

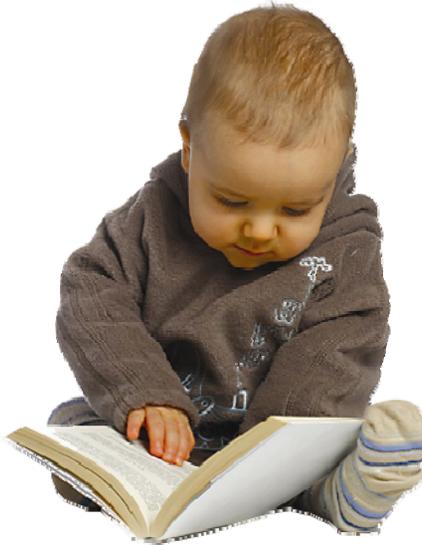


*If your child is not meeting their milestones on time, Early Intervention is the key to helping them get back on track.*

#### *Developmental Milestones*

are a set of skills or tasks that *most* children can do at a certain age. Your pediatrician uses milestones to help check how your child is developing.

Every child is unique! Although each milestone has an age level, the time when a typically developing child reaches that milestone can vary. Children that are not reaching their milestones often benefit from physical, occupational or speech therapy. Be sure to discuss any concerns about your child's development with your child's doctor!



**If you are concerned about your child's development, please call Help Me Grow of Knox County toll free at 1-800-755-GROW (4769). 740-392-2200 (ext: 2259)**

If you are eligible, free services may be provided to develop skills and help your child catch up with their peers.



Partnering with Individuals and the Community.



*Get the support You need to help your child*  
**Meet Milestones**



Child development means that as a child ages their skills and abilities increase. Development is different than growth. Growth only refers to the child getting bigger in size.

**When we talk about typical development, we are talking about developing skills like:**

**Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions.

**Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things.

**Language:** speaking, using body language and gestures, communicating, and understanding what others say.

**Cognitive:** Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.

**Social:** Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.



# Ages & Stages



## BY 3 MONTHS:

### Motor Skills

- Lift head when held at your shoulder
- Lift head and chest when lying on his stomach
- Turn head from side to side when lying on her stomach
- Follow a moving object or person with his eyes
- Often hold hands open or loosely fist
- When given rattle, grasp it
- Wiggle and kick with arms and legs
- Turn head toward bright colors and lights
- Turn toward the sound of a human voice - recognize bottle or breast
- Respond to your shaking a rattle or bell

### Language and Social Skills

- Make sounds, smile when smiled at
- Communicate hunger, fear, discomfort (through crying or facial expression)
- Usually quiet down at the sound of a soothing voice or when held
- Anticipate being lifted
- React to "peek-a-boo" games

## BY 6 MONTHS:

### Motor Skills

- When sitting with your assistance, holds head steady
- Reach for and grasp objects
- Play with his toes
- Help hold the bottle during feeding
- Explore by mouthing and banging objects
- Move toys from one hand to another
- Shake a rattle
- Pull up to a sitting position on her own if you grasp her hands
- Sit with only a little support
- Sit in a high chair
- Roll over
- Bounce when held in a standing position

### Sensory and Thinking Skills

- Open his mouth for the spoon
- Imitate familiar actions you perform
- Babble, making almost sing-song sounds
- Know familiar faces
- Laugh and squeal with delight
- Scream if annoyed
- Smile at reflection of self in a mirror

## BY 12 MONTHS:

### Motor Skills

- Drink from a cup with help
- Feed herself finger food like raisins or cheerios
- Grasp small objects by using her thumb and index or forefinger
- Use first finger to poke or point
- Put small blocks in and take them out of a container
- Bang two blocks together
- Sit well without support
- Crawl on hands and knees

- Pull himself to stand or take steps holding onto things
- Stand alone momentarily
- Walk with one hand held
- Cooperate with dressing by offering a foot or an arm
- Copy sounds and actions you make
- Respond to music with body motion
- Try to accomplish simple goals (seeing and crawling to a toy)
- Look for an object that falls out of sight (such as a spoon that falls under the table)
- Babble, but it sometimes "sounds like" talking
- Say his first word
- Recognize family members' names
- Try to "talk" with you
- Respond to another's distress by showing distress or crying
- Show affection to familiar adults
- Show apprehension about strangers
- Raise her arms when she wants to be picked up
- Understand simple commands

### Language and Social Skills