



Birth through Five:
Help Me Thrive!



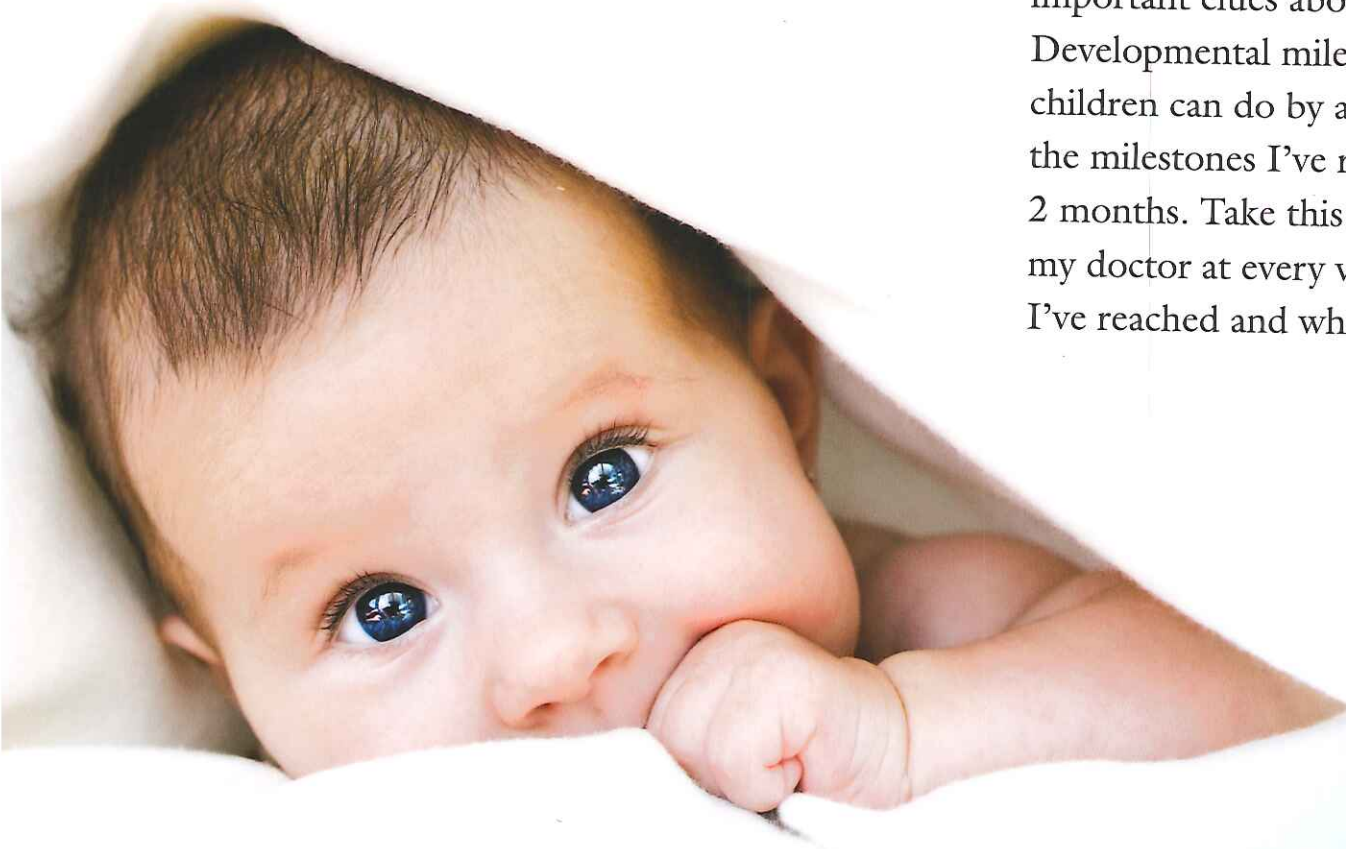
A publication of the Prince George's County Public Schools—Early Intervention and Preschool Programs and the Prince George's Special Needs Identification Physician Support Program.

The information in this booklet is adapted from *CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5*, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and *BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS*, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO.

If you only knew how many big changes are happening inside me, from the day I was born until I turn five! Understanding what to expect at each stage of my early development can help you learn things about me as I grow. Of course, all children grow and develop at different rates, but it is important to be certain about my development. If you notice that I may be having difficulty with some of my skills, early intervention can make a huge difference. The sooner I can get the special services I need the more I can thrive.

Contacting my early intervention service provider and my medical provider is the first step in finding out whether I need special services. If I'm found eligible, my individual needs will be identified, a plan will be developed with our family, and the appropriate services will be implemented. Please don't wait. I need you to help me thrive!



I'm 2 Months Old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by the end of 2 months. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 2 Months I Usually:

Social/Emotional

- Begin to smile at people
- Can briefly calm myself (I may bring my hands to my mouth and suck on them)
- Try to look at my parent or caregiver

Language/Communication

- Coo and make gurgling sounds
- Turn my head toward sounds

Cognitive (learning, thinking, problem-solving)

- Pay attention to faces
- Begin to follow things with my eyes and recognize people at a distance
- Begin to act bored (crying or fussing) if activity doesn't change

Movement/Physical Development

- Can hold my head up and begin to push up when lying on my tummy
- Make smoother movements with my arms and legs

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don't respond to loud sounds
- Don't watch things as they move
- Don't smile at people
- Don't bring my hands to my mouth
- Can't hold my head up when pushing up while on my tummy

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Prince George's County Infants and Toddlers** at 301-925-6627.



I'm 4 Months old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by the end of 4 months. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 4 Months I Usually:

Social/Emotional

- Smile spontaneously, especially at people
- Enjoy playing with people and I might cry when the playing stops
- Copy some movements and facial expressions, like smiling or frowning

Language/Communication

- Begin to babble
- Babble with expression and copy sounds I hear
- Cry in different ways to show that I'm hungry, in pain, or tired

Cognitive (learning, thinking, problem-solving)

- Let you know if I am happy or sad
- Respond to affection
- Reach for toy with one hand
- Use my hands and eyes together, such as seeing a toy and reaching for it
- Follow moving things with my eyes from side to side
- Watch faces closely
- Recognize familiar people and things at a distance

Movement/Physical Development

- Hold my head steady, unsupported
- Push down on my legs when my feet are on a hard surface
- May be able to roll over from my tummy to my back
- Can hold a toy and shake it and swing at dangling toys
- Can bring my hands to my mouth
- Can push up to my elbows when lying on my stomach

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don't watch things as they move
- Don't smile at people
- Can't hold my head steady
- Don't coo or make sounds
- Don't bring things to my mouth
- Don't push down with my legs when my feet are placed on a hard surface
- Have trouble moving one or both eyes in all directions

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Prince George's County Infants and Toddlers** at 301-925-6627.

I'm 6 Months old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by the end of 6 months. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.



At 6 Months I Usually:

Social/Emotional

- Know familiar faces and begin to know if someone is a stranger
- Like to play with others, especially my parents
- Respond to other people's emotions and I often seem happy
- Like to look at myself in a mirror

Language/Communication

- Respond to sounds by making sounds
- String vowels together when babbling ("ah," "eh," "oh") and I like taking turns with my parent or caregiver while making sounds
- Respond to my own name
- Make sounds to show my joy and displeasure
- Begin to say consonant sounds (jabbering with "m," "b")

Cognitive (learning, thinking, problem-solving)

- Look around at things nearby
- Bring things to my mouth
- Show curiosity about things and try to get things that are out of reach
- Begin to pass things from one hand to the other

Movement/Physical Development

- Roll over in both directions (front to back, back to front)
- Begin to sit without support
- Can support my weight on my legs when standing, and I might bounce
- Rock back and forth, sometimes crawling backward before moving forward

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don't try to get things that are in reach
- Show no affection for caregivers
- Don't respond to sounds around me
- Have difficulty getting things to my mouth
- Don't make vowel sounds ("ah," "eh," "oh")
- Don't roll over in either direction
- Don't laugh or make squealing sounds
- Seem very stiff, with tight muscles
- Seem very floppy, like a rag doll

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Prince George's County Infants and Toddlers** at 301-925-6627.



I'm 9 Months Old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by the end of 9 months. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 9 Months I Usually:

Social/Emotional

- May be afraid of strangers
- May be clingy with familiar adults
- Have favorite toys

Language/Communication

- Understand “no”
- Make a lot of different sounds like “mamamama” and “bababababa”
- Copy sounds and gestures I observe in others
- Use my fingers to point at things

Cognitive (Learning, thinking, problem-solving)

- Watch the path of something as it falls
- Look for things that I see you hide
- Play “peek-a-boo”
- Put things in my mouth
- Move things smoothly from one hand to the other
- Pick up things like cereal o’s between my thumb and index finger

Movement/Physical Development

- Can stand, if I’m holding on to something
- Can get into a sitting position
- Sit without support
- Pull to stand
- Crawl

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don’t bear weight on my legs with support
- Don’t sit with help
- Don’t babble (“mama,” “baba,” “dada”)
- Don’t play any games involving back-and-forth play
- Don’t respond to my own name
- Don’t seem to recognize familiar people
- Don’t look where you point
- Don’t transfer toys from one hand to the other

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county’s public early intervention program. For more information, call **Prince George’s County Infants and Toddlers at 301-925-6627.**

The American Academy of Pediatrics recommends that children be screened for general development at the 9-month visit. Ask my doctor about my developmental screening.



I'm 12 Months old

How I play, learn, speak, and act offers important clues about my development.

Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by my first birthday. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 12 Months I Usually:

Social/Emotional

- Am shy or nervous with strangers
- Cry when mom or dad leaves
- Have favorite things and people
- Show fear in some situations
- Hand you a book when I want to hear a story
- Repeat sounds or actions to get attention
- Put out my arm or leg to help with dressing
- Play games such as “peek-a-boo” and “pat-a-cake”

Language/Communication

- Respond to simple spoken requests
- Use simple gestures, like shaking head “no” or waving “bye-bye”
- Make sounds with changes in tone (sounds more like speech)
- Say “mama” and “dada” and exclamations like “uh-oh!”
- Try to say words you say

Cognitive (learning, thinking, problem-solving)

- Explore things in different ways, like shaking, banging, throwing
- Find hidden things easily
- Look at the right picture or thing when it’s named
- Copy gestures
- Start to use things correctly; for example, I drink from a cup, use a brush on my hair
- Bang two things together
- Put things in a container, take things out of a container
- Let things go without help
- Poke with my index (pointer) finger
- Follow simple directions like “pick up the toy”

Movement/Physical Development

- Get to a sitting position without help
- Pull up to stand, walk holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don’t crawl
- Can’t stand when supported
- Don’t search for things that I see you hide
- Don’t say single words like “mama” or “dada”
- Don’t learn gestures like waving or shaking my head
- Don’t point to things
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county’s public early intervention program. For more information, call **Prince George’s County Infants and Toddlers at 301-925-6627.**



I'm 18 Months Old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by the end of 18 months. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 18 Months I Usually:

Social/Emotional

- Like to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Show affection to familiar people
- Play simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Point to show others something interesting
- Explore alone but with my caregiver close by

Language/Communication

- Say several single words
- Say and shake my head “no”
- Point to show someone what I want

Cognitive (learning, thinking, problem-solving)

- Know what ordinary things are for; for example, telephone, brush, spoon
- Point to get the attention of others
- Show interest in a doll or stuffed animal by pretending to feed
- Point to one body part
- Scribble on my own
- Can follow one-step verbal commands without any gestures; for example, I can sit when you say “sit down”

Movement/Physical Development

- Can walk alone
- May walk up steps and run

- Pull toys while walking
- Can help undress myself
- Drink from a cup
- Eat with a spoon

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don't point to show things to others
- Can't walk
- Don't know what familiar things are for
- Don't copy others
- Don't gain new words
- Don't have at least six words
- Don't notice or mind when a caregiver leaves or returns
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Prince George's County Infants and Toddlers** at 301-925-6627.

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 18-month visit. Ask my doctor about my developmental screening.



I'm 2 Years old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by my second birthday. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 2 Years I Usually:

Social/Emotional

- Copy others, especially adults and older children
- Get excited when I'm with other children
- Show more and more independence
- Show defiant behavior (doing what I've been told not to)
- Play mainly beside other children, but I begin to include other children, such as in chase games

Language/Communication

- Can point to things or pictures when they are named
- Know names of familiar people and body parts
- Say sentences with two to four words
- Follow simple instructions
- Repeat words overheard in conversation
- Can point to things in a book

Cognitive (Learning, Thinking, Problem-solving)

- Find things even when they are hidden under two or three covers
- Begin to sort shapes and colors
- Complete sentences and rhymes in familiar books
- Play simple make-believe games
- Build towers of four or more blocks
- Might use one hand more than the other
- Can follow two-step instructions such as "Pick up your shoes and put them in the closet."
- Can name items in a picture book such as a "cat," "bird," or "dog"

Movement/Physical Development

- Can stand on my tiptoes
- Can kick a ball
- Begin to run
- Can climb onto and down from furniture without help
- Can walk up and down stairs holding on
- Can throw a ball overhand
- Can make or copy straight lines and circles

Act Early by Talking to My Doctor and Calling Infants and Toddlers if I:

- Don't use two-word phrases (for example, "drink milk")
- Don't know what to do with common things, like a brush, phone, fork, spoon
- Don't copy actions and words
- Don't follow simple instructions
- Don't walk steadily
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Prince George's County Infants and Toddlers** at 301-925-6627.

The American Academy of Pediatrics recommends that children be screened for general development and autism at the 24-month visit. Ask my doctor about my developmental screening.

I'm 3 Years old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by my third birthday. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.



At 3 Years I Usually:

Social/Emotional

- Copy adults and friends
- Show affection for friends without prompting
- Take turns in games
- Show concern for a crying friend
- Understand the idea of “mine” and “his” or “hers”
- Show a wide range of emotions
- Separate easily from my mom and dad
- May get upset with major changes in my routine
- Dress and undress myself

Language/Communication

- Follow instructions with two or three steps
- Can name most familiar things
- Understand words like “in,” “on,” and “under”
- Can say my first name, age, and sex
- Can name a friend
- Say words like “I,” “me,” “we,” and “you” and some plurals (cars, dogs, cats)
- Talk well enough for strangers to understand me most of the time
- Can carry on a conversation, using two to three sentences

Cognitive (Learning, Thinking, Problem-solving)

- Can work toys with buttons, levers, and moving parts
- Play make-believe with dolls, animals, and people
- Do puzzles with three or four pieces
- Understand what “two” means
- Can copy a circle with pencil or crayon
- Can turn book pages one at a time

- Can build towers of more than six blocks
- Can screw and unscrew jar lids or turn door handles

Movement/Physical Development

- Can climb well
- Can run easily
- Can pedal a tricycle (3-wheel bike)
- Can walk up and down stairs, one foot on each step

Act Early by Talking to My Doctor and Calling Child Find if I:

- Fall down a lot or have trouble with stairs
- Drool or have very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Don't speak in sentences
- Don't understand simple instructions
- Don't play pretend or make-believe
- Don't want to play with other children or with toys
- Don't make eye contact
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Child Find** at 301-925-6600.



I'm 4 Years old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by my fourth birthday. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 4 Years I Usually:

Social/Emotional

- Enjoy doing new things
- Play “Mom” and “Dad”
- Am more and more creative with make-believe play
- Would rather play with other children than by myself
- Cooperate with other children
- Often can’t tell what’s real and what’s make-believe
- Talk about what I like and what I’m interested in

Language/Communication

- Know some basic rules of grammar, such as correctly using “he” and “she”
- Sing a song or says a poem from memory such as the “Itsy Bitsy Spider” or the “Wheels on the Bus”
- Tell stories
- Can say my first and last name

Cognitive (Learning, Thinking, Problem-solving)

- Can name some colors and some numbers
- Understand the idea of counting
- Start to understand time
- Can remember parts of a story
- Understand the idea of “same” and “different”
- Can draw a person with two to four body parts
- Can use scissors
- Start to copy some capital letters
- Can play board or card games
- Can tell you what I think is going to happen next in a book

Movement/Physical Development

- Can hop and stand on one foot for up to two seconds
- Can catch a bounced ball most of the time
- Can pour, cut with supervision, and mash my own food

Act Early by Talking to My Doctor and Calling Child Find if I:

- Can’t jump in place
- Have trouble scribbling
- Show no interest in interactive games or make-believe
- Ignore other children or don’t respond to people outside my family
- Resist dressing, sleeping, and using the toilet
- Can’t retell a favorite story
- Don’t follow three-part commands
- Don’t understand “same” and “different”
- Don’t use “me” and “you” correctly
- Speak unclearly
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county’s public early intervention program. For more information, call **Child Find** at 301-925-6600.



I'm 5 Years old

How I play, learn, speak, and act offers important clues about my development. Developmental milestones are things most children can do by a certain age. Check the milestones I've reached by my fifth birthday. Take this with you and talk with my doctor at every visit about the milestones I've reached and what to expect next.

At 5 Years I Usually:

Social/Emotional

- Want to please my friends
- Want to be like my friends
- Am more likely to agree with rules
- Like to sing, dance, and act
- Am aware of gender
- Can tell what's real and what's make-believe
- Show more independence (for example, I might visit a next-door neighbor by myself, but adult supervision is still needed)
- Am sometimes demanding and sometimes very cooperative

Language/Communication

- Speak very clearly
- Can tell a simple story using full sentences
- Use future tense; for example, "Grandma will be here."
- Can say my name and address

Cognitive (Learning, Thinking, Problem-solving)

- Can counts 10 or more things
- Can draw a person with at least six body parts
- Can print some letters or numbers
- Can copy a triangle and other geometric shapes
- Know about things used every day, like money and food

Movement/Physical Development

- Can stand on one foot for 10 seconds or longer
- Can hop; may be able to skip
- Can do a somersault

- Can use a fork and spoon and sometimes a table knife
- Can use the toilet on my own
- Can swing and climb

Act Early by Talking to My Doctor and Calling Child Find if I:

- Don't show a wide range of emotions
- Show extreme behavior (unusually fearful, aggressive, shy, or sad)
- Am unusually withdrawn and not active
- Am easily distracted; have trouble focusing on one activity for more than five minutes
- Don't respond to people or respond only superficially
- Can't tell what's real and what's make-believe
- Don't play a variety of games and activities
- Can't give my first and last name
- Don't use plurals or past tense properly
- Don't talk about my daily activities or experiences
- Don't draw pictures
- Can't brush my teeth, wash and dry my hands, or get undressed without help
- Lose skills I once had

Tell my doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in our community who is familiar with services for young children in our area, such as our county's public early intervention program. For more information, call **Child Find** at 301-925-6600.



Birth to 35 months

Call Infants and Toddlers: 301-925-6627

My age plays an important part in my developmental evaluation by the Prince George's County Early Intervention Program. If I am between birth to 35 months, call **Infants and Toddlers** at 301-925-6627. They will evaluate my development and if I have a delay, I will qualify for family support services and family coaching in my home and/or community that support my development and link us to community services! We will track my progress with an **IFSP (Individualized Family Service Plan)**.

Examples of services may include:

- Physical Therapy
- Occupational Therapy
- Special Instruction
- Speech and Language Services
- Hearing and Vision Screenings/Services
- Family Counseling

Preschool (3-5 years)

call child find: 301-925-6600

My age plays an important part in my developmental evaluation by the Prince George's County Early Intervention Program. If I am between 3 and 5 years old, call **Child Find** at 301-925-6600. They will evaluate my development and if I have a delay, I will be referred to receive specialized educational and/or related services where I may receive supports until I am 5 years old. We will track my progress with an **IEP (Individualized Educational Program)**.

Examples of services may include:

- Physical Therapy
- Occupational Therapy
- Special Instruction
- Speech and Language Services
- Hearing and Vision Screenings





Thank you for helping me thrive!

