

Your Child's Early Development is a Journey

Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

Child's Name _____



It's never too early to talk, read, and sing to a child!

Does your baby have any teeth yet?

To promote dental health, your child should see a pediatric dentist when the first tooth appears, or by the 1st birthday

First Dentist Appointment _____

BIRTH-4MOS

- Coos, makes gurgling sounds
- Looks at you and seems to listen
- Babbles with expression
- Likes to be picked up and held

6 MONTHS

- Responds to name
- Begins to say sounds such as "m" and "b"
- Smiles at you and other family members

9 MONTHS

- Understands "no"
- Shows interest in things such as people, toys and foods

12 MONTHS

- Uses simple gestures like waving "bye-bye"
- Pulls up to stand
- Likes to play games such as peekaboo

9mo Screening Date _____

- on track
- follow up



3 YEARS

- Follows instructions with 2 to 3 steps
- Climbs well
- Plays well with others

24/30 MONTHS

- Points to things or pictures when named
- Says sentences with 2 to 4 words
- Likes to be hugged or cuddled



24/30mo Screening Date _____

- on track
- follow up

18 MONTHS

- Says several single words
- Follows simple directions
- Points to show something interesting



18mo Screening Date _____

- on track
- follow up



- ### 4 YEARS
- Tells stories
 - Draws a person with 2 to 4 body parts
 - Shows concern for other people's feelings

- ### 5 YEARS
- Speaks clearly
 - Says name and address
 - Takes turns when playing



Is your child on track?
Developmental Screenings at 9, 18 and 24/30 months help you and your doctor monitor your child's development

These are just a few of the milestones to look for!

For further developmental information and assistance, contact Help Me Grow Kern County at **877-77-HMGKC** or visit helpmegrowkern.org



FREE developmental screenings!

