My child... | can match some objects / colors, can count up to 10 (may use blocks, spoons), can point to numbers | is using past tense (rolled, handed), can speak clearly (be understood by others), knows 4-8 actions | will smile/laugh at funny pictures, can play well with other children, realizes when a person is hurt or needs help | can lace shoes, can buckle a belt, can use a fork (holds it with her fingers) | can run, can balance on 1 foot, can cut along a line By 4 1/2 years My child... | can repeat 4 numbers, matches things that are related.

My	child
	can repeat 4 numbers, matches things that are related, can pick out which group has "more balls, more cups"
	can tell you why, or can say what made something happen, is using 5-6 word sentences, can name 4 color
	can share, can take turns, calls attention to what he can do
	can help to serve self, can clean up spills, can dress with no help
	can swing self on swing, can hop well on each foot, can kick large ball with success, can connect dots on paper

By 5 years

My child...

can name 3 coins, can define 5 words, can count 4 or more things and answer "how many?"
can talk with others, can match a spoken word to a picture, can tell you what is the same or different (between shapes, toys, pictures on cards)
can tell you her birthday, can name 2 feelings (happy, sad), can tell you the difference between "real" and "make-believe"
can put on t-shirt, knows front from back of clothing, can brush his teeth

can catch a bounced ball, can skip, can march in time

(stick figure with 3-6 parts such as lines & circles for

to music, can copy a cross (+), can draw a person

If you didn't have a on each line in your child's age group...or if you have any concerns...call your local

arms, legs, head, fingers)

EI programs or CONNECT
1-800-692-7288 and talk
with one of our
child specialists!



Ten Tips

for raising happier, healthier children

Be warm,

loving and

responsive

the child's

cues and clues

Talk, sing and read to your child

Establish rituals and

Encourage

safe new

experiences

television watching selective

discipline as an

pportunity

to teach

that each child is unique

Choose

quality child

are and stay

involved

Take care

of yourself

When children receive warm, loving care, they are more likely to feel safe and secure with the adults who take care of them.

Recognize and respond to sounds, movements and expressions that your child makes. This will help your child feel secure and attached.

All of these things help your child's brain make connections it needs for growing and learning now and for learning later on.

Teach your child to know when it's time for bed by developing routines such as singing a song and pulling the curtains—daily routines and rituals associated with pleasurable feelings are reassuring for children.

As infants grow, they begin to explore the world beyond their caregivers. Encourage this exploration. While we may think of learning as simply acquiring facts, children actually learn through play.

Watch television with your child, and talk about what you are viewing. Don't use TV as a baby-sitter.

In addition to consistent and loving supervision, teach your child limits. Never hit or shake a child.

Children grow at different rates. Their needs and feelings about themselves reflect, in large measure, parents' and caregivers' attitudes toward them.

Visit your child care provider often, and seek someone who responds warmly and understands your baby's needs.

Parents need care too. When you are exhausted, irritable, depressed or overwhelmed, you may have a harder time meeting the needs of young children.

"Ten Tips" was developed by the national I Am Your Child campaign. Their goal is to make early childhood development a top priority for our nation.

For more information on what parents and caregivers can do to promote young children's healthy development, visit the I Am Your Child website (www.iamyourchild.org), or write to: I Am Your Child, P.O. 15605, Beverly Hills, CA 90209

"Watch Me Grow" brochure was developed in Philadelphia through the collaboration of: Public Health Management Corporation/ChildLink (PHMC), Philadelphia Mental Retardation Services (MRS), Philadelphia Department of Public Health (PDPH), and the Philadelphia Interagency Coordinating Council (PICC). Milestones for Birth—5 were drawn from a number of standardized developmental tests for infants, toddlers and young children. Graphic design by Trinh Loi.

Look inside and see what your child can do!



Every child grows and learns new things at his or her own pace. Children may vary by as much as 6 months in some of the things that they are able to do. If you have any concerns about your child's development, call Early Intervention (EI).



Funding for Early Intervention is provided through Pennsylvania OCDEL (Office of Child Development and Early Learning), your local county OMR offices of developmental services, Intermediate Units, and state/local contracted EI agencies.

	Statewide CONNECT line: 1-800-692-7288
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Available in Other Languages – Arabic, French, Portuguese, Spanish, Chinese, Korean, Vietnamese, Khmer-Cambodian, Russian, and Haitian Creole.

	 Look for your child's age group(s). If your child can do at least 2 things listed on a line, put a ✓. Each ✓ means your child is doing things typical of his/her age. If you have box(es) with no ✓ call CONNECT or your local EI program 	n.
	Birth - 3 months My child	
	 knows my face, can turn her head to watch a toy move, can smile makes cooing sounds (ooo, aah), moves around at the sound of my voice, can chuckle (huh,huh,huh) watches the person talking to him, can follow me with his eyes, can show he is happy or upset can suck her fingers or fist, can hold on to mom's finger when nursing, or pat the bottle during feeding can lift his head, is beginning to roll over (onto his back), will hold a rattle briefly 	
	3 - 6 months	I
My	child likes to watch her own hands and looks at other things around her, gets quiet when hears a voice, can reach for or bang a toy can babble (da, ba, mmm), can laugh, will look toward a noise can smile if you smile at him, can get upset at the loss of a toy, responds more to me than others wants to try food other than milk, seems excited when about to be fed, can suck or close lips on spoon to get food can bring both hands to center, can play with her toes, can hold head up, can roll (from back to tummy)	
	6 - 9 months	
	My child can roll a ball, will drop a toy and look for it, will repeat actions that make noise will stop briefly if told "no", can imitate sounds, when he hears his name may turn head or look at me or smile likes to play with a toy, can copy me (wave bye-bye, play "so-big"), may want me to stay close by, will pull back from a stranger can use a cup with help, can move things from one hand to other, can feed self (with fingers) can sit up, can creep or crawl on belly, bounces on her legs (not stiff-legged), can pull up to stand	

	9 - 12 months
M	y child
	can point at things, likes to bang toys on a table, can shake and drop toys, enjoys looking at picture books understands a few words besides "mama, dada," will hand me a toy if asked, can copy sounds (clicking tongue,
	coughing) will repeat actions to get a laugh, gives a hug, plays near
	other children, likes peek-a-boo is starting to chew, is starting to push, poke at and pull things, is drooling less (unless teething), is messy and
	likes fingerfoods is starting to stand alone, can crawl fast, can take a few steps, can throw a ball or bean bag
	12 - 15 months
	My child can build a stack of 2-3 blocks or cans, is using more hand motions for what he wants, will pat pictures in books is starting to say several words, makes noises as if
ı	she was talking, will try to find things if asked "where's the?"
	can roll a ball back to me, can copy things he sees me do, prefers some toys over others
	can help turn pages, can help when I dress her, can use a spoon (with spilling)
	can walk, can climb stairs (on hands and knees), can pick up tiny things like Cheerios (using thumb and finger)
	pion ap mily amigo me officeries (aonig arams and migor)
	15 - 18 months
My	
	child can name one picture, will find a toy I hid under something, explores drawers/cabinets can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball) likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things can take off her shoes and socks, can put things in a box, can dump them out of the box can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand
	child can name one picture, will find a toy I hid under something, explores drawers/cabinets can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball) likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things can take off her shoes and socks, can put things in a box, can dump them out of the box can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand 18 - 21 months My child
	child can name one picture, will find a toy I hid under something, explores drawers/cabinets can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball) likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things can take off her shoes and socks, can put things in a box, can dump them out of the box can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand 18 - 21 months My child can stack 4-6 blocks, will point to things if asked ("where's your nose? Where are your eyes?"), calls himself by name,
	can name one picture, will find a toy I hid under something, explores drawers/cabinets can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball) likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things can take off her shoes and socks, can put things in a box, can dump them out of the box can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand 18 - 21 months My child a can stack 4-6 blocks, will point to things if asked ("where's your nose? Where are your eyes?"), calls himself by name, can say 6-10 words, is starting to use words like "me, you", can use words to say what he wants
	child can name one picture, will find a toy I hid under something, explores drawers/cabinets can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball) likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things can take off her shoes and socks, can put things in a box, can dump them out of the box can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand 18 - 21 months My child can stack 4-6 blocks, will point to things if asked ("where's your nose? Where are your eyes?"), calls himself by name, can say 6-10 words, is starting to use words like

21 - 24 months My child... can build a tower of 6 blocks or cans, can help put things away, can match sounds to animals can say several words and be understood, knows more than 20 words, is using 2 words together ("more juice") likes to hear stories, can play by self (for short time), likes things that are funny, can be warm and responsive, shows independence ("me do it," "no") can use a spoon well, can use a cup and set it down with little spilling, tries to put her own shoes on can jump off floor with both feet, can hold a glass in one hand, is beginning to draw (in big circles) By 2 1/2 years My child... enjoys pretending (feeding doll, using a block to pretend it is a phone), knows 3 objects ("what do we do with a key, a car?") or 3 body parts by what they do ("what do you see with?") can use 3-word sentences ("me go too"), may get upset if not understood, can ask simple questions can help put toys away, may move slowly to get something done, can find it hard to wait for things can brush teeth with help, can put on simple clothes, pull up pants (with help), can wash and dry own hands can run well, can walk on tiptoes, can hold a crayon with fingers, can turn pages one at a time By 3 years My child... can copy what I do (blink eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking) can sing, can be talkative, can put 3-4 words together (short sentences) to tell me things can play with and enjoys other children, can be shy with strangers, follows rules, is starting to take turns can put on coat, cap or slippers, can use scissors (if supervised), can use fork (holds in fist) can do broad jumps (both feet at once), can climb up stairs (using one foot, then the other), can copy a circle **By 3 1/2 years** My child... understands the concept of "two" (2 cookies, 2 trucks), can point to colors, can match shapes understands words like "biggest, smallest, softly, loudly", can answer questions, knows or can use words like "down, up" can point to self in photo, asks to do simple tasks in house (push broom, wipe table), can tell you that she's happy, sad, afraid, etc. can pull on sock, can unbutton small buttons, can unbuckle his belt, can go to toilet alone can balance on 1 foot, can trace a diamond shape, can walk down stairs (using one foot, then other foot)