

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!**

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