### Ten Tips

**for raising happier, healthier children**

When children receive warm, loving care, they are more likely to feel safe and secure with the adults who take care of them.

Recognize and respond to sounds, movements and expressions that your child makes. This will help your child feel secure and attached.

All of these things help your child’s brain make connections it needs for growing and learning now and for learning later on.

Teach your child to know when it’s time for bed by developing routines such as singing a song and pulling the curtains—daily routines and rituals associated with pleasurable feelings are reassuring for children.

As infants grow, they begin to explore the world beyond their caregivers. Encourage this exploration. While we may think of learning as simply acquiring facts, children actually learn through play.

Watch television with your child, and talk about what you are viewing. Don’t use TV as a baby-sitter.

In addition to consistent and loving supervision, teach your child limits. Never hit or shake a child.

Children grow at different rates. Their needs and feelings about themselves reflect, in large measure, parents and caregivers’ attitudes toward them.

Visit your child care provider often, and seek someone who responds warmly and understands your baby’s needs.

Parents need care too. When you are exhausted, irritable, depressed or overwhelmed, you may have a harder time meeting the needs of young children.

By 4 years

- can match some objects / colors, can count up to 10 (may use blocks, spoons), can point to numbers
- is using past tense (rolled, handed), can speak clearly (be understood by others), knows 4-8 actions
- will smile/laugh at funny pictures, can play well with other children, realizes when a person is hurt or needs help
- can lace shoes, can buckle a belt, can use a fork (holds it with her fingers)
- can run, can balance on 1 foot, can cut along a line (holds
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- can run, can balance on 1 foot, can cut along a line

By 4 1/2 years

- can repeat 4 numbers, matches things that are related, can pick out which group has “more balls, more cups”
- can tell you why, or can say what made something happen, is using 3-6 word sentences, can name 4 colors
- can share, can take turns, calls attention to what he can do
- can help to serve self, can clean up spills, can dress with no help
- can swing self on swing, can hop well on each foot, can
- can put on t-shirt, knows front from back of clothing, can
- can talk with others, can match a spoken word to a picture, can tell you her birthday, can name 2 feelings (happy, sad), can tell you the difference between “real” and “make-believe”
- can put on t-shirt, knows front from back of clothing, can brush his teeth
- can catch a bounced ball, can skip, can march in time to music, can copy a cross (+), can draw a person (stick figure with 3-6 parts such as lines & circles for arms, legs, head, fingers)

By 5 years

- can name 3 coins, can define 5 words, can count 4 or more things and answer “how many?”
- can talk with others, can match a spoken word to a picture, can tell you what is the same or different (between shapes, toys, pictures on cards)
- can tell you her birthday, can name 2 feelings (happy, sad), can tell you the difference between “real” and “make-believe”
- can put on t-shirt, knows front from back of clothing, can
- can catch a bounced ball, can skip, can march in time to music, can copy a cross (+), can draw a person (stick figure with 3-6 parts such as lines & circles for arms, legs, head, fingers)

If you didn’t have a ☑ on each line in your child’s age group…or if you have any concerns…call your local EI programs or CONNECT 1-800-692-7288 and talk with one of our child specialists!

"Watch Me Grow" brochure was developed in Philadelphia through the collaboration of: Public Health Management Corporation/Child Link (PHMC), Philadelphia Mental Retardation Services (MRS), Philadelphia Department of Public Health (PDPH), and the Philadelphia Interagency Coordinating Council (PICC). Milestones for Birth—5 were drawn from a number of standardized developmental tests for infants, toddlers and young children. Graphic design by Trinh Loi.

Every child grows and learns new things at his or her own pace. Children may vary by as much as 6 months in some of the things that they are able to do. If you have any concerns about your child’s development, call Early Intervention (EI).

Funding for Early Intervention is provided through Pennsylvania OCDEL (Office of Child Development and Early Learning), your local county OMR offices of developmental services, Intermediate Units, and state/local contracted EI agencies.

Statewide CONNECT line: 1-800-692-7288

Available in Other Languages – Arabic, French, Portuguese, Spanish, Chinese, Korean, Vietnamese, Khmer-Cambodian, Russian, and Haitian Creole.

"Ten Tips" was developed by the national I Am Your Child campaign. Their goal is to make early childhood development a top priority for our nation.

For more information on what parents and caregivers can do to promote young children’s healthy development, visit the I Am Your Child website (www.iamyourchild.org), or write to: I Am Your Child, P.O. 15505, Beverly Hills, CA 90209

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<thead>
<tr>
<th>Age Range</th>
<th>Developmental Milestones</th>
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<tbody>
<tr>
<td>3 - 6 months</td>
<td>- My child can roll a ball, walk with support, and stand with support. They can also pick up tiny things like Cheerios.</td>
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<tr>
<td>6 - 9 months</td>
<td>- My child can roll a ball, drop a toy and look for it, will repeat actions that make noise. They can also put on simple clothes.</td>
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<tr>
<td>9 - 12 months</td>
<td>- My child can name one picture, find a toy and hide it, explore objects, and follow directions. They can also say 5-6 words.</td>
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<tr>
<td>12 - 15 months</td>
<td>- My child can build a stack of 2-3 blocks or cans, using more hand motions for what they want, pat pictures in books. They can also use a spoon.</td>
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<tr>
<td>15 - 18 months</td>
<td>- My child can name one picture, find a toy and hide it, explore objects, and follow directions. They can also say 5-6 words.</td>
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<tr>
<td>18 - 21 months</td>
<td>- My child can stack 4-6 blocks, will point to things if asked. They can also use scissors (if supervised).</td>
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<tr>
<td>21 - 24 months</td>
<td>- My child can build a tower of 6 blocks or cans, can help put things away, and can match sounds to animals. They can also balance on 1 foot.</td>
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By 2 1/2 years
- My child can copy what I do (blinks eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking), can sing, can be talkative, can put 3-4 words together (short sentences). They can also brush teeth with help. |

By 3 years
- My child can copy what I do (blinks eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking), can sing, can be talkative, can put 3-4 words together (short sentences). They can also brush teeth with help. |

By 3 1/2 years
- My child can copy what I do (blinks eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking), can sing, can be talkative, can put 3-4 words together (short sentences). They can also brush teeth with help. |

By 4 years
- My child can copy what I do (blinks eyes, pat cheek), can solve problems (gets chair to reach something), knows some sounds (a bell, a dog barking), can sing, can be talkative, can put 3-4 words together (short sentences). They can also brush teeth with help.