

Parents Are Often the First to Know When Their Baby Needs a Helping Hand.



A Checklist for Your Child's Development from Birth to Age Three

The first three years of your baby's life are very important. Infants and toddlers are learning to walk, talk, recognize people and do many other things. Parents are often the first to notice when their child is not learning or growing like other babies. This brochure outlines what to expect from your child during the ages from birth to three years old.

Please make sure that your child receives well-baby checkups by her doctor every three months for the first year and a half, and every six months after that until she is three years old.

Some infants and toddlers may have trouble developing certain skills. If you have any concerns about your baby, call the Infant & Toddler Connection of Virginia at **1-800-234-1448**. We're here to help.



**Infant & Toddler
Connection of Virginia**

1-800-234-1448

TTY/TDD 1-804-771-5877

www.infantva.org

Important For All Babies

Check Yes or No for each question.

Yes No Does your baby always ride in a car seat
 when riding in a car?

Yes No Do you have a regular place to go for your
 baby's health care (pediatrician,
family doctor, public health clinic)?

Here's a sample list of what babies are usually able to do at different ages.

By 3 Months Old

Yes No Does your baby smile back at you when you
 smile, talk, or gently touch her face?

Yes No Is your baby making cooing sounds like "ooh"
 or "aah"?

Yes No Does your baby seem surprised when she
 hears loud noises?

Yes No Does your baby lift her head and chest when
 lying on her tummy?

Yes No Does your baby play with her hands by
 touching them together or putting them in
her mouth?

Yes No Does your baby watch you when you walk
 around the room?

Yes No Has your baby seen the doctor at least two
 times for well-baby checkups?

By 6 Months Old

Yes No Does your baby laugh and babble, like saying
 "bababa" or "dadada"?

Yes No Does your baby try to explore toys by putting
 them in his mouth?

Yes No Does your baby roll from his back to his
 tummy?

Yes No Does your baby turn his head toward sounds
 like your voice, radio or TV?

Yes No Does your baby reach for and hold a toy?

Yes No Has your baby had at least one well-baby
 checkup in the last three months?

By 9 Months Old

Yes No Does your baby sit by herself without falling?

Yes No Does your baby look for a toy when she sees
 you drop it?

Yes No Does your baby hold something in each hand
 at the same time?

Yes No Does your baby scoot or crawl across the floor
 on her tummy?

Yes No Does your baby pull up to stand by holding
 on to furniture?

Yes No Does your baby shake her head "No"?

Yes No Has your baby seen the doctor at least one
 time for a well-baby checkup since she was
six months old?

By 12 Months (1 year old)

- Yes No Does your baby look at the right thing when you say words like “bottle”, “ball” or “cup”?
- Yes No Does your baby get on his hands and knees to crawl?
- Yes No Does your baby say “Mama” or “Dada” to the right person?
- Yes No Does your baby find a toy when he sees you hide it?
- Yes No Is your baby playing peek-a-boo or waving bye-bye after he sees you do it?
- Yes No Does your baby look at pictures in a book?
- Yes No Does your baby take steps when holding on to furniture?
- Yes No Does your baby pick up finger foods like Cheerios or raisins using the thumb and one finger?
- Yes No Has your baby seen the doctor at least one time for a well-baby checkup in the last nine months?

By 15 Months Old

- Yes No Does your baby point to or ask for things she wants?
- Yes No Does your baby feed herself with her fingers?
- Yes No Does your baby walk without help?
- Yes No Does your baby say any words other than “Mama” or “Dada”?
- Yes No Does your baby scribble on paper using crayons or pencils?
- Yes No Has your baby seen the doctor for her 12-month well-baby checkup?

By 18 Months Old

- Yes No Does your baby hold and drink from a cup?
- Yes No Does your baby point to body parts like “eyes”, “nose” and “mouth” when you name them?
- Yes No Does your baby like to put things in and out of containers?
- Yes No Does your baby say words to tell you what he wants?
- Yes No Does your baby like to look at books and turn pages by himself?
- Yes No Has your baby seen the doctor for a 15-month well-baby checkup?

By 24 Months (2 years old)

- Yes No Does your child stack things on top of one another?
- Yes No Does your child put words together like, “Daddy shoe”, “Go bye-bye”, “See car”?
- Yes No Does your child point to pictures in a book when you name them?
- Yes No Does your child take off her sweater, socks or hat by herself?
- Yes No Has your child had her 18-month well-baby checkup?

By 30 Months

- Yes No Does your child walk up stairs?
- Yes No Does your child understand simple requests
 like, "Give me one cracker" or
"Bring me one crayon"?
- Yes No Does your child put three words together like,
 "I want juice"?
- Yes No Does your child make a straight line with a
 crayon or pencil after you do it?
- Yes No Does your child use pronouns like "I",
 "you" and "me"?
- Yes No Does your child turn the pages of a book,
 one at a time?
- Yes No Has your child seen the doctor for a
 24-month checkup?

By 36 Months (3 years old)

- Yes No Can your child tell you her first name?
- Yes No Does your child unbutton buttons?
- Yes No Does your child jump up and down?
- Yes No Does your child ask questions?
- Yes No Does your child understand words like
 "in", "out" and "behind"?
- Yes No Does your child follow simple two-step
 directions like, "Go to your room
and bring me a diaper"?

While all infants and toddlers learn at their own pace, some may need a little extra help to develop certain skills.

If you answered "no" to one or more of these questions, or if you have other concerns about your young child's development, the Infant & Toddler Connection of Virginia is here to help!

Please call the toll-free phone number below. You will be given the name and telephone number of someone in your community who will listen to your concerns and offer assistance.



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