



Helping Your Child Grow

Do you know that you are your child's first and most important teacher? Every day since birth your child has been growing and learning from everything he sees, hears and does. Everything you do with your child is an opportunity for him to learn skills that will help him get ready for school.

Developmental milestones are skills that children learn at certain ages. Use the list below as a guide. It can help you see what your child may be doing at each stage. But remember—children grow and develop at different rates.

YOUR INFANT

- **0-2 months** Barely lifts head, keeps hands tightly fisted. Coos, grunts and makes babbling sounds. May not sleep or eat on a regular basis.
- **2 months** Lifts head while on stomach. Waves hands and kicks feet when on back. Cries differently to express different needs.
- **4 months** Rolls from tummy to back. Reaches for feet and brings them to her mouth. Says "ooh" and "aah". Smiles.
- **7 months** Sits up by self for a short time. Stands when held. Takes some of the weight on own legs. May not sleep well because of teething.
- **10 months** May stand leaning against an object. Picks up small objects with thumb and fingers. Wave's "bye bye". Withdraws from strangers, clings to familiar caregivers.

YOUR TODDLER

- **12 months/1 year** Begins tottering walk with legs wide apart. Feeds self using finger or spoon. Says "mama" and "dada".
- **15 months** Stands and walks alone. May use simple words. Listens to music and dances to rhythms. Says "no". Is very active.
- **18 months** Takes off some clothes. Knows the names of a few objects. Points to one part of the body when asked.
- **2 years** Undresses self. Handles a cup well. Uses two-word sentences. May have periodic temper tantrums. Points to and names body parts.

YOUR PRESCHOOLER

- **3 years** Climbs on play equipment. Walks backward. Sings short songs. Dresses self well.
- **4 years** Follows rules and routines. Plays and cooperates with one or more children. Follows 2- and 3-step directions. Identifies shapes. May copy or write own name.
- **5 years** Shows confidence in self. Is curious as a learner. Speaks clearly. Retells information from a story. Skips and gallops.

IF YOU HAVE QUESTIONS

If you or someone else has a concern about your child's growth, it is always a good idea to discuss it with his doctor. This is better than just expecting the concern will go away. If there is a problem, getting help for your child early is important—it will make it more likely that he will do better later in life. For information about services that can help your child, call the Maryland Infants and Toddlers Program at 800-535-0182.