Birth to Six

Growth & Development

What
The chart is written for parents, but anyone who knows or works with young children will find it helpful.

Why
This prescreen chart is a quick way of helping you recognize possible problem areas in a child’s vision, hearing, and development. The chart will help you look at the whole child. You will be watching for the child’s development in the areas of thinking, social skills, listening, talking and movement activities. Some movement skills use small muscles (like fingers), others use large muscles (like legs). It is important to watch for vision and hearing in children of every age.

IMPORTANT! This chart is a quick way to help you keep track of your child’s vision, hearing and development, and is not intended to be a developmental test, evaluation or assessment.

How
Each age section lists activities that most children will be able to do sometime between the first age and the second age in that section. For example, by 12 months, most children will be able to do all the listed activities in the 6 to 12 months section. However, most children will not be able to do all of these activities at 6 months. The same is true of each age section. Therefore, do not be too concerned if a child at the beginning of an age level cannot do all of the activities. Since children develop at different rates, do not panic just because a child seems behind on one task.

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 using both eyes
- 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 (“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)
- Come to you when called from another room (after 2 years)

What Next
You can call the Family Health Hotline number listed below for the name of the local Lead Family Resources Coordinator (FRC) in your area if you have a concern about a child’s development. Also, the child’s doctor, the health department or the school district can help families and you find a nearby agency that can do a more complete check of the child’s development, vision and/or hearing.

Family Health Hotline

1.800.322.2588
711 (tty relay) • withinreachwa.org

Please Ask Babies Can’t Wait.

Babies Can’t Wait.
Birth to Six

Growth & Development

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 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 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
- Say two or three different words in addition to “Mama” or “Dada”
- Ask for things using words
- Hold and drink from a cup with some spilling
- Point to several things or pictures when named

2 to 3 Years Does your child...
- Walk well, run, stop, step up, and squat down
- Stack 3 or more 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

3 to 4 Years Does your child...
- Jump, run, throw, climb, using good balance
- Draw circles, lines and crosses using a crayon
- Use toys and other materials to pretend play
- Enjoy picture books and being read to
- Understand words that tell where things are (behind, under, in, on)
- Use speech that is easily understood
- Ask a lot of “why” and “what” questions
- Enjoy playing with other children
- Wait his turn some of the time
- Answer simple “where” and “who” questions

4 to 5 Years Does your child...
- Enjoy playing organized games with other children
- Say his full name, age and sex
- Enjoy playing organized games with other children (Simon says, tag)
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given (“Get the ball, put it in the toy box, and come to the table.”)
- Say his full name, age and sex
- Enjoy playing organized games with other children

5 to 6 Years Does your child...
- Enjoy playing organized games with other children
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given (“Get the ball, put it in the toy box, and come to the table.”)
- Say his full name, age and sex
- Enjoy playing organized games with other children
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given (“Get the ball, put it in the toy box, and come to the table.”)
- Say his full name, age and sex
- Enjoy playing organized games with other children

For Parents: As a parent, you are the most important person in your child’s life. You know your child best. If you have a concern about your child’s development, you can request an evaluation. Please ask if you have any questions or concerns. Call the Family Health Hotline at 1-800-322-2588 for the name of a local Family Resources Coordinator (FRC) who can help you.

For Providers: Children grow and develop in different ways. Please try and talk to families about their child’s development on a regular basis. Ask them what new skills their child has learned, what concerns they may have and share your own observations. Let families know that if they do have concerns, more information and help is available by calling the Family Health Hotline number. They will refer the family to the local Family Resources Coordinator (FRC) in their area. You can also call the Family Health Hotline for the name and phone number of the FRC and share this information with the family directly.

For Parents:

1. Enjoy playing with children of the same age
2. Ask parents how they feel about their child’s progress
3. Help them understand their child’s development
4. Encourage parents to ask questions
5. Offer support and guidance

For Providers:

1. Help families understand their child’s development
2. Encourage families to ask questions
3. Offer support and guidance
4. Help families understand their child’s development
5. Encourage families to ask questions

Babies Can’t Wait.