

## By 4 years

### My child...

- can match some objects / colors, can count up to 10 (may use blocks, spoons), can point to numbers
- is using past tense (rolled, handed), can speak clearly (be understood by others), knows 4-8 actions
- will smile/laugh at funny pictures, can play well with other children, realizes when a person is hurt or needs help
- can lace shoes, can buckle a belt, can use a fork (holds it with her fingers)
- can run, can balance on 1 foot, can cut along a line

## By 4 1/2 years

### My child...

- can repeat 4 numbers, matches things that are related, can pick out which group has "more balls, more cups"
- can tell you why, or can say what made something happen, is using 5-6 word sentences, can name 4 colors
- can share, can take turns, calls attention to what he can do
- can help to serve self, can clean up spills, can dress with no help
- can swing self on swing, can hop well on each foot, can kick large ball with success, can connect dots on paper

## By 5 years

### My child...

- can name 3 coins, can define 5 words, can count 4 or more things and answer "how many?"
- can talk with others, can match a spoken word to a picture, can tell you what is the same or different (between shapes, toys, pictures on cards)
- can tell you her birthday, can name 2 feelings (happy, sad), can tell you the difference between "real" and "make-believe"
- can put on t-shirt, knows front from back of clothing, can brush his teeth
- can catch a bounced ball, can skip, can march in time to music, can copy a cross (+), can draw a person (stick figure with 3-6 parts such as lines & circles for arms, legs, head, fingers)

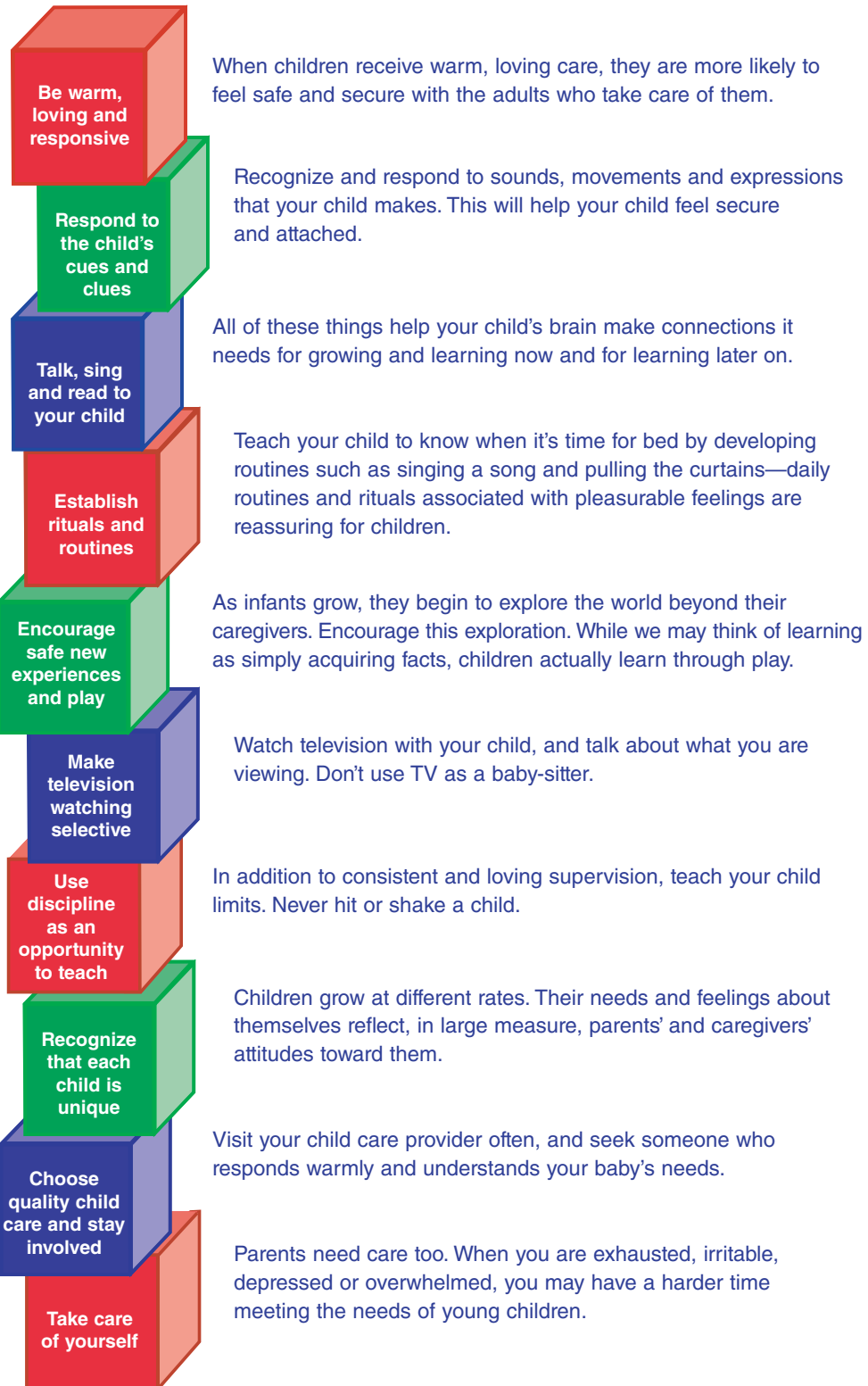
If you didn't have a  on each line in your child's age group...or if you have any concerns...call your local

**EI programs or CONNECT**  
**1-800-692-7288** and talk  
with one of our  
**child specialists!**



# Ten Tips

for raising happier, healthier children



**"Ten Tips" was developed by the national I Am Your Child campaign. Their goal is to make early childhood development a top priority for our nation.**

For more information on what parents and caregivers can do to promote young children's healthy development, visit the **I Am Your Child** website ([www.iamyourchild.org](http://www.iamyourchild.org)), or write to: **I Am Your Child**, P.O. 15605, Beverly Hills, CA 90209

"Watch Me Grow" brochure was developed in Philadelphia through the collaboration of: Public Health Management Corporation/ChildLink (PHMC), Philadelphia Mental Retardation Services (MRS), Philadelphia Department of Public Health (PDPH), and the Philadelphia Interagency Coordinating Council (PICC). Milestones for Birth—5 were drawn from a number of standardized developmental tests for infants, toddlers and young children. Graphic design by Trinh Loi.

# Look inside and see what your child can do!



**Every child grows and learns new things at his or her own pace. Children may vary by as much as 6 months in some of the things that they are able to do. If you have any concerns about your child's development, call Early Intervention (EI).**



*Serving Children with Developmental Delays*

**...helping families develop their child's potential.**

Funding for Early Intervention is provided through Pennsylvania OCDEL (Office of Child Development and Early Learning), your local county OMR offices of developmental services, Intermediate Units, and state/local contracted EI agencies.

**Statewide CONNECT line: 1-800-692-7288**

Available in Other Languages – Arabic, French, Portuguese, Spanish, Chinese, Korean, Vietnamese, Khmer-Cambodian, Russian, and Haitian Creole.



1. Look for your child's age group(s).
2. If your child can do at least 2 things listed on a line, put a  .
3. Each  means your child is doing things typical of his/her age.
4. If you have box(es) with no  call **CONNECT** or your local **EI program**.

### Birth - 3 months

#### My child...

- knows my face, can turn her head to watch a toy move, can smile
- makes cooing sounds (ooo, aah), moves around at the sound of my voice, can chuckle (huh,huh,huh)
- watches the person talking to him, can follow me with his eyes, can show he is happy or upset
- can suck her fingers or fist, can hold on to mom's finger when nursing, or pat the bottle during feeding
- can lift his head, is beginning to roll over (onto his back), will hold a rattle briefly

### 3 - 6 months

#### My child...

- likes to watch her own hands and looks at other things around her, gets quiet when hears a voice, can reach for or bang a toy
- can babble (da, ba, mmm), can laugh, will look toward a noise
- can smile if you smile at him, can get upset at the loss of a toy, responds more to me than others
- wants to try food other than milk, seems excited when about to be fed, can suck or close lips on spoon to get food
- can bring both hands to center, can play with her toes, can hold head up, can roll (from back to tummy)

### 6 - 9 months

#### My child...

- can roll a ball, will drop a toy and look for it, will repeat actions that make noise
- will stop briefly if told "no", can imitate sounds, when he hears his name may turn head or look at me or smile
- likes to play with a toy, can copy me (wave bye-bye, play "so-big"), may want me to stay close by, will pull back from a stranger
- can use a cup with help, can move things from one hand to other, can feed self (with fingers)
- can sit up, can creep or crawl on belly, bounces on her legs (not stiff-legged), can pull up to stand

### 9 - 12 months

#### My child...

- can point at things, likes to bang toys on a table, can shake and drop toys, enjoys looking at picture books
- understands a few words besides "mama, dada," will hand me a toy if asked, can copy sounds (clicking tongue, coughing)
- will repeat actions to get a laugh, gives a hug, plays near other children, likes peek-a-boo
- is starting to chew, is starting to push, poke at and pull things, is drooling less (unless teething), is messy and likes fingerfoods
- is starting to stand alone, can crawl fast, can take a few steps, can throw a ball or bean bag

### 12 - 15 months

#### My child...

- can build a stack of 2-3 blocks or cans, is using more hand motions for what he wants, will pat pictures in books
- is starting to say several words, makes noises as if she was talking, will try to find things if asked "where's the...?"
- can roll a ball back to me, can copy things he sees me do, prefers some toys over others
- can help turn pages, can help when I dress her, can use a spoon (with spilling)
- can walk, can climb stairs (on hands and knees), can pick up tiny things like Cheerios (using thumb and finger)

### 15 - 18 months

#### My child...

- can name one picture, will find a toy I hid under something, explores drawers/cabinets
- can say 5-6 words, will point to pictures in a book as I say them, can follow a direction (will point to something, will get a ball)
- likes to carry/hug a stuffed toy, can ask for help (to wind a toy, open a box), seems proud to do things
- can take off her shoes and socks, can put things in a box, can dump them out of the box
- can run (like a toddler, stiff legs), can climb stairs with help, is starting to throw overhand

### 18 - 21 months

#### My child...

- can stack 4-6 blocks, will point to things if asked ("where's your nose? Where are your eyes?"), calls himself by name,
- can say 6-10 words, is starting to use words like "me, you," can use words to say what he wants
- can show he likes me, may not share ("mine"), copies what other people do
- can keep crayon marks on a piece of paper (when I watch), can take off coat, holds cup well
- can kick at a ball, can jump in place, can walk down stairs holds my hand, holds crayon (in fist)

### 21 - 24 months

#### My child...

- can build a tower of 6 blocks or cans, can help put things away, can match sounds to animals
- can say several words and be understood, knows more than 20 words, is using 2 words together ("more juice")
- likes to hear stories, can play by self (for short time), likes things that are funny, can be warm and responsive, shows independence ("me do it," "no")
- can use a spoon well, can use a cup and set it down with little spilling, tries to put her own shoes on
- can jump off floor with both feet, can hold a glass in one hand, is beginning to draw (in big circles)

### By 2 1/2 years

#### My child...

- enjoys pretending (feeding doll, using a block to pretend it is a phone), knows 3 objects ("what do we do with a key, a car?") or 3 body parts by what they do ("what do you see with?")
- can use 3-word sentences ("me go too"), may get upset if not understood, can ask simple questions
- can help put toys away, may move slowly to get something done, can find it hard to wait for things
- can brush teeth with help, can put on simple clothes, pull up pants (with help), can wash and dry own hands
- can run well, can walk on tiptoes, can hold a crayon with fingers, can turn pages one at a time

### By 3 years

#### My child...

- can copy what I do (blink eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking)
- can sing, can be talkative, can put 3-4 words together (short sentences) to tell me things
- can play with and enjoys other children, can be shy with strangers, follows rules, is starting to take turns
- can put on coat, cap or slippers, can use scissors (if supervised), can use fork (holds in fist)
- can do broad jumps (both feet at once), can climb up stairs (using one foot, then the other), can copy a circle

### By 3 1/2 years

#### My child...

- understands the concept of "two" (2 cookies, 2 trucks), can point to colors, can match shapes
- understands words like "biggest, smallest, softly, loudly," can answer questions, knows or can use words like "down, up"
- can point to self in photo, asks to do simple tasks in house (push broom, wipe table), can tell you that she's happy, sad, afraid, etc.
- can pull on sock, can unbutton small buttons, can unbuckle his belt, can go to toilet alone
- can balance on 1 foot, can trace a diamond shape, can walk down stairs (using one foot, then other foot)