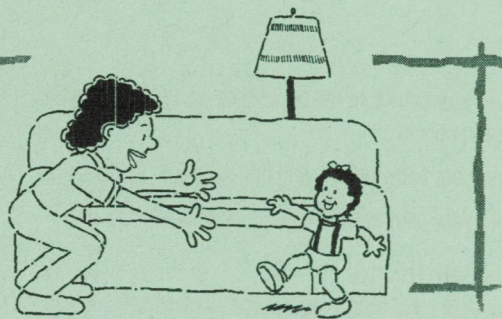


Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

3 Months

When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time.

☐ Yes ☐ No

Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?

☐ Yes ☐ No

Does your baby respond to your voice?

☐ Yes ☐ No

Are your baby's hands frequently open?

☐ Yes ☐ No

When you hold your baby in the upright position, can she support her head for more than a moment?

☐ Yes ☐ No

6 Months

Have you seen your baby play with his hands by touching them together?

☐ Yes ☐ No

Does your baby turn her head to sounds that originate out of her immediate area?

☐ Yes ☐ No

Has your baby rolled over from his stomach to his back or from back to stomach?

☐ Yes ☐ No

When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight.

☐ Yes ☐ No

When your baby is on his stomach, can he support his weight on outstretched hands?

☐ Yes ☐ No

Does your baby see small objects such as crumbs?

☐ Yes ☐ No

Does your baby produce a string of sounds?

☐ Yes ☐ No

Does she react to the emotions of others?

☐ Yes ☐ No

Does your baby begin to relax when you read him a bedtime story?

☐ Yes ☐ No

Does your baby notice herself and her actions in a mirror?

☐ Yes ☐ No

Does your baby reach out for you to pick him up?

☐ Yes ☐ No

9 Months

When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers.

☐ Yes ☐ No

Can your baby sit without support and without holding up his body with his hands?

☐ Yes ☐ No

Does your baby crawl or creep on her hands and knees?

☐ Yes ☐ No

Does your baby hold his bottle?

☐ Yes ☐ No

Does your baby deliberately drop or throw toys?

☐ Yes ☐ No

Does she bang, strike, and shake her toys?

☐ Yes ☐ No

When you show your baby a book, does he get excited, then try to grab and taste it?

☐ Yes ☐ No

Is your baby wary of unfamiliar people?

☐ Yes ☐ No

Does your baby make sounds that use vowels and consonants?

☐ Yes ☐ No

12 Months

When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear?

☐ Yes ☐ No

Does your baby pull up to stand?

☐ Yes ☐ No

Does your baby walk holding on to furniture?

☐ Yes ☐ No

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

☐ Yes ☐ No

Does your baby say at least one word?

☐ Yes ☐ No

Is your baby able to locate sounds by turning his head?

☐ Yes ☐ No

Does your baby imitate familiar adult behavior, such as using a cup or telephone?

☐ Yes ☐ No