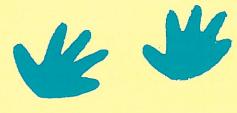






at your

FINGERTIPS







TAKE-AWAY TIPS

Watch your child over several days. Be aware of what your child is doing and use this information as a guide for development.

Nutrition

3 months

- Breast/bottle feed on demand (no juice or milk)
- Hold baby to feed & burp as needed

6 months

- Introduce infant juice & iron-fortified cereal in small amounts
- Offer mashed or soft foods as baby begins to chew
- Never put baby to bed with a bottle

9 months

- Encourage baby to feed self
- · Give finger foods or small pieces of table food
- Don't give foods that may cause choking (hot dogs, grapes, candy, gum, nuts, etc.)
- Decrease breast/bottle feedings as baby eats more

12 months

- Serve liquids in a cup
- Encourage self-feeding with a spoon
- · Offer 3 meals & healthy snacks daily
- Include baby at family meals
- · Switch to whole milk when recommended

18 months

- As growth slows, appetite decreases. Stay relaxed about toddler's eating
- Don't use food as reward or punishment

2-3 years

- Portion sizes are 1 tablespoon for each year of age
- Too much milk or juice can decrease appetites

4 years

- · Let children help prepare & serve simple foods
- Avoid sugary snacks (candy, soft drinks, etc.)

5 years

- Teach children to make good food choices
- Provide a healthy diet: breads/cereals · fruits · vegetables · milk/yogurt/cheese · meat/fish/eggs/beans
- · Always offer choices and a variety of foods

Hearing

Birth to 3 months

- · Passed newborn hearing screening
- · Quiets to familiar voices
- Is startled by loud sounds
- · Stirs to noises while sleeping

3 to 6 months

- Turns toward voices or unfamiliar noises
- · Locates speaker or sound within the room (6 mo.)
- · Reacts to sound by smiling, quieting or crying

6 to 12 months

- Responds to name
- Reacts to noises without seeing the source (like a door opening)
- · Babbles sounds like da, ba and ma

12 to 24 months

- Develops words rapidly (about 1-3 words by 12-14 mo., 10-15 words by 18 mo.)
- Follows simple directions (like "go get your shoes") without you pointing
- Quiets and looks when sound is presented (like adult reading a story)
- Begins to identify body parts (like eyes, nose)

2 Years

- Attends and responds to verbal requests, when interested
- Combines words, adds words daily (about 50 words)

3 years

- Understands difference between words that sound alike (like candle/camel; how/who; cat/car)
- Shows interest in listening activities like story time
- Responds to speech and sound equally well inside/outside and in quiet/noisy places

4 to 5 years

- Understands most comments or requests without needing them repeated
- When outside, turns when name is called

Vision

Birth to 11/2 Months

- Holds gaze on a bright light or bright object for a moment
- Eyes and head move together

2 to 6 Months

- Eyes begin to follow moving objects or people (8-12 weeks)
- Watches parent's face when talked to (10-12 weeks)

7 to 12 Months

- Can move eyes with little head movement (30-36 weeks)
- Looks at/checks out toys held in own hand (38-40 weeks)

12 to 18 Months

- Looks at simple pictures with interest (14-16 mo.)
- Points to objects or people and says "look" or "see" (14-18 mo.)

2 to 3 Years

- Sometimes looks at/checks things out without needing to touch them (20-24 mo.)
- Watches own hand while scribbling (26-30 mo.)

31/2 to 4 Years

- Searches pages of a book for very fine detail (like hidden objects) (40-44 mo.)
- Draws and knows names of circle and cross (40-44 mo.)

4 to 5 Years

 Uses eyes and hands together well for: drawing • cutting and pasting simple pictures • copying basic forms and some letters • catching a ball

seeing







CHECK IT OUT!

Use this guide to glance at development for a child you care about. Remember, children grow and learn at different rates.

Questions or concerns? Ask -- Don't wait!

3 Months

Looks at and watches your face • Smiles and cuddles • Cries to show discomfort or fatigue • Makes cooing sounds • Startles at loud noises • Brings hands to mouth • Opens and closes hands • Moves arms and legs easily • Lifts head when on tummy for play

6 MONTHS

Begins teething • Has different cries for different needs • Looks for objects that drop out of sight • Bangs, rattles or drops toys • Puts everything in mouth • Turns head toward sounds • Babbles, squeals and laughs • Shows interest in children • Smiles in mirror • Reaches for objects • Transfers toys between hands • Rolls over in both directions • Sits independently and with head held up

9 Months

Responds to own name • Shows anxiety when separated from parent or caregiver • Smiles at, pats or kisses reflection in mirror • Looks without squinting • Shakes head "No"

- Imitates sounds Bangs two objects together
- Uses tip of thumb and index finger to pick up small objects
 Sits well
 Pulls to stand at furniture
 Crawls on hands and knees
 Plays
- peek-a-boo Waves bye-bye Smiles when praised

12 Months

Says "mama" or "dada" • Imitates actions and sounds • Shows affection • Knows own name • Points to a few body parts when asked • Says a few words • Finger feeds well • Walks (legs may be wide apart) • Likes to be in constant sight of a familiar adult • Points and waves

18 Months

Uses short phrases • Laughs at silly things, like a bowl on a head • Points to interesting things and named objects • Lets you know what he/she wants • Follows simple directions • Uses spoon • Builds tower of three blocks • Throws a ball • Walks alone with good balance • Starts to run • No safety judgment • May get frustrated and have tantrums • Opens doors • Pretends while playing • Looks at objects you point to

2 YEARS

Listens to short stories • Turns a picture book that is upside down • Turns pages of a book • Understands instructions • Just learning to share toys • Gives hugs and kisses • May do the opposite of what is asked • Uses two-word sentences, pronouns and many words • Uses a cup with one hand • Scribbles • Runs, jumps and walks up and down stairs with help • Climbs, and kicks a ball • Aware of others' feelings

3 YEARS

Plays with other children • May develop fears
• Learning to use toilet • Knows own age and sex •
Knows colors, shapes and opposites • Speaks in threeword sentences • Imitates drawing a line or circle •
Opens containers or jars • Catches and kicks a ball
forcefully • May have difficulty with transitions •

Speaks so that others understand • May test limits

4 YEARS

Very independent •
 Dresses and undresses

 More social • Responds to others' feelings • Understands and often obeys rules • Shares

 Plays make-believe • Asks many questions • Names colors • Repeats stories • Draws faces • Uses scissors
 Completes a 12-piece interlocking puzzle • Hops on one foot • Talks about past events

5 YEARS

Plays organized games
 Follows a three-step instruction
 Counts to 10
 Understands the meaning of many words
 Uses complete sentences
 Tells imaginative stories
 Cuts out shapes with scissors
 Copies familiar shapes
 Draws person with 6-8 body parts
 Catches a bounced ball
 Writes letters and own name
 May recognize some words, letters and numbers

Remember:
Place Baby on
BACK TO SLEEP

BELLY FOR PLAY

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Tips for using this brochure.

- This brochure shows some things children do at different ages.
- Look for your child's age. How is your child doing?
- When in doubt, check it out!

Questions or Concerns?

Talk to your child's healthcare provider

OR

Call 1-800-298-4321
The Family Resource Connection at the NH State Library

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