

# KNOW

## How A Child Grows



### HOW can I help my child's development?

Proper nutrition, exercise and rest are very important for your child's health and development. Providing a safe and loving home and spending time with your child – playing, singing, reading, even just talking – can make a big difference in their development.

### DO YOU know all the ways you should measure your child's growth?

We naturally think of height and weight, but your child's growth is more than just physical. From birth to age 5 your child should reach milestones in how they play, learn, speak and act. A delay in any of these areas may be an early sign of a problem. While missing the mark doesn't mean your child has a developmental delay, you should at least discuss the possibilities with your doctor. The good news is, the earlier delays are recognized the more you can do to help your child. It is very important to seek help early! Early intervention really makes a world of difference in helping children get back on track.

### WHAT is a developmental delay?

Skills such as taking a first step, smiling for the first time, and waving "bye-bye" are called developmental milestones. A developmental delay is when your child does not reach these milestones at the same time as other children of the same age. If your child is not reaching milestones, there are things you can do that may help. Most of the time, a developmental delay is not something your child will "grow out of" on his or her own. But with help, your child can reach his or her full potential.

### I HAVE concerns that my child has a developmental delay. Who can I contact for help?

Usually a parent is the first to notice that their child is not progressing at the same rate as other children. Unfortunately parents may hesitate to seek professional advice when their child is not reaching their milestones. If you are concerned your child may have a developmental delay, it is important to contact your child's doctor.

The doctor can talk with you, examine your child, and refer you to agencies that help to screen or evaluate children for developmental delays. It may take several visits and possibly a referral and screening by a developmental specialist to be sure that the delay is not just a temporary lag. If your child's doctor does not know of such an agency or if you are more worried than your doctor, you can seek help on your own.



**For more information or help contact...**

**Medina County Board of DD**

330-725-7751 option 1 • [www.mcboard.org](http://www.mcboard.org)

**Ohio Early Intervention**

1-800-755-GROW • [www.ohioearlyintervention.org](http://www.ohioearlyintervention.org)

# First Year Milestones

Babies develop at their own pace, it's impossible to tell exactly when your child will learn a given skill. The developmental milestones listed here are meant to give you a general idea of what to expect. Don't be alarmed if your baby's development takes a slightly different course.

## END OF 3 MONTHS

### Social and Emotional

- Begins to develop a social smile
- Enjoys playing with people, may cry when playing stops
- Imitates some movements and facial expressions

### Movement

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes toys

### Vision

- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

### Hearing and Speech

- Smiles at the sound of your voice
- Begins to babble
- Turns head toward direction of sound

## END OF 7 MONTHS

### Social and Emotional

- Enjoys social play
- Interested in mirror images
- Responds to expressions of emotion and appears joyful

### Cognitive

- Finds partially hidden objects
- Explores with hands and mouth
- Struggles to get objects out of reach

### Language

- Responds to own name
- Begins to respond to "No"
- Responds to sounds by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of sounds

### Movement

- Rolls both ways (front to back, back to front)
- Sits with and then without support
- Supports whole weight on legs
- Reaches with one hand
- Transfers object from hand to hand
- Uses hand to rake objects

### Vision

- Develops full color vision
- Distance vision matures
- Ability to track moving objects improves

## END OF 12 MONTHS

### Social and Emotional

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his/her play
- Tests parental response to his/her behaviors
- May be fearful in some situations
- Finger-feeds self
- Extends arm or leg when being dressed

### Cognitive

- Explores objects in many different ways (shaking, banging, throwing, etc.)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, etc.)

### Language

- Responds to simple verbal requests
- Responds to "No"
- Uses simple gestures such as shaking head for "No"
- Says "Dada" and "Mama"
- Tries to imitate words

### Movement

- Reaches sitting position without assistance
- Crawls forward on belly, creeps on hands and knees
- Moves from sitting to crawling position
- Pulls self up to stand
- Walks holding on to furniture
- May walk two or three steps without support

### Hand and Finger Skills

- Uses pincer grasp
- Bangs two objects together
- Puts objects into and takes objects out of container
- Lets go of objects voluntarily
- Pokes with index finger
- Tries to imitate scribbling



## What is a Developmental Screening?

A developmental screening is a brief test to determine if a child is reaching the right milestones for his/her age. It may involve a series of questions and observations of a child at play. It covers many areas of development and the results are helpful in determining if a child needs additional testing or to see a specialist. Most pediatricians conduct developmental screenings during well-child check ups. The American Academy of Pediatrics recommends that all infants and young children (ages 0-3) be screened for developmental delays during these visits.

A developmental screening is designed to find potential developmental delays as early as possible. Research shows that early detection and treatment can help improve skills and reduce the need for lifelong services.