

FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

Although every child is unique and will learn and grow at their own pace, children are expected to develop in similar ways. By keeping track of developmental milestones, you will be able to support your child as they grow and identify right away if they may need extra help to learn. **Don't wait, early intervention programs can make a big difference!** You are your child's first and most important teacher. Here are tips, tools and guidance to help support your child's development. Look for these important developmental milestones.

BIRTH TO 3 MONTHS

- Coos, cries, and gurgles
- Follows movement or turns head towards sounds
- Quiets to familiar voice or touch

Tip: Hold, cuddle, hug and rock your baby. Talk, read and sing songs to them.

4-6 MONTHS

- Babbles, squeals and laughs
- Rolls over and sits up on their own
- Responds to own name by smiling or turning head
- Begins to recognize faces

Tip: When your baby starts to smile and babble, respond back! They are trying to talk with you and want you to talk back.

7-9 MONTHS

- Imitates gestures, sounds, actions and facial expressions
- Creeps or crawls
- Gestures by pointing or waving
- Notices you, looks at you often, and easily turns to you when you talk or gesture.
- Looks where you are looking or pointing

Tip: Play simple games like patty cake and peek-a-boo. Point out and name pictures in books.

12 MONTHS

- Pulls themselves up to stand
- Walks alone
- Starting to say single words
- Shows interest in other children
- Enjoys taking turns and exchanging objects
- Gets you to notice them and the things they are interested in

Tip: Allow others to support you in your journey and ask for help if needed.

18 MONTHS

- Runs and kicks
- Points to pictures in books
- Plays beside other children
- Uses 2 to 3 words together
- Combines words, gestures, and looking together when talking to others
- Points to show others something interesting

Tip: Continue regular check-ups and ask the doctor for a developmental screening if you have a concern.

2 YEARS

- Builds small block towers and puzzles
- Uses 3 to 4 word sentences
- Uses words and phrases to share interest and have short conversations with you.
- Shows concern or affection for others
- Plays make believe with dolls and animals
- Follows simple instructions

Tip: Be patient with your child, you are learning together. Color with them and encourage them to start trying to do more things on their own.

If your child appears to lose speech or social skills, talk with your health care provider right away. A screening and evaluation may help to identify additional supports. **DON'T WAIT, EARLY INTERVENTION PROGRAMS CAN MAKE A BIG DIFFERENCE!**

FIRST STEPS: PATHWAY TO PLAYING, LEARNING AND GROWING

You are your child's first and most important teacher. Here are resources and programs that help support your child's development.



Child and teen checkups provide comprehensive healthcare and treatment. Newborns, children, and adolescents through the age of 20 who are eligible for Medicaid can get routine Child and Teen Checkups for free through this program. The Child and Teen Checkup coordinators can help you find a clinic, dentist, interpreter or transportation.

Child and Teen Checkups



Help Me Grow MN provides resources for families to understand developmental milestones and identify concerns. Some supports include confidential screening or evaluation at no cost. Visit the **Help Me Grow** website or call 1-866-693-GROW (4769) to make a referral. Educational services are free to all who qualify and do not require a medical diagnosis. Services typically start within 30–45 business days of evaluation.



Minnesota's **Follow Along Program** can help you learn about your child's health and development. In addition, get ideas about what to teach and at what age to teach it, ask questions, and find out what other supports may be available for your child.

Enroll in the program online or contact the state program coordinator at: (651) 201-3641 or toll free 1-800-728-5420 or email at: health.cyshn@state.mn.us



Early Childhood Family Education (ECFE) is a program offered through your local district to help encourage and enhance family relationships through parent and child interaction and education. Services and supports may include academic readiness, parent education, social and emotional development and other skill building opportunities. The ECFE program is offered through Minnesota public school districts, oftentimes in partnership with other community or early learning programs.

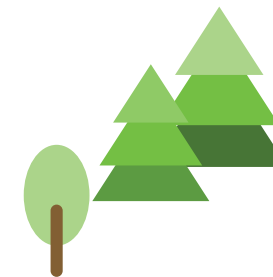


Go to cdc.gov/ActEarly to find:

- Free **milestone checklists** to help you learn more about how your child is developing.
- Tips for **how to help your child** with information on how to talk to your doctor if you ever become concerned about your child's development



Contact your local **county agency or tribal offices** to receive information on child care, financial assistance and more.



651-431-4300 or 866-267-7655

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