

A Child's Developmental Milestones



A Checklist for Your Child's Development from Birth to Age Three

The first three years of your baby's life are very important. Infants and toddlers are learning to walk, talk, recognize people and many other things. Parents are often the first to notice when their child is not learning or growing like other babies. This brochure outlines what to expect from your child during the ages of birth to three years old.

Please make sure that your child receives well-baby checkups by their doctor every three months for the first year and a half, and every six months after that, until they are three years old. Some infants and toddlers may have trouble developing certain skills. If you have any concerns about your baby, call the Infant & Toddler Connection of Shenandoah Valley at **540-635-2452**.

We're here to help.



GRAFTON
Infant & Toddler Connection
of Shenandoah Valley

540-635-2452
questions@itcshenvalley.com

www.itcshenvalley.org

**Infant & Toddler
Connection of Virginia**

1-800-234-1448
TTY/TDD 1-804-771-5877
www.infantva.org

Important For All Babies

Check Yes or No for each question.

Yes No
 Does your baby always ride in a car seat when riding in a car?

Yes No
 Do you have a regular place to go for your baby's health care (pediatrician, family doctor, public health clinic)?

Here's a sample list of what babies are usually able to do at different ages.

By 3 Months Old

Yes No
 Does your baby smile back at you when you smile, talk, or gently touch their face?

Yes No
 Is your baby making cooing sounds like "ooh" or "aah"?

Yes No
 Does your baby seem surprised when they hear loud noises?

Yes No
 Does your baby lift their head and chest when lying on their tummy?

Yes No
 Does your baby play with their hands by touching them together or putting them in their mouth?

Yes No
 Does your baby watch you when you walk around the room?

Yes No
 Has your baby seen the doctor at least two times for well-baby checkups?

By 6 Months Old

Yes No
 Does your baby laugh and babble, like saying "bababa" or "dadada"?

Yes No
 Does your baby try to explore toys by putting them in their mouth?

Yes No
 Does your baby roll from their back to tummy?

Yes No
 Does your baby turn their head toward sounds like your voice, radio or TV?

Yes No
 Does your baby reach for and hold a toy?

Yes No
 Has your baby had at least one well-baby checkup in the last three months?

By 9 Months Old

Yes No
 Does your baby sit by themselves without falling?

Yes No
 Does your baby look for a toy when they see you drop it?

Yes No
 Does your baby hold something in each hand at the same time?

Yes No
 Does your baby scoot or crawl across the floor on their tummy?

Yes No
 Does your baby pull up to stand by holding on to furniture?

Yes No
 Does your baby shake their head "No"?

Yes No
 Has your baby seen the doctor at least one time for a well-baby checkup since they were six months old?

By 12 Months (1 year old)

- Yes No
 Does your baby look at the right thing when you say words like “bottle”, “ball” or “cup”?
- Yes No
 Does your baby get on their hands and knees to crawl?
- Yes No
 Does your baby say “Mama” or “Dada” to the right person?
- Yes No
 Does your baby find a toy when they see you hide it?
- Yes No
 Is your baby playing peek-a-boo or waving bye-bye after they see you do it?
- Yes No
 Does your baby look at pictures in a book?
- Yes No
 Does your baby take steps when holding on to furniture?
- Yes No
 Does your baby pick up finger foods like Cheerios or raisins using the thumb and one finger?
- Yes No
 Has your baby seen the doctor at least one time for a well-baby checkup in the last nine months?

By 15 Months Old

- Yes No
 Does your baby point to or ask for things they want?
- Yes No
 Does your baby feed themselves with their fingers?
- Yes No
 Does your baby walk without help?
- Yes No
 Does your baby say any words other than “Mama” or “Dada”?
- Yes No
 Does your baby scribble on paper using crayons or pencils?
- Yes No
 Has your baby seen the doctor for their 12-month well-baby checkup?

By 18 Months Old

- Yes No
 Does your baby hold and drink from a cup?
- Yes No
 Does your baby point to body parts like “eyes”, “nose” and “mouth” when you name them?
- Yes No
 Does your baby like to put things in and out of containers?
- Yes No
 Does your baby say words to tell you what they want?
- Yes No
 Does your baby like to look at books and turn pages by himself?
- Yes No
 Has your baby seen the doctor for a 15-month well-baby checkup?

By 24 Months (2 years old)

- Yes No
 Does your child stack things on top of one another?
- Yes No
 Does your child put words together like, “Daddy shoe”, “Go bye-bye”, “See car”?
- Yes No
 Does your child point to pictures in a book when you name them?
- Yes No
 Does your child take off their sweater, socks or hat by themselves?
- Yes No
 Has your child had their 18-month well-baby checkup?

By 30 Months

- Yes No
 Does your child walk up stairs?
- Yes No
 Does your child understand simple requests like, "Give me one cracker" or "Bring me one crayon"?
- Yes No
 Does your child put three words together like, "I want juice"?
- Yes No
 Does your child make a straight line with a crayon or pencil after you do it?
- Yes No
 Does your child use pronouns like "I", "you" and "me"?
- Yes No
 Does your child turn the pages of a book, one at a time?
- Yes No
 Has your child seen the doctor for a 24-month checkup?

By 36 Months (3 years old)

- Yes No
 Can your child tell you their first name?
- Yes No
 Does your child unbutton buttons?
- Yes No
 Does your child jump up and down?
- Yes No
 Does your child ask questions?
- Yes No
 Does your child understand words like "in", "out" and "behind"?
- Yes No
 Does your child follow simple two-step directions like, "Go to your room and bring me a diaper"?

While all infants and toddlers learn at their own pace, some may need a little extra help to develop certain skills.

If you answered "no" to one or more of these questions, or if you have other concerns about your young child's development, the Infant & Toddler Connection of Shenandoah Valley is here to help.

Please call the phone number below. Our Shenandoah Valley staff will listen to your concerns and offer assistance.



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