

2 Months

Developmental Milestones

Special Circumstances

Well Child Check

Recommended Immunizations

Developmental Milestones

2 Months

- Social/Emotional:**
 - ◆ begins smiling at people
 - ◆ calms self (sucks on hands)
 - ◆ tries to look at parent

- Language:**
 - ◆ coos and gurgles
 - ◆ turns head towards sounds

- Cognitive:**
 - ◆ pays attention to faces
 - ◆ begins to follow objects and recognize people at a distance
 - ◆ gets fussy when bored

- Physical:**
 - ◆ lifts head and tries to push up while on stomach
 - ◆ makes smoother movements with arms and legs

- Tell your health care provider if your child:**
 - ◆ doesn't lift head while on stomach
 - ◆ doesn't watch/follow objects as they move
 - ◆ doesn't smile at people
 - ◆ doesn't bring hands to mouth
 - ◆ doesn't respond to loud sounds

** Remember: all children grow/ mature at different rates**

Special Circumstances

**All children develop at their own pace;
sometimes they need extra help**

Preemie Development:

Milestones may be reached differently when a baby is born prematurely

Ask your health care provider about how your baby is developing. S/He will figure out how much to adjust for your baby's prematurity

For great resources on preemie and NICU babies, contact The March of Dimes Foundation via their website- www.marchofdimes.com or the Colorado Chapter phone: (303) 692-0011

Early Intervention:

Infants and children who aren't reaching developmental milestones may benefit from early intervention services and infants born at low birth weights automatically qualify for EI services (S.W. Kids)

For information about Early Intervention Colorado visit their website - [http:// www.eicolorado.org/](http://www.eicolorado.org/) or call 1-888- 777-4041

For more resources and links visit the Montelores Early Childhood website: <http://moteloresecc.org>

Well Child Check

2 Months

- **Topics to discuss with your health care provider:**
 - ◆ how you and baby are doing at home
 - ◆ how you are feeling about changes in your home life
 - ◆ the benefits of tummy time and how to incorporate it into your routine
 - ◆ importance of reading to baby daily

Never place baby on stomach while sleeping; put baby on back to sleep.

Recommended Immunizations

- HepB
- Dtap
- PCV13
- HIB
- Polio
- RV

For more information on Immunizations and the diseases that they protect us from go to the Center for Disease Control and Prevention website at:

<http://www.cdc.gov/vaccines/parents/index.html>

4 Month Old

Developmental Milestones

Well Child Check

Recommended Immunizations

Developmental Milestones

4 Months

- ❑ **Social/Emotional:**
 - ◆ likes to play and smile spontaneously
 - ◆ may get upset when game is over
 - ◆ copies movements and facial expressions

- ❑ **Language/Communication:**
 - ◆ makes babbling sounds
 - ◆ copies sounds
 - ◆ has a different cry for different needs

- ❑ **Physical:**
 - ◆ holds head unsupported
 - ◆ may roll over from tummy to back
 - ◆ shakes a toy while holding it, swipes at dangling toys
 - ◆ brings hands to mouth
 - ◆ pushes up to elbows during tummy time

- ❑ **Cognitive:**
 - ◆ responds to affection
 - ◆ reaches for a toy with one hand
 - ◆ uses hands and eyes together
 - ◆ ex. sees a toy and reaches for it
 - ◆ recognizes familiar people and objects at a distance
 - ◆ follows objects with eyes from side to side

** Remember: all children grow/mature at different rates**

Development Milestones

4 Months

- **Tell your health care provider if your child:**
 - ◆ doesn't watch things as they move
 - ◆ doesn't smile at people
 - ◆ can't support own head
 - ◆ doesn't make sounds
 - ◆ doesn't bring hands to mouth
 - ◆ doesn't bear weight while feet are placed on hard surface
 - ◆ has trouble moving one or both eyes in any direction

Well Child Check

4 Months

☐ Topics to discuss with your health care provider:

- ◆ any sleeping or feeding issues
- ◆ bed time routine
- ◆ when to introduce baby cereal
- ◆ any questions or concerns about your baby's development
- ◆ importance of reading to baby daily
- ◆ what to expect the baby to be doing by the next visit

Recommended Immunizations

- Dtap
- PCV13
- Polio
- HIB
- RV

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6 Month Old

Developmental Milestones

Feeding and Nutrition

Well Child Check

Recommended Immunizations

Development Milestones

6 Months

- ❑ **Cognitive:**
 - ◆ studies things nearby
 - ◆ brings objects to mouth
 - ◆ shows curiosity and tries to get things that are out of reach
 - ◆ moves items from one hand to the other

- ❑ **Social/Emotional:**
 - ◆ begins to recognize familiar faces and knows when someone is a stranger
 - ◆ likes to play with others especially parents
 - ◆ responds to others emotions, but seems happy most of the time
 - ◆ observes self in mirror

- ❑ **Physical:**
 - ◆ rolls over in both directions (front-back, back-front)
 - ◆ starting to sit without support
 - ◆ supports own weight on legs and may bounce while standing
 - ◆ while on hands and knees, rocks back and forth
 - ◆ may crawl backward before moving forward

- ❑ **Language:**
 - ◆ responds to sounds by making sounds
 - ◆ strings vowel sounds together and takes back-and-forth turns 'talking'
 - ◆ responds to name
 - ◆ beginning to say consonant sounds

** Remember: all children grow/mature at different rates**

Development Milestones

6 Months

☐ Tell your health care provider if your child:

- ◆ doesn't try to get things within reach
- ◆ shows little or no affection to caregivers
- ◆ doesn't respond to sounds
- ◆ has difficulty getting things into mouth
- ◆ doesn't make vowel sounds (ah,eh,ih,oh)
- ◆ doesn't roll over
- ◆ doesn't laugh or squeal
- ◆ seems very stiff with tight muscles
- ◆ seems very floppy, like a rag doll

Feeding and Nutrition

- ❑ **At about 4-6 months babies are usually ready to start solid foods in the form of iron-fortified baby cereal mixed with breast milk or infant formula**
 - ◆ rice cereal is usually recommended as the first cereal to introduce
- ❑ **Ask your health care provider questions about introducing solids to your baby such as:**
 - ◆ recommended daily amount
 - ◆ thickness of cereal
 - ◆ which grains to introduce and when
 - ◆ concerns about family history of allergies
 - ◆ recommended waiting period between introducing each new food
- ❑ **Ask your healthcare provider about your child's growth curve to tell if your child is getting adequate nutrition**
- ❑ **Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>**

**Although these guidelines are appropriate for most children they may not fit all.*

*Always consult your health care provider about specific nutrition needs of your child**

Well Child Check

6 Months

☐ Topics to discuss with your health care provider

- ◆ transition to solid food for your baby
- ◆ proper oral care
- ◆ any concerns you have about child care
- ◆ any questions you have about development
- ◆ importance of reading to baby daily

Recommended Immunizations

HepB (6-18 mo.)

DTaP

PCV13

HIB

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9 Month Old

Developmental Milestones

Feeding and Nutrition

Well Child Check

Safety Tips

Recommended Immunizations

Developmental Milestones

9 Months

- ❑ **Social/Emotional:**
 - ◆ showing some fear of strangers
 - ◆ may be clingy with caregivers
 - ◆ has favorite toys that are comforting

- ❑ **Language:**
 - ◆ understands the word “no”
 - ◆ makes many vocal sounds
 - ◆ copies sounds and gestures of others
 - ◆ points at things with fingers

- ❑ **Cognitive:**
 - ◆ looks for hidden objects
 - ◆ plays peek-a-boo
 - ◆ puts things in mouth
 - ◆ mastered moving objects and toys from one hand to other
 - ◆ picks up things like small cereal between thumb and index finger

- ❑ **Physical:**
 - ◆ stands holding on to furniture or hands
 - ◆ can move into sitting position and sit without support
 - ◆ pulls up to stand
 - ◆ crawls

** Remember: all children grow/mature at different rates**

Developmental Milestones

9 Months

- ❑ **Tell your health care provider if your child:**
 - ◆ doesn't bear weight on legs with support
 - ◆ can't sit with help
 - ◆ doesn't make babbling sounds like /ga-ga/, /ba-ba/
 - ◆ doesn't play any games involving back-and-forth interactions
 - ◆ doesn't respond to own name
 - ◆ doesn't seem to recognize familiar people
 - ◆ does not look where you point
 - ◆ doesn't transfer toys from one hand to the other

Feeding and Nutrition

- At 9 months your child may be ready to try finely puréed vegetables or fruits one at a time
- Speak to your health care provider about developmental cues that your baby is ready to handle new foods
- Speak to your health care provider about questions and concerns you have about this transition and which foods to start out with
- Do not feed honey or egg whites before first birthday

Do **not** give foods the baby can choke on or get sick from, like:

hot dogs or meat sticks	peanut butter
raw vegetables	bacon
whole grapes	fish with bones
potato or corn chips	bologna or deli meats
popcorn	whole eggs or egg whites
hard candy	unpasteurized fruit juice
raisins	rare or raw meats
nuts	honey or food made with it

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

Well Child Check

9 Months

☐ Topics to discuss with your health care provider:

- ◆ advice on baby safety
- ◆ developing motor skills
- ◆ transition from infant to toddler
- ◆ importance of reading to baby daily
- ◆ any questions about development

Safety Tips

- Keep all outlets covered
- Keep both ends of a staircase securely blocked
- Never leave your child alone in the bathroom; especially in bathtub
- Be within arms reach when around water
- Get down to baby's level and do a scan of your house. Take care of any dangers that are present including cords or tablecloths that baby can pull onto self
- A rear-facing infant car seat is a necessity until baby is both 1 year and 20 pounds
- Install window guards on all windows above first floor
- Keep cleaning products and weapons in a locked cabinet, out of reach
- Keep guns unloaded and in locked cabinet
- American Association of poison control Centers Phone number: 1-800-222-1222

Recommended Immunizations

Any make-up vaccinations

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1 Year Old

Developmental Milestones

Feeding and Nutrition

Well Child Check

Recommended Immunizations

Development Milestones

1 Year

Social/Emotional:

- ◆ shows stranger anxiety
- ◆ cries when mom or dad leaves
- ◆ has favorite objects and people
- ◆ fearful in some new situations
- ◆ hands a book to caregiver when desiring a story
- ◆ repeats sounds or actions to get attention
- ◆ plays games such as “peek-a-boo” and “pat-a-cake”

Language:

- ◆ responds to simple spoken requests
- ◆ uses gestures, such as shaking head “no” or waving “bye- bye”
- ◆ vocal sounds becoming more like speech
- ◆ says “mama” and “dada” and exclamations like “uh- oh!”
- ◆ attempts to copy words heard

Development Milestones

1 Year

Physical:

- ◆ can get to sitting position without help
- ◆ pulls up to stand; walks holding on to furniture (“cruising”)
- ◆ may take a few steps without holding on; may stand alone

Cognitive:

- ◆ likes shaking, banging, throwing, and exploring things
- ◆ looks at the right picture or object when named
- ◆ learning the uses for common objects, such as “a cup is for drinking”
- ◆ bangs two objects together
- ◆ puts things in and takes them out of a container
- ◆ pokes with index (pointer) finger
- ◆ follows simple directions

** Remember: all children grow/mature at different rates**

Development Milestones

1 Year

- ❑ **Tell your health care provider if your child:**
 - ◆ doesn't crawl
 - ◆ doesn't stand when supported
 - ◆ doesn't search for things that she sees you hide
 - ◆ doesn't say single words such as "mama" or "dada"
 - ◆ hasn't learned gestures like waving or shaking head
 - ◆ doesn't point to things
 - ◆ loses skills once learned

Feeding and Nutrition

- Around this time babies are usually able to handle foods with a variety of textures
- A variety of healthful mashed or bite-sized, small, soft pieces (to avoid choking) of the family's food or jarred baby foods are good choices
- Crackers , cheerios, and small foods that dissolve quickly in mouth may also be good choices
- Start weaning from a bottle
- Teach child to use a cup and spoon -- be patient with messes
- Avoid using a lot of salt, spices, or added sugar
- Honey and egg whites should not be introduced until after first birthday
- Speak to your health care provider about introducing cow's milk or milk substitutes
- Speak to your health care provider about developmental cues that your baby is ready for these foods
- Ask your healthcare provider about any questions or concerns you have about new foods and how to prepare them
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

Well Child Check

1 Year

- **Topics to discuss with your health care provider:**
 - ◆ discipline
 - ◆ playgroups
 - ◆ nap/bedtime routine
 - ◆ oral hygiene
 - ◆ mealtime and nutrition
 - ◆ what to expect from child by next visit
 - ◆ specific skills/things to be working on with your child
 - ◆ what you can do to help your child learn and grow

****Remember that your child must be 1 year AND 20 pounds before putting them in a front facing car seat.****

Recommended Immunizations

- MMR (12-15 mo.)
- PCV13 (12-15 mo.)
- HIB (12-15 mo.)
- Varicella (12-15 mo.)
- HepA (12-23 mo.)

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