



WATCH MY BABY
grow!

ALLIANCE *for* CHILDREN'S RIGHTS



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Monitoring your child's development: Children develop different skills at different ages (for example, holding up their head by 4 months). These are called developmental milestones. Monitor your baby's growth based on their age. Practice these skills. Check off each skill as your baby can do it. Look ahead! Share this with your social worker and the baby's doctor.

2 months

COGNITION

- ☐ Begins to follow things with eyes
- ☐ Recognizes people at a distance

COMMUNICATION

- ☐ Coos, makes gurgling sounds
- ☐ Turns head towards sounds

SELF HELP

- ☐ Open mouth and sticks out tongue when being fed

GROSS MOTOR

- ☐ Can hold head up
- ☐ Begins to push up when lying on tummy

FINE MOTOR

- ☐ Begins to hold your finger
- ☐ Opens/closes their hands

SOCIAL/EMOTIONAL

- ☐ Can calm self, like bringing hands to mouth and sucking on hand



Your 2 month old baby's hearing is improving and s/he should respond to your voice. Talk, read and sing to your baby even if s/he can't talk back yet.

4 months

COGNITION

- ☐ Looks at things s/he is holding and points to things s/he is looking at
- ☐ Reaches for toys

COMMUNICATION

- ☐ Begins to babble making different sounds
- ☐ Copies sounds heard
- ☐ Cries in different ways to show hunger, pain, or tired

SELF HELP

- ☐ Sleeps through the night
- ☐ Cries when putting clothes over their head

GROSS MOTOR

- ☐ Holds head steady/supports head on own
- ☐ Pushes down on legs when feet are on a hard surface
- ☐ Pushes up when lying on tummy

FINE MOTOR

- ☐ Holds your finger
- ☐ Holds a toy for a few seconds

SOCIAL/EMOTIONAL

- ☐ Smiles at people
- ☐ Plays with others



4 month old babies love to grab and should be starting to use both of their hands together.

6 months

COGNITION

- ☐ Looks around at things
- ☐ Puts toys in mouth

COMMUNICATION

- ☐ Copies sounds you make

SELF HELP

- ☐ Opens mouth when being fed with spoon

GROSS MOTOR

- ☐ Rolls from back to tummy
- ☐ Rolls from tummy to back

FINE MOTOR

- ☐ Picks up and holds toys for a few seconds
- ☐ Brings hands together when lying on back

SOCIAL/EMOTIONAL

- ☐ Recognizes your face
- ☐ Leans or lifts arms to be picked up

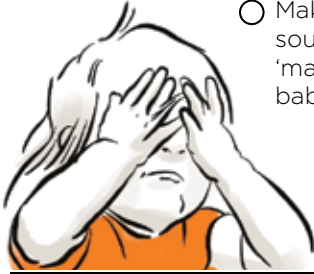


Babies should be able to sit up on their own by 6 months. Place toys just out of baby's reach while sitting to encourage them to reach and start to crawl.

9 months

COGNITION

- ☐ Watches objects fall
- ☐ Plays peek-a-boo



COMMUNICATION

- ☐ Understands 'no'
- ☐ Uses fingers to point at things
- ☐ Makes lots of sounds like 'mamama' and 'bababa'

SELF HELP

- ☐ Picks up cereal O's with thumb and pointer finger
- ☐ Holds own bottle

GROSS MOTOR

- ☐ Sits without support
- ☐ Crawls
- ☐ Pulls self up to stand
- ☐ Stands holding on to furniture

FINE MOTOR

- ☐ Moves toy from hand to hand

SOCIAL/EMOTIONAL

- ☐ Has a favorite toy
- ☐ May cling to you
- ☐ Calms with rocking and soothing sounds

At 9 months peek-a-boo can be a fun game to play with your baby. It teaches him/her that you are still there even if s/he can't see you.

1 year

COGNITION

- ☐ Puts things in/takes things out of containers or boxes

COMMUNICATION

- ☐ Uses simple gestures such as shaking head 'no' and waving 'bye-bye'
- ☐ Tries to say words you say

SELF HELP

- ☐ Puts out arms/legs to help with dressing
- ☐ Feeds self with hands

GROSS MOTOR

- ☐ Starts to stand alone
- ☐ Walks by holding on to furniture
- ☐ Starts to take a few steps with help

FINE MOTOR

- ☐ Can poke with pointer finger
- ☐ Claps hands together

SOCIAL/EMOTIONAL

- ☐ Cries when you leave
- ☐ Enjoys listening to songs



1 year olds love repetition which helps build their confidence, so don't worry about re-reading the same page of a book or rebuilding block towers again and again, babies love this.

18 months

COGNITION

- ☐ Follows 1 step directions like 'sit down'



COMMUNICATION

- ☐ Says first words
- ☐ Points to 1 body part

SELF HELP

- ☐ Drinks from open cup
- ☐ Feeds self with spoon

GROSS MOTOR

- ☐ Walks alone
- ☐ Can walk while holding a toy

FINE MOTOR

- ☐ Works toys with buttons or moving parts

SOCIAL/EMOTIONAL

- ☐ Shows affection (like hugging or kissing) to familiar people
- ☐ Hands toys to others as play

18 month olds can point to body parts. Teach your toddler where to find his/her nose, eyes, ears, and feet.

2 years

COGNITION

- ☐ Plays make believe games like pretending to talk on the phone

COMMUNICATION

- ☐ Names items in a picture book like 'cat'
- ☐ Says 2-4 word sentences

SELF HELP

- ☐ Removes jacket without help

GROSS MOTOR

- ☐ Climbs up and down on furniture
- ☐ Starts to run

FINE MOTOR

- ☐ Holds a crayon and scribbles
- ☐ Able to stack objects

SOCIAL/EMOTIONAL

- ☐ Plays close to other children
- ☐ Tantrums when frustrated

At 2 years old, toddlers love to scribble and may start to use one hand more than the other - but it's ok if s/he is still using both.



3 years

COGNITION

- ☐ Understands what is theirs and what is yours



COMMUNICATION

- ☐ Follows 2 step directions like 'go get your juice and drink it at the table'

SELF HELP

- ☐ Stabs food with fork and brings to mouth

GROSS MOTOR

- ☐ Walks up and down stairs

FINE MOTOR

- ☐ Draws straight lines and circles

SOCIAL/EMOTIONAL

- ☐ Names a friend
- ☐ Shows concern for another child who is crying

Sometimes 3 year olds can be stubborn. Give your toddler easy choices whenever possible to give him/her some feeling of control and independence.

If your child is already three years old, contact your local school district for special education services.

HELPING YOUR BABY GROW

Supporting your Baby: Don't worry if your child is not able to do everything on the chart. If your child cannot do multiple skills for their age or if you think something is not right, talk to your social worker, and/or your baby's doctor.

Example: If your baby is 1 year old and is not helping with feeding or dressing and is not standing yet, consider speaking to their doctor about their possible gross motor and self-help delays.

Example: If your baby is meeting their communication milestones much later than the chart says they should, consider referring your baby to the Regional Center for a speech and language assessment.

Services: There are free services to support your baby's development. These early intervention services can include anything your baby needs such as speech and language therapy, physical therapy, occupational therapy, or play therapy. For example, if your child is not meeting their communication milestones, a specialist may be able to help them with their language skills. To get these free services, you must refer your child to the Regional Center's Early Start program for babies birth to age 3. **The earlier your baby gets these services, the quicker they can catch up.**

If you want to make the referral, follow the steps:

Step 1. Write the Referral: Using the example on the back, write a short letter to your local Regional Center. Include your developmental concerns in the spaces provided.

Step 2. Send your letter to your local Regional Center: Find your local Regional Center by visiting: www.dds.ca.gov/RC/regionmap.cfm?view=lacounty and typing in your zip code. Address your referral to the Regional Center address provided by the website. Mail your referral. Also send a copy of the referral letter to your social worker and the child's doctor.

Step 3. Follow up: If the Regional Center hasn't called you within 2 weeks, call them. Discuss your developmental concerns with the Regional Center intake worker. Use your developmental chart to help.

Step 4. Assessing your baby: The Regional Center must assess your baby to see if they qualify for services. They will send you paperwork to sign and set up a testing appointment. Return your signed paperwork quickly and make sure to go to your appointment.

Step 5. Go to a meeting to discuss your baby's needs and ask for services: The Regional Center must assess your child and meet with you within 45 days of receiving your referral, if your child is eligible for services. Make sure to bring someone to help you advocate for services for your baby. If you need help, ask your social worker, or call the Alliance for Children's Rights at 213-368-6010.

Step 6. Help your Baby Grow: Make sure to go to all your baby's services. Play with them every day to help develop their skills.

For tips on easy activities you can do with your baby go to: joinVroom.com

This project is supported by the Saltz Family Early Intervention Center.



Contact Information
education@kids-alliance.org

In partnership with:



Endorsed by the
Interagency Coordinating
Council on Early Intervention

Regional Center Referral Letter

Date: _____

INTAKE DEPARTMENT

Name of Regional Center: _____

Address: _____

RE: _____ (child's name)

Date of Birth: _____

Dear Intake Department,

I have concerns about my baby's development. I am referring my baby to you for an Early Start Program evaluation/assessment. Please conduct a standardized developmental evaluation of my baby to determine their eligibility for the Early Start program. My baby also requires the following assessments:

☐ Speech and language assessment because my baby demonstrates the following delays:

☐ Physical therapy assessment because my baby demonstrates the following delays (for example, isn't crawling by 9 months or walking by 18 months):

☐ Occupational therapy assessment because my baby demonstrates the following delays (for example, isn't moving toys from hand to hand by 9 months or holding a crayon and scribbling by 2 years)

Thank you. Please call me to start the testing process.

Parent/Education Rights Holder Name: _____

Address: Street _____ Apt. _____ City _____

Zip code _____

Phone Number: _____

Email: _____



If your child needs extra help reaching developmental milestones there are free early intervention services that can help.



Your child's brain develops the most rapidly during the first five years of life.



Infants and toddlers are constantly learning even if you think they are too young to understand. Talk, read, and sing to your child every day to help them learn even more.



These milestones are designed for use by parents and caregivers. Although social workers can utilize them as well, they should also utilize validated screening tools, per All County Letter 06-54.

www.dss.cahwnet.gov/lettersnotices/entres/getinfo/ac106/pdf/06-54.pdf

Children can benefit greatly from receiving early intervention services. Don't wait until your child goes to school to get help.

