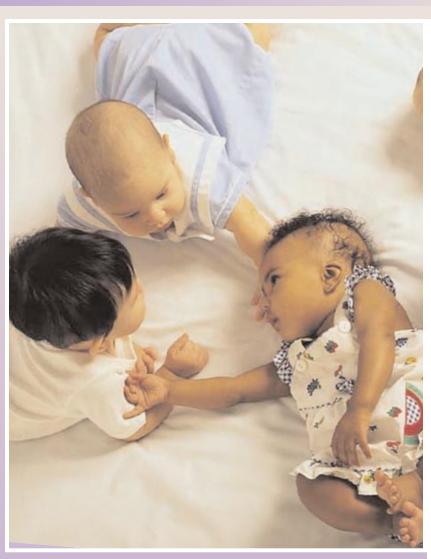
# Parents Are Often the First to Know When Their Baby Needs a Helping Hand.



#### A Checklist for Your Child's Development from Birth to Age Three

The first three years of your baby's life are very important. Infants and toddlers are learning to walk, talk, recognize people and do many other things. Parents are often the first to notice when their child is not learning or growing like other babies. This brochure outlines what to expect from your child during the ages from birth to three years old.

Please make sure that your child receives wellbaby checkups by her doctor every three months for the first year and a half, and every six months after that until she is three years old.

Some infants and toddlers may have trouble developing certain skills. If you have any concerns about your baby, call the Infant & Toddler Connection of Virginia at 1-800-234-1448. We're here to help.



## **Important For All Babies**

Check Yes or No for each question.

	Does your baby always ride in a car seat when riding in a car?
	Do you have a regular place to go for your baby's health care (pediatrician, family doctor, public health clinic)?

#### Here's a sample list of what babiesare usually able to do at different ages.

## By 3 Months Old

Yes	No	Does your baby smile back at you when you smile, talk, or gently touch her face?
Yes	No	Is your baby making cooing sounds like "ooh" or "aah"?
Yes	No	Does your baby seem surprised when she hears loud noises?
Yes		Does your baby lift her head and chest when lying on her tummy?
Yes	No	Does your baby play with her hands by touching them together or putting them in her mouth?
Yes	No	Does your baby watch you when you walk around the room?
Yes	No	Has your baby seen the doctor at least two times for well-baby checkups?

## By 6 Months Old

		Does your baby laugh and babble, like saying "bababa" or "dadada"?
		Does your baby try to explore toys by putting them in his mouth?
		Does your baby roll from his back to his tummy?
		Does your baby turn his head toward sounds like your voice, radio or TV?
Yes	No	Does your baby reach for and hold a toy?
Yes	No	Has your baby had at least one well-baby checkup in the last three months?

# By 9 Months Old

Yes	No	Does your baby sit by herself without falling?
Yes	No	Does your baby look for a toy when she sees you drop it?
Yes	No	Does your baby hold something in each hand at the same time?
Yes	No	Does your baby scoot or crawl across the floon her tummy?
Yes	No	Does your baby pull up to stand by holding on to furniture?
Yes	No	Does your baby shake her head "No"?
Yes	No	Has your baby seen the doctor at least one time for a well-baby checkup since she was six months old?

# By 12 Months (1 year old)

Yes No	Does your baby look at the right thing when you say words like "bottle", "ball" or "cup"?
Yes No	Does your baby get on his hands and knees to crawl?
Yes No	Does your baby say "Mama" or "Dada" to the right person?
Yes No	Does your baby find a toy when he sees you hide it?
Yes No	Is your baby playing peek-a-boo or waving bye-bye after he sees you do it?
Yes No	Does your baby look at pictures in a book?
Yes No	Does your baby take steps when holding on to furniture?
Yes No	Does your baby pick up finger foods like Cheerios or raisins using the thumb and one finger?
Yes No	Has your baby seen the doctor at least one time for a well-baby checkup in the last nine months?

# By 15 Months Old

	Does your baby point to or ask for things she wants?
Yes No	Does your baby feed herself with her finger
Yes No	Does your baby walk without help?
	Does your baby say any words other than "Mama" or "Dada"?
	Does your baby scribble on paper using crayons or pencils?
	Has your baby seen the doctor for her 12-

# By 18 Months Old

Yes No	Does your baby hold and drink from a cup?
Yes No	Does your baby point to body parts like "eyes", "nose" and "mouth" when you name them?
Yes No	Does your baby like to put things in and out of containers?
Yes No	Does your baby say words to tell you what he wants?
Yes No	Does your baby like to look at books and turn pages by himself?
Yes No	Has your baby seen the doctor for a 15-month well-baby checkup?

# By 24 Months (2 years old)

Yes No	Does your child stack things on top of one another?
Yes No	Does your child put words together like, "Daddy shoe", "Go bye-bye", "See car"?
Yes No	Does your child point to pictures in a book when you name them?
Yes No	Does your child take off her sweater, socks o hat by herself?
Yes No	Has your child had her 18-month well-baby checkup?

#### By 30 Months

Yes No	Does your child walk up stairs?
Yes No	Does your child understand simple requests like, "Give me one cracker" or "Bring me one crayon"?
Yes No	Does your child put three words together like, "I want juice"?
Yes No	Does your child make a straight line with a crayon or pencil after you do it?
Yes No	Does your child use pronouns like "I", "you" and "me"?
Yes No	Does your child turn the pages of a book, one at a time?
Yes No	Has your child seen the doctor for a 24-month checkup?

#### By 36 Months (3 years old)

Yes No	Can your child tell you her first name?
Yes No	Does your child unbutton buttons?
Yes No	Does your child jump up and down?
Yes No	Does your child ask questions?
Yes No	Does your child understand words like "in", "out" and "behind"?
Yes No	Does your child follow simple two-step directions like, "Go to your room and bring me a diaper"?

#### While all infants and toddlers learn at their own pace, some may need a little extra help to develop certain skills.

If you answered "no" to one or more of these questions, or if you have other concerns about your young child's development, the Infant & Toddler Connection of Virginia is here to help!

Please call the toll-free phone number below. You will be given the name and telephone number of someone in your community who will listen to your concerns and offer assistance.



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