# 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 gurglesFollows 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 laughsRolls over and sits up on
- their ownResponds 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.



- 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 standWalks 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





**18 MONTHS** 

Points to pictures in books

Plays beside other children

Uses 2 to 3 words together

Combines words, gestures,

and looking together when

Runs and kicks

talking to others

Points to show others

something interesting



### 2 YEARS

- Builds small block towers and puzzles
- Uses 3 to 4 word sentencesUses 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

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

Tip: Continue



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!



If you think your child may need extra help to learn, talk with your child's health care provider and visit HelpMeGrowMN.org or call 1-866-693-4769 to complete a referral for a free evaluation for your child.

# 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.

	J	ç	
	C	J	
 •		~	

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



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

#### 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 30help me 45 business days of evaluation. GR

### 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

Attention. If you need free help interpreting this document, call the above number.

ያስተውሉ፡ ካለምንም ከፍያ ይህንን ዶኩመንት የሚተረጉምሎ አስተርጓሚ ከፈለጉ ከላይ ወደተጻፈው የስልክ ቁጥር ይደውሉ።

ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه

သတိ။ ဤစာရွက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ် ဆိုပါ။ កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសាររ នេះដោយឥតគិតថ្លៃ សូមហ៊ៅទូរស័ព្ទតាមីលេខខាងលើ ។ 請注意,如果您需要免費協助傳譯這份文件,請撥打 上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus. Thoy ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawy no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟိသူဉ်ဟိသးဘဉ်တက္၊, စဲနမှါလိဉ်ဘဉ်တာမြာစာ၊ကလီလ၊တာကကျိုးထဲဝဲ နဉ်လာ တီလ်ာမီတခါအံးနှဉ်,ကိုးဘဉ်လီတဲစိနိုဂ်ဂံလ၊ထးအံးနှဉ်တက္န်. 알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

້ ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການ ແປເອກະສານນີ້ຟຣີ, ຈົ່ງໂທຣໄປທີ່ໝາຍເລກຂ້າງເທີງນີ້.

### Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda goraalkan, lambarka kore wac. Atención. Si desea recibir asistencia gratuita para interpretar

este documento, llame al número indicado arriba. Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu

này miễn phí, xin gọi số bên trên.



For accessible formats of this publication or additional equal access to human services, write to DHS.info@state.mn.us, call 651-431-4300 or 866-267-7655 (toll free) or use your preferred

relay service.



ADA1 (2-18)

## **MINNESOTA**

If you think your child may need extra help to learn, talk with your child's health care provider and visit HelpMeGrowMN.org or call 1-866-693-4769 to complete a referral for a free evaluation for your child.