

Birth to Six – Growth and Development

Please Ask. Babies Can't Wait.

What

The chart is written for parents, but anyone who knows or works with young children will find it helpful.

Why

This prescreen chart is a quick way of helping you recognize possible problem areas in a child's vision, hearing and development. The chart will help you look at the whole child. You will be watching for the child's development in the areas of thinking, social skills, listening, talking and movement activities. Some movement skills use small muscles (like fingers), others use large muscles (like legs). It is important to watch for vision and hearing in children of every age.

IMPORTANT! This chart is a quick way to help you keep track of your child's vision, hearing and development, and is not intended to be a developmental test, evaluation or assessment.



How

Each age section lists activities that most children will be able to do sometime between the first age and the second age in that section. For example, by 12 months, most children will be able to do all the listed activities in the 6 to 12 months section. However, most children will not be able to do all of these activities at 6 months. The same is true of each age section. Therefore, do not be too concerned if a child at the beginning of an age level cannot do all of the activities. Since children develop at different rates, do not panic just because a child seems behind on one task.

Read the activities listed under the child's age and under vision and hearing. Watch and listen as the child plays. Can the child do the activities? It is important that the child has the time, space and materials needed for each activity. For example, do not say the child cannot draw a face if you don't give the child paper and a pencil or crayon.

You may wish to watch and listen to a child over several days, using the chart noting any concerns you may have. If a child at the upper age level of a section cannot do all the activities, families can share their observations with a professional who can take a closer look at the child's development.

When

Watch and listen to the child while playing. You are looking for what the child is usually like. **Do not use this chart when the child is ill, tired or irritable.**

What Next

You can call the Help Me Grow Washington number listed on the other side of this publication for the name of the local Lead Family Resources Coordinator (FRC) in your area if you have a concern about a child's development. Also, the child's doctor, the health department or the school district can help families and you find a nearby agency that can do a more complete check of the child's development, vision and/or hearing.



Vision

Does your child...

- Make eye contact (look at your eyes)
- Follow a moving object with their eyes
- Walk or crawl without frequently bumping into objects
- Look at people and things using both eyes
- Hold objects at normal distance (after age 6 months)
- Walk or crawl smoothly across shadows or areas that look different (carpet, tile)
- Look at people and things without eyes crossing or squinting (after 9 months)
- Have eyes that are clear, not red or watery

Hearing

Does your child...

- Show awareness of home noises (telephone, door knock, television)
- Use a voice that's not too loud or too soft
- Play with toys that make a noise (rattles, bells)
- Imitate sounds (after 1 year)
- Use some word endings ("s" or "ing") after age two
- Follow verbal directions
- Maintain a moderate volume on the television or radio
- Listen to stories, records or television without difficulty
- Speak so most people can understand (if older than 2-1/2 years)
- Come to you when called from another room (after 2 years)



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For Parents:

As a parent, you are the most important person in your child's life. You know your child best. If you have a concern about your child's development, you can request an evaluation. Please ask if you have any questions or concerns. Call Help Me Grow Washington for the name of a local Family Resources Coordinator (FRC) who can help you.

For Providers:

Children grow and develop in different ways. Please try and talk to families about their child's development on a regular basis. Ask them what new skills their child has learned, what concerns they may have and share your own observations. Let families know that if they do have concerns, more information and help is available by calling the Help Me Grow Washington number. They will refer the family to the local Family Resources Coordinator (FRC) in their area. You can also call the Help Me Grow Washington for the name and phone number of the FRC and share this information with the family directly.

Birth - 3 Months *Does your child...*

- Lift their head and chest when on their stomach
- Move their arms and legs easily
- Follow your movements by turning their head side to side
- Easily take a bottle or breast and suck well
- Startle or cry at sudden loud noises
- Look at you, watch your face
- Make gurgling or cooing sounds
- Smile in response to your smile or talk
- Quiet easily when comforted

3 - 6 Months *Does your child...*

- Play with feet when on their back
- Lift their head and chest with their weight on hands when on their stomach
- Hold their head upright and steady without support
- Roll from stomach to back and back to stomach
- Play with their own hands by touching them together
- Reach for a toy
- Pick up a toy placed within reach
- Turn their head toward sounds
- Make lots of different sounds
- Laugh out loud
- Try to show likes and dislikes

6 - 12 Months *Does your child...*

- Pull themselves to a stand with some help
- Sit without help while playing with toys
- Transfer objects from one hand to the other
- Feed themselves finger food
- Imitate waving bye-bye
- Let you know their needs with motions and sounds
- Copy speech sounds ("ba-ba", "ga-ga")
- Take turns while playing with adult (actions, sounds, or facial expressions)
- Let you know they understand a simple question ("Do you want some more?")
- Know parents from strangers

12 - 18 Months *Does your child...*

- Walk alone
- Pick up small objects (raisin size)
- Put objects in and dump from containers
- Put one object on top of another
- Feed themselves with spoon
- Say two or three different words in addition to "Mama" or "Dada"
- Ask for things using words
- Hold and drink from a cup with some spilling
- Point to several things or pictures when named

18 Months - 2 Years *Does your child...*

- Walk up and down stairs with their hand held
- Scribble
- Move their body in time to music
- Put two words together ("more juice")
- Begin to ask questions, ("juice?"; "bye-bye?")
- Feed themselves a sandwich, taking bites
- Take off socks and shoes
- Look at story book pictures with an adult
- Make simple choices among toys (puzzles or trucks)
- Copy another child's play (pouring sand, throwing ball)

2 - 3 Years *Does your child...*

- Walk well, run, stop, step up, and squat down
- Stack 3 or more objects
- Use the spoon and cup all by themselves
- Follow two-step directions ("Get the book and put it on the table")
- Name five to six of their body parts
- Take part in simple conversation
- Answer simple "what" and "what do" questions ("What do you want for lunch?")
- Point to or name objects when told their use ("What do you drink with?")
- Help with simple tasks (picking up toys)
- Use 2-3 word sentences regularly

3 - 4 Years *Does your child...*

- Jump, run, throw, climb, using good balance
- Draw circles, lines and crosses using a crayon
- Use toys and other materials to pretend play
- Enjoy picture books and being read to
- Understand words that tell where things are (behind, under, in, on)
- Use speech that is easily understood
- Ask a lot of "why" and "what" questions
- Enjoy playing with other children
- Wait their turn some of the time
- Answer simple "where" and "who" questions

4 - 5 Years *Does your child...*

- Tumble, dance or play other games that use large muscles (like the legs)
- Hop on one foot
- Draw a face that looks like a face
- Put on clothing with a little help
- Ask questions using "what, where, who and why"
- Say most speech sounds clearly except for "s, z, th, and r"
- Use words that show size and number (big, many)
- Say both their first and last name
- Enjoy playing with children of the same age

5 - 6 Years *Does your child...*

- Enjoy catching, throwing, kicking a ball
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given ("Get the ball, put it in the toy box, and come to the table.")
- Say their full name, age and sex
- Enjoy playing organized games with other children (Simon says, tag)

Contact:

The Washington State Department of Children, Youth & Families Early Support for Infants and Toddlers Program

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Olympia, Washington
98504-0970

esit@dcyf.wa.gov

www.dcyf.wa.gov/services/child-development-supports/esit

Help Me Grow Washington
Phone: 1-800-322-2588

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