

Congratulations!

Welcoming a new baby is a special time. You're starting an exciting journey with your little one!

As a parent, you're the most important person in your child's life. You nurture and care for your child. You keep him or her safe and healthy.



About Child Development

From birth to age five, your child will learn and grow so much.

Children's everyday experiences and their relationships with their parents and caregivers help them develop. Just by interacting with your child, you will support his or her development. Talk, play, read, and sing to your baby each day.

The environment around your child affects his or her development, too. It's important that your child's environment is healthy and secure. This means having stable housing, nutritious food, access to basic needs, and a safe home.

If you have questions about how your child is learning and growing, or if you need help so your child has a healthy environment, Help Me Grow can help.



Why Call Help Me Grow?

Help Me Grow Inland Empire is here to help families in Riverside and San Bernardino Counties. Help Me Grow can answer questions and provide support.

Help Me Grow offers:

- Free developmental screenings—simple tools that tell you about your child's development
- Free help finding community services, like food, housing, and more
- Free help finding early intervention services, like help with speech or hand and eye coordination

You want the best for your child. Questions are natural. Help Me Grow is just a phone call away.

1-888-HMGIE-16 (1-888-464-4316)



Learn more about your child's development! Turn this brochure over to learn what your baby will start to do as he or she gets older



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www.HelpMeGrowIE.org

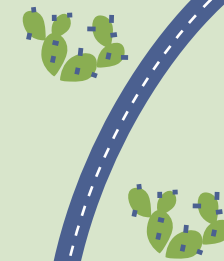
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Your Child's Early Development Journey

Your baby will learn and grow so much in the first year. It's an exciting journey! Help Me Grow Inland Empire is here to help you along the way.



Help Me Grow Inland Empire is made possible by a joint investment from First 5 San Bernardino and First 5 Riverside, in partnership with Loma Linda University Children's Health.



Track Your Child's Milestones

Save this page and use it to keep track of your child's developmental milestones. Milestones are things children start to do around a certain age. Have questions about your child's development? Just call Help Me Grow Inland Empire.

2 Months

- ☐ Coos, smiles, and makes gurgling sounds
- ☐ Turns head toward sounds
- ☐ Pays attention to faces and recognize people at a distance
- ☐ Follows movement with eyes and head
- ☐ Can hold head up and begins to push up when lying on tummy
- ☐ Moves arms and legs easily

4 Months

- ☐ Smiles spontaneously, especially at people
- ☐ Watches faces closely and copies some movements and facial expressions
- ☐ Begins to babble with expression and copies sounds
- ☐ Cries in different ways to show hunger, pain, or being tired
- ☐ Uses hands and eyes together, such as seeing a toy and reaching for it
- ☐ Holds head steady, unsupported
- ☐ Pushes down on legs when feet are on a hard surface
- ☐ When lying on stomach, pushes up to elbows and may be able to roll over

6 Months

- ☐ Knows familiar faces and begins to know if someone is a stranger
- ☐ Likes to play with others, especially parents
- ☐ Responds to other people's emotions and often seems happy
- ☐ Likes to look at self in a mirror
- ☐ Begins to sit without support
- ☐ Strings vowels together when babbling
- ☐ Responds to own name
- ☐ Shows curiosity about things and tries to get things that are out of reach
- ☐ Begins to pass things from one hand to the other
- ☐ Rolls over in both directions (front to back, back to front)

9 Months

- ☐ Has favorite toys
- ☐ Understands "no"
- ☐ Uses fingers to point at things
- ☐ Picks up things like cereal o's between thumb and index finger
- ☐ Stands, holding on
- ☐ Plays peek-a-boo
- ☐ Can get into sitting position and sit without support
- ☐ Pulls to stand
- ☐ Crawls

1 Year

- ☐ Has favorite things and people
- ☐ Hands you a book when they want to hear a story
- ☐ Repeats sounds or actions to get attention
- ☐ Puts out arm or leg to help with dressing
- ☐ Plays games such as "peek-a-boo" and "pat-a-cake"
- ☐ Follows simple directions like "pick up the toy"
- ☐ Says "mama" and "dada" and exclamations like "uh-oh!"
- ☐ Explores things in different ways, like shaking, banging, throwing
- ☐ Starts to use things correctly; for example, drinks from a cup, brushes hair
- ☐ Uses simple gestures, like shaking head "no" or waving "bye-bye"

For more milestones as your child grows up, visit www.HelpMeGrowIE.org/Milestones.

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Ask your pediatrician
for a developmental
screening at 9 months

