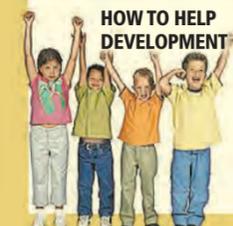


# CHILDHOOD MILESTONES: 2 MONTHS TO 5 YEARS

## WATCH YOUR CHILD FOR SIGNS OF LEAD EXPOSURE AS THEY GROW

	2 MONTHS	4 MONTHS	6 MONTHS	9 MONTHS	12 MONTHS	18 MONTHS	
<b>SOCIAL/ EMOTIONAL</b>	<ul style="list-style-type: none"> <li>Begins to smile</li> <li>Can briefly calm self</li> <li>Tries to look at parent</li> </ul>	<ul style="list-style-type: none"> <li>Copies some movements, facial expressions and sounds</li> <li>Likes to play with people and might cry when playing stops</li> </ul>	<ul style="list-style-type: none"> <li>Recognizes familiar faces</li> <li>Likes to play with others, especially parents</li> <li>Likes to look at self in a mirror</li> </ul>	<ul style="list-style-type: none"> <li>May fear strangers</li> <li>May be clingy with familiar adults</li> <li>Has favorite toys</li> </ul>	<ul style="list-style-type: none"> <li>Is shy or nervous with strangers</li> <li>Hands you a book when they want to hear a story</li> <li>Helps with getting dressed</li> </ul>	<ul style="list-style-type: none"> <li>Likes to hand things to others as play</li> <li>May have temper tantrums</li> <li>Explores with parent close by</li> </ul>	
<b>LANGUAGE/ COMMUNICATION</b>	<ul style="list-style-type: none"> <li>Coos, makes gurgling sounds</li> <li>Turns head toward sounds</li> </ul>	<ul style="list-style-type: none"> <li>Begins to babble</li> <li>Babbles with expression and copies sounds he or she hears</li> <li>Cries in different ways to show hunger, pain or being tired</li> </ul>	<ul style="list-style-type: none"> <li>Responds to own name</li> <li>Strings vowels together when babbling (ah, eh, oh)</li> </ul>	<ul style="list-style-type: none"> <li>Understands no</li> <li>Copies sounds and gestures of others</li> <li>Uses fingers to point at things</li> </ul>	<ul style="list-style-type: none"> <li>Uses gestures, shaking head for no or waving bye-bye</li> <li>Responds to simple requests</li> <li>Says mama and dada</li> </ul>	<ul style="list-style-type: none"> <li>Says several single words</li> <li>Says and shakes head no</li> <li>Points to show someone what he or she wants</li> </ul>	
<b>LEARNING/ PROBLEM SOLVING</b>	<ul style="list-style-type: none"> <li>Begins to visually follow things and recognize people at a distance</li> <li>Pays attention to faces</li> <li>Begins to act bored if activity doesn't change</li> </ul>	<ul style="list-style-type: none"> <li>Responds to affection</li> <li>Lets you know if he or she is happy or sad</li> <li>Reaches for a toy with one hand</li> <li>Watches faces closely</li> </ul>	<ul style="list-style-type: none"> <li>Shows curiosity and tries to get things that are out of reach</li> <li>Brings things to mouth</li> <li>Begins to pass things from one hand to the other</li> </ul>	<ul style="list-style-type: none"> <li>Plays peek-a-boo</li> <li>Puts things in their mouth</li> <li>Looks for things he sees you hide</li> <li>Picks up small items between thumb and index finger</li> </ul>	<ul style="list-style-type: none"> <li>Starts to use things correctly: drinks from a cup, brushes hair</li> <li>Finds hidden things easily</li> <li>Copies gestures</li> </ul>	<ul style="list-style-type: none"> <li>Plays simple pretend, such as feeding a doll</li> <li>Scribbles on own</li> <li>Can follow one-step verbal requests</li> </ul>	
<b>PHYSICAL DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Can hold head up</li> <li>Begins to push up when lying on tummy</li> </ul>	<ul style="list-style-type: none"> <li>Holds head steady, unsupported</li> <li>Pushes down on legs when feet are on a hard surface</li> <li>May be able to roll over from tummy to back</li> </ul>	<ul style="list-style-type: none"> <li>Rolls over from front to back and back to front</li> <li>Supports weight when standing and might bounce</li> <li>Begins to sit without support</li> </ul>	<ul style="list-style-type: none"> <li>Crawls</li> <li>Stands while holding on</li> <li>Sits without support</li> <li>Can get into sitting position</li> <li>Pulls to stand</li> </ul>	<ul style="list-style-type: none"> <li>Gets to sitting position without help</li> <li>Pulls to stand, may stand alone</li> <li>Walks holding onto furniture, may take a few steps without holding on</li> </ul>	<ul style="list-style-type: none"> <li>Walks alone, may climb steps and run</li> <li>Pulls toys while walking</li> <li>Drinks from a cup, eats with a spoon</li> </ul>	
<b>SUGGESTIONS TO HELP DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Cuddle, talk and play with baby during activities.</li> <li>Read and sing to baby</li> <li>Hold a toy above his or her head and encourage him to reach for it</li> </ul>	<ul style="list-style-type: none"> <li>Hold and talk to baby</li> <li>Make steady sleep and feeding routines</li> <li>Help baby hold toys</li> <li>Help baby stand</li> </ul>	<ul style="list-style-type: none"> <li>Play on the floor with baby every day</li> <li>Smile when baby smiles, copy his or her sounds</li> <li>Learn baby's moods and comfort when they are upset</li> </ul>	<ul style="list-style-type: none"> <li>Pay attention to reaction to new situations and people, stay close to reassure</li> <li>Keep a daily routine</li> <li>Copy baby's sounds and words</li> </ul>	<ul style="list-style-type: none"> <li>Give baby lots of hugs, kisses and praise for good behavior</li> <li>Give child crayons and encourage drawing</li> <li>Provide places to explore</li> </ul>	<ul style="list-style-type: none"> <li>Encourage pretend play</li> <li>Encourage empathy</li> <li>Use words that describe feelings and emotions</li> <li>Ask simple questions</li> </ul>	
<b>ASK A DOCTOR ABOUT THESE CONCERNS</b>	<ul style="list-style-type: none"> <li>Not responding to loud sounds</li> <li>Not watching things move</li> <li>Not smiling</li> <li>Not bringing hands to mouth or holding head up when pushing up on tummy</li> </ul>	<ul style="list-style-type: none"> <li>Not pushing down with legs when feet are placed on a hard surface</li> <li>Having trouble moving one or both eyes in all directions</li> </ul>	<ul style="list-style-type: none"> <li>Not trying to reach for things</li> <li>Not showing affection</li> <li>Not responding to sounds</li> <li>Doesn't roll over</li> <li>Doesn't laugh or squeal, seems stiff</li> </ul>	<ul style="list-style-type: none"> <li>Not bearing weight on legs with support</li> <li>Not sitting with help</li> <li>Not babbling</li> <li>Not responding to name</li> <li>Doesn't recognize familiar people</li> </ul>	<ul style="list-style-type: none"> <li>Doesn't crawl</li> <li>Doesn't stand when supported</li> <li>Doesn't search for hidden things</li> <li>Doesn't say mama or dada</li> <li>Doesn't point, loses skills they once had</li> </ul>	<ul style="list-style-type: none"> <li>Not pointing to show things</li> <li>Not walking</li> <li>Doesn't know what familiar things are used for</li> <li>Doesn't have at least six words</li> <li>Loses skills he or she once had</li> </ul>	

	2 YEARS	3 YEARS	4 YEARS	5 YEARS	
<b>SOCIAL/ EMOTIONAL</b>	<ul style="list-style-type: none"> <li>Begins playing more with other children, such as chase games</li> <li>Copies others</li> <li>Shows independence</li> </ul>	<ul style="list-style-type: none"> <li>Shows affection or concern for friends on their own</li> <li>Takes turns in games</li> <li>Dresses and undresses self</li> </ul>	<ul style="list-style-type: none"> <li>Enjoys doing new things</li> <li>Would rather play with others than alone and cooperates</li> <li>Expresses likes and interests</li> </ul>	<ul style="list-style-type: none"> <li>Can tell what's real and what's make-believe</li> <li>Is sometimes demanding</li> <li>Is likely to agree with rules</li> </ul>	
<b>LANGUAGE/ COMMUNICATION</b>	<ul style="list-style-type: none"> <li>Points to things or pictures when they are named</li> <li>Knows familiar people's names</li> <li>Says 2- to 4-word sentences</li> </ul>	<ul style="list-style-type: none"> <li>Says first name, age and sex</li> <li>Carries on a conversation using 2 to 3 sentences</li> <li>Understands "in," "on," "under"</li> </ul>	<ul style="list-style-type: none"> <li>Tells stories</li> <li>Sings songs or recites poems from memory (Itsy Bitsy Spider)</li> <li>Uses basic grammar correctly</li> </ul>	<ul style="list-style-type: none"> <li>Speaks very clearly</li> <li>Uses full sentences to tell a simple story</li> <li>Says full name and address</li> </ul>	
<b>LEARNING/ PROBLEM SOLVING</b>	<ul style="list-style-type: none"> <li>Begins to sort shapes and colors</li> <li>Might use one hand more than the other</li> <li>Can follow two-step verbal requests</li> </ul>	<ul style="list-style-type: none"> <li>Can operate toys with moving parts, buttons and levers</li> <li>Copies a circle</li> <li>Turns door handles</li> </ul>	<ul style="list-style-type: none"> <li>Names some colors, numbers</li> <li>Understands counting</li> <li>Uses scissors</li> <li>Starts to copy some letters</li> </ul>	<ul style="list-style-type: none"> <li>Counts 10 or more things</li> <li>Can draw a person with at least six body parts</li> <li>Can copy shapes, letters and numbers</li> </ul>	
<b>PHYSICAL DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Stands on tiptoe</li> <li>Walks up and down stairs holding on</li> <li>Kicks a ball</li> <li>Begins to run</li> <li>Throws a ball overhand</li> </ul>	<ul style="list-style-type: none"> <li>Climbs well</li> <li>Runs easily</li> <li>Pedals a tricycle</li> <li>Walks up and down stairs, one foot on each step</li> </ul>	<ul style="list-style-type: none"> <li>Hops and stands on one foot up to 2 seconds</li> <li>Catches a bounced ball most of the time</li> </ul>	<ul style="list-style-type: none"> <li>Can use the toilet on their own</li> <li>Swings and climbs</li> <li>Can hop, stand on one foot, do a somersault</li> </ul>	
<b>HOW TO HELP DEVELOPMENT</b>	<ul style="list-style-type: none"> <li>Encourage helping with chores, praise</li> <li>Teach child to identify common things</li> <li>Once child walks well, ask them to carry small things</li> </ul>	<ul style="list-style-type: none"> <li>Join play groups for social interaction</li> <li>Work out problems when child is upset</li> <li>Play matching games</li> <li>Play outside with them</li> </ul>	<ul style="list-style-type: none"> <li>Give simple choices, limit to two or three</li> <li>Give toys that build imagination</li> <li>Use good grammar</li> <li>Dance with your child</li> </ul>	<ul style="list-style-type: none"> <li>Teach him or her your address and phone number</li> <li>When reading, ask him or her to predict what's next in the story</li> <li>Help child climb monkey bars</li> </ul>	
<b>ASK A DOCTOR ABOUT THESE CONCERNS</b>	<ul style="list-style-type: none"> <li>Doesn't know what to do with common things (brush, phone, fork, spoon)</li> <li>Not copying actions or words</li> <li>Not following simple instructions</li> </ul>	<ul style="list-style-type: none"> <li>Falling down a lot or trouble with stairs</li> <li>Drools or has very unclear speech</li> <li>Not able to work simple toys</li> <li>Loses skills he or she once had</li> </ul>	<ul style="list-style-type: none"> <li>Can't jump in place</li> <li>Has trouble scribbling</li> <li>Not interested in make-believe</li> <li>Ignores other children</li> <li>Doesn't follow three-part commands</li> </ul>	<ul style="list-style-type: none"> <li>Not showing wide range of emotions</li> <li>Showing extreme fear, shyness or sadness</li> <li>Can't give first and last name</li> </ul>	

### TAKE NOTES ABOUT YOUR CHILD

NAME \_\_\_\_\_

AGE \_\_\_\_\_

### MILESTONES YOU HAVE NOTICED

#### SOCIAL/ EMOTIONAL

#### LANGUAGE/ COMMUNICATION

#### LEARNING/ PROBLEM SOLVING

#### PHYSICAL DEVELOPMENT

#### QUESTIONS FOR YOUR DOCTOR