



WATCH MY BABY grow!

Monitoring your child's development: Children develop different skills at different ages (for example, holding up their head by 4 months). These are called developmental milestones. Monitor your baby's growth based on their age. Practice these skills. Check off each skill as your baby can do it. Look ahead! Share this with your social worker and the baby's doctor.

2 months

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|--|--|--|--|---|--|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Begins to follow things with eyes | <input type="checkbox"/> Coos, makes gurgling sounds | <input type="checkbox"/> Open mouth and sticks out tongue when being fed | <input type="checkbox"/> Can hold head up | <input type="checkbox"/> Begins to hold your finger | <input type="checkbox"/> Can calm self, like bringing hands to mouth and sucking on hand |
| <input type="checkbox"/> Recognizes people at a distance | <input type="checkbox"/> Turns head towards sounds | | <input type="checkbox"/> Begins to push up when lying on tummy | <input type="checkbox"/> Opens/closes their hands | |



Your 2 month old baby's hearing is improving and s/he should respond to your voice. Talk, read and sing to your baby even if s/he can't talk back yet.

4 months

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|--|---|---|--|--|--|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Looks at things s/he is holding and points to things s/he is looking at | <input type="checkbox"/> Begins to babble making different sounds | <input type="checkbox"/> Sleeps through the night | <input type="checkbox"/> Holds head steady/supports head on own | <input type="checkbox"/> Holds your finger | <input type="checkbox"/> Smiles at people |
| <input type="checkbox"/> Reaches for toys | <input type="checkbox"/> Copies sounds heard | <input type="checkbox"/> Cries when putting clothes over their head | <input type="checkbox"/> Pushes down on legs when feet are on a hard surface | <input type="checkbox"/> Holds a toy for a few seconds | <input type="checkbox"/> Plays with others |
| | <input type="checkbox"/> Cries in different ways to show hunger, pain, or tired | | <input type="checkbox"/> Pushes up when lying on tummy | | |



4 month old babies love to grab and should be starting to use both of their hands together.

6 months

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| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Looks around at things | <input type="checkbox"/> Copies sounds you make | <input type="checkbox"/> Opens mouth when being fed with spoon | <input type="checkbox"/> Rolls from back to tummy | <input type="checkbox"/> Picks up and holds toys for a few seconds | <input type="checkbox"/> Recognizes your face |
| <input type="checkbox"/> Puts toys in mouth | | | <input type="checkbox"/> Rolls from tummy to back | <input type="checkbox"/> Brings hands together when lying on back | <input type="checkbox"/> Leans or lifts arms to be picked up |



Babies should be able to sit up on their own by 6 months. Place toys just out of baby's reach while sitting to encourage them to reach and start to crawl.

9 months

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|---|--|--|---|--|---|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Watches objects fall | <input type="checkbox"/> Understands 'no' | <input type="checkbox"/> Picks up cereal O's with thumb and pointer finger | <input type="checkbox"/> Sits without support | <input type="checkbox"/> Moves toy from hand to hand | <input type="checkbox"/> Has a favorite toy |
| <input type="checkbox"/> Plays peek-a-boo | <input type="checkbox"/> Uses fingers to point at things | <input type="checkbox"/> Holds own bottle | <input type="checkbox"/> Crawls | | <input type="checkbox"/> May cling to you |
| | <input type="checkbox"/> Makes lots of sounds like 'mamama' and 'bababa' | | <input type="checkbox"/> Pulls self up to stand | | <input type="checkbox"/> Calms with rocking and soothing sounds |
| | | | <input type="checkbox"/> Stands holding on to furniture | | |



At 9 months peek-a-boo can be a fun game to play with your baby. It teaches him/her that you are still there even if s/he can't see you.

1 year

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|---|--|---|---|---|--|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Puts things in/takes things out of containers or boxes | <input type="checkbox"/> Uses simple gestures such as shaking head 'no' and waving 'bye-bye' | <input type="checkbox"/> Puts out arms/legs to help with dressing | <input type="checkbox"/> Starts to stand alone | <input type="checkbox"/> Can poke with pointer finger | <input type="checkbox"/> Cries when you leave |
| | <input type="checkbox"/> Tries to say words you say | <input type="checkbox"/> Feeds self with hands | <input type="checkbox"/> Walks by holding on to furniture | <input type="checkbox"/> Claps hands together | <input type="checkbox"/> Enjoys listening to songs |
| | | | <input type="checkbox"/> Starts to take a few steps with help | | |



1 year olds love repetition which helps build their confidence, so don't worry about re-reading the same page of a book or rebuilding block towers again and again, babies love this.

18 months

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| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Follows 1 step directions like 'sit down' | <input type="checkbox"/> Says first words | <input type="checkbox"/> Drinks from open cup | <input type="checkbox"/> Walks alone | <input type="checkbox"/> Works toys with buttons or moving parts | <input type="checkbox"/> Shows affection (like hugging or kissing) to familiar people |
| | <input type="checkbox"/> Points to 1 body part | <input type="checkbox"/> Feeds self with spoon | <input type="checkbox"/> Can walk while holding a toy | | <input type="checkbox"/> Hands toys to others as play |



18 month olds can point to body parts. Teach your toddler where to find his/her nose, eyes, ears, and feet.

2 years

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|--|---|--|--|---|--|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Plays make believe games like pretending to talk on the phone | <input type="checkbox"/> Names items in a picture book like 'cat' | <input type="checkbox"/> Removes jacket without help | <input type="checkbox"/> Climbs up and down on furniture | <input type="checkbox"/> Holds a crayon and scribbles | <input type="checkbox"/> Plays close to other children |
| | <input type="checkbox"/> Says 2-4 word sentences | | <input type="checkbox"/> Starts to run | <input type="checkbox"/> Able to stack objects | <input type="checkbox"/> Tantrums when frustrated |



At 2 years old, toddlers love to scribble and may start to use one hand more than the other - but it's ok if s/he is still using both.

3 years

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|---|---|---|---|---|--|
| COGNITION | COMMUNICATION | SELF HELP | GROSS MOTOR | FINE MOTOR | SOCIAL/EMOTIONAL |
| <input type="checkbox"/> Understands what is theirs and what is yours | <input type="checkbox"/> Follows 2 step directions like 'go get your juice and drink it at the table' | <input type="checkbox"/> Stabs food with fork and brings to mouth | <input type="checkbox"/> Walks up and down stairs | <input type="checkbox"/> Draws straight lines and circles | <input type="checkbox"/> Names a friend |
| | | | | | <input type="checkbox"/> Shows concern for another child who is crying |



Sometimes 3 year olds can be stubborn. Give your toddler easy choices whenever possible to give him/her some feeling of control and independence.

If your child is already three years old, contact your local school district for special education services.

HELPING YOUR BABY GROW

Supporting your Baby: Don't worry if your child is not able to do everything on the chart. If your child cannot do multiple skills for their age or if you think something is not right, talk to your social worker, and/or your baby's doctor.

Example: If your baby is 1 year old and is not helping with feeding or dressing and is not standing yet, consider speaking to their doctor about their possible gross motor and self-help delays.

Example: If your baby is meeting their communication milestones much later than the chart says they should, consider referring your baby to the Regional Center for a speech and language assessment.

Services: There are free services to support your baby's development. These early intervention services can include anything your baby needs such as speech and language therapy, physical therapy, occupational therapy, or play therapy. For example, if your child is not meeting their communication milestones, a specialist may be able to help them with their language skills. To get these free services, you must refer your child to the Regional Center's Early Start program for babies birth to age 3. **The earlier your baby gets these services, the quicker they can catch up.**

If you want to make the referral, follow the steps:

- Step 1.** Write the Referral: Using the example on the back, write a short letter to your local Regional Center. Include your developmental concerns in the spaces provided.
- Step 2.** Send your letter to your local Regional Center: Find your local Regional Center by visiting: www.dds.ca.gov/RC/regionmap.cfm?view=acounty and typing in your zip code. Address your referral to the Regional Center address provided by the website. Mail your referral. Also send a copy of the referral letter to your social worker and the child's doctor.
- Step 3.** Follow up: If the Regional Center hasn't called you within 2 weeks, call them. Discuss your developmental concerns with the Regional Center intake worker. Use your developmental chart to help.
- Step 4.** Assessing your baby: The Regional Center must assess your baby to see if they qualify for services. They will send you paperwork to sign and set up a testing appointment. Return your signed paperwork quickly and make sure to go to your appointment.
- Step 5.** Go to a meeting to discuss your baby's needs and ask for services: The Regional Center must assess your child and meet with you within 45 days of receiving your referral, if your child is eligible for services. Make sure to bring someone to help you advocate for services for your baby. If you need help, ask your social worker, or call the Alliance for Children's Rights at 213-368-6010.
- Step 6.** Help your Baby Grow: Make sure to go to all your baby's services. Play with them every day to help develop their skills.

For tips on easy activities you can do with your baby go to: joinvroom.com

This project is supported by the Saltz Family Early Intervention Center.



CONTACT INFORMATION
education@kids-alliance.org
213-368-6010

In partnership with:



Endorsed by California's Interagency Coordinating Council



If your child needs extra help reaching developmental milestones there are free early intervention services that can help.



Your child's brain develops the most rapidly during the first five years of life.



Infants and toddlers are constantly learning even if you think they are too young to understand. Talk, read, and sing to your child every day to help them learn even more.



These milestones are designed for use by parents and caregivers. Although social workers can utilize them as well, they should also utilize validated screening tools, per All County Letter 06-54.

www.dss.cahwnet.gov/lettersnotices/entres/getinfo/ac106/pdf/06-54.pdf

Children can benefit greatly from receiving early intervention services. Don't wait until your child goes to school to get help.

Regional Center Referral Letter

Date: _____

INTAKE DEPARTMENT

Name of Regional Center: _____

Address: _____

RE: _____ (child's name)

Date of Birth: _____

Dear Intake Department,

I have concerns about my baby's development. I am referring my baby to you for an Early Start Program evaluation/assessment. Please conduct a standardized developmental evaluation of my baby to determine their eligibility for the Early Start program. My baby also requires the following assessments:

Speech and language assessment because my baby demonstrates the following delays:

Physical therapy assessment because my baby demonstrates the following delays (for example, isn't crawling by 9 months or walking by 18 months):

Occupational therapy assessment because my baby demonstrates the following delays (for example, isn't moving toys from hand to hand by 9 months or holding a crayon and scribbling by 2 years)

Thank you. Please call me to start the testing process.

Parent/Education Rights Holder Name: _____

Address: Street _____ Apt. _____ City _____

Zip code _____

Phone Number: _____

Email: _____

To access an electronic version of this form, visit: kids-alliance.org/watch-my-baby-grow



WATCH MY BABY
grow!

ALLIANCE for CHILDREN'S RIGHTS