer lots of choices
At 3 Years	<ul style="list-style-type: none"> • Be toilet training during the day, usually dry during the night • Talk and usually be understood • Use three word sentences • Pedal a trike • Kick a ball • Copy drawing a straight line • Name 6 body parts • Play briefly with other children • Sometimes express feeling with words • Think about feelings of others • Use imagination to create stories and play activities • Shift emotions quickly as I learn to handle emotions • Pay attention longer now 	<ul style="list-style-type: none"> • Contact my school district to schedule an appointment for Early Childhood Screening • Take me to the public library and help me get my own library card. • Let me help with simple household chores • Schedule a dental visit and ask about sealants, thumb sucking or pacifier use • Help me put my toys away • Model when to say please, thank you and sorry 
At 4 Years	<ul style="list-style-type: none"> • Ask questions • Play make believe • Dress myself, except for fasteners • Put together 7-12 piece puzzle • Climb up and down a slide • Match or name some colors • Love to retell my favorite stories • Have favorite activities and playmates • Understand simple home rules • Share and take turns but am possessive of favorite toys • Begin to control frustration • Start to understand danger 	<ul style="list-style-type: none"> • Read with me every day • Let me make meaningful choices every day • Respect my food dislikes • Avoid giving me foods high in sugar or fat such, as candy, soft drinks or chip snacks • Give me crayons, markers so that I can practice drawing • Pay attention to me when I am talking • Give me opportunities to play with other children

Age	I can...	My family can...
At 5 Years	<ul style="list-style-type: none"> • Play organized games • Follow a 3 step direction • Cut with a scissors • Copy familiar shapes • Draw a person with 6-8 body parts • Catch a bounced ball • Count to 10 • Can predict what might happen in books when you read to me • Talk to familiar adults and children 	<ul style="list-style-type: none"> • Recognize that my appetite will vary from day to day • Feed me foods from the basic food groups • Read, Read, Read to me • Sort and count all kinds of household things with me • Let me help plan activities and events • Catch me being good and encourage all the things I do • Point out familiar symbols and words for me to know • Show a variety of emotions

What can you do to protect the health of your child?

- Ask to have your child's hearing screened at birth
- Clean your child's gums/teeth daily (Use a wet cloth for infants)
- Use sunscreen
- Provide healthy food and snacks
- See your child's doctor on schedule
- Keep your child's shots up to date
- Have your child screened by 3 ½ by your school district

How can I keep my child safe?

- Never shake a child
- Baby proof your home
- Watch children in and around water
- Match toys to age of child
- Teach about street/ farm safety
- Teach how to deal with strangers
- Use a bike/trike helmet
- Have home fire drills and check smoke detectors
- Supervise at all times in playgrounds, malls, etc.
- Use an approved car seat in the back seat
- Keep matches, lighters, guns and poisons out of reach



What signs should I watch for that requires immediate evaluation? (Contact your primary health care provider or call 1-866-693-4769.)

- No babbling, or pointing or other gesture by 12 months
- No single words by 16 months
- No 2 word spontaneous phrases by 24 months
- ANY loss of ANY language or social skills at any age

This document has been developed by the MN Department of Health, Children and Youth with Special Health Needs section for duplication purposes. The content of this document is also available in a developmental wheel format: Contact the Follow Along Program Coordinator in your county's public health department to request copies of the wheel in English, Spanish, Somali, or Hmong. For more information, please call 1-800-728-5420.

