

Washington's early intervention services are a coordinated effort supported by the Department of Early Learning, the Office of Superintendent of Public Instruction, the Department of Social and Health Services, the Department of Health and the Department of Services for the Blind.

Our web address is:
www.del.wa.gov/esit



DEL 11-003 (3/11)



Please Ask Babies Can't Wait.

Information is available on how children from birth to three years grow and develop; and what to do if you have a concern.

Washington State
Department of
Early Learning

As a parent you are the most important person in your child's life.

Children grow and change rapidly during their first three years. Think of your child and how he or she is growing. You know your child best. You notice things like how and when your child smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through the different developmental stages. When a child has a delay in development, services are available throughout the state. **The Washington State Early Support for Infants and Toddlers program** coordinates a statewide effort to help families get the services they need.

What if I have questions about my child's development?

Call the **Family Health Hotline** at **1.800.322.2588** or **711 TTY Relay** for the name of the Family Resources Coordinator (FRC) in your area. There are FRCs in each county or geographic area. They will help you to get the early intervention services your child may need. You can also call your local health department or school district.

Talk with your health care provider about your concerns. They can provide a screening or suggest other resources. If you don't have health insurance and want more information or help, call the **Family Health Hotline** at the number listed above. You may also get more information from the **Early Support for Infants and Toddlers** website: www.del.wa.gov/esit/



Check your child's growth and development inside. ▶

Birth TO Three

Growth & Development

Vision *Does your child . . .*

- ☐ Make eye contact (look at your eyes)
- ☐ Follow a moving object with her eyes
- ☐ Walk or crawl without frequently bumping into objects
- ☐ Look at people and things without covering one eye
- ☐ 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)

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

- ☐ Lift his head and chest when on his stomach
- ☐ Move her arms and her legs easily
- ☐ Follow your movements by turning his 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



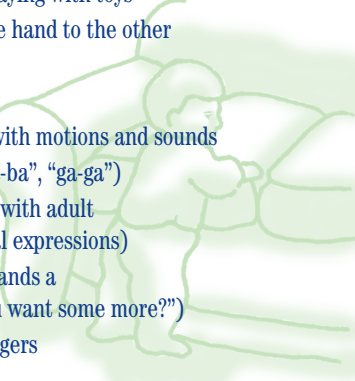
3 to 6 Months *Does your child . . .*

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



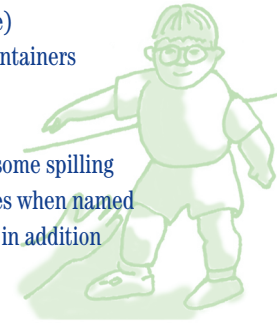
6 to 12 Months *Does your child . . .*

- ☐ Pull himself to stand with some help
- ☐ Sit without help while playing with toys
- ☐ Transfer objects from one hand to the other
- ☐ Feed herself finger food
- ☐ Imitate waving bye-bye
- ☐ Let you know his 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 he understands a simple question ("Do you want some more?")
- ☐ Know parents from strangers



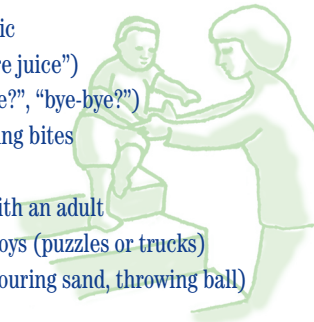
12 to 18 Months *Does your child . . .*

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



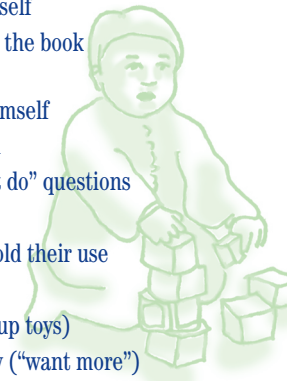
18 Months to 2 Years *Does your child . . .*

- ☐ Walk up and down stairs with his hand held
- ☐ Scribble
- ☐ Move her body in time to music
- ☐ Put two words together ("more juice")
- ☐ Begin to ask questions, ("juice?", "bye-bye?")
- ☐ Feed himself 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)
- ☐ Mimic another child's play (pouring sand, throwing ball)



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

- ☐ Walk well, run, stop, step up, and squat down
- ☐ Stack more than two objects
- ☐ Use the spoon and cup all by herself
- ☐ Follow two-step directions ("Get the book and put it on the table")
- ☐ Name five to six body parts on himself
- ☐ 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 ("want more")



*"My child is improving
with all the help and
I am able to learn
with him."*

**If you have concerns about
your child's development...**

**Please
Ask
Babies Can't
Wait.**