

# Orange County Health Department

## Early Intervention Program

### Developmental Milestones

<p style="text-align: center;"><b>At 3 Months</b> <b>I Can:</b></p>  <ul style="list-style-type: none"> <li>+ Follow movement by turning head</li> <li>+ Watch objects pulled by a string</li> <li>+ Move arms and legs easily</li> <li>+ Coo or gurgle</li> <li>+ Raise head when lying on tummy</li> <li>+ Quiet when a familiar voice is heard</li> <li>+ Startle at loud noises</li> <li>+ Enjoy being hugged, soothed and cuddled</li> <li>+ Cry when hungry or uncomfortable</li> <li>+ Smile back at people</li> </ul>	<p style="text-align: center;"><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>+ Give me interesting things to look at</li> <li>+ Give me big, soft and safe toys</li> <li>+ Sing and read to me</li> <li>+ Breast or bottle feed on demand</li> <li>+ Hold me to feed me</li> <li>+ Throw away leftover breast milk/formula</li> <li>+ Comfort me by talking in a soft and soothing voice</li> <li>+ Put me to sleep on my back</li> </ul>
<p style="text-align: center;"><b>At 6 Months</b> <b>I Can:</b></p> <ul style="list-style-type: none"> <li>+ Enjoy quiet/soothing sometimes and talking/playing at other times</li> <li>+ Roll over</li> <li>+ Try putting everything in mouth</li> <li>+ Turn head toward sounds</li> <li>+ Reach for and hold objects</li> <li>+ Coo, babble, squeal, laugh</li> <li>+ Be soothed and love to be touched and held close</li> </ul>	<p style="text-align: center;"><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>+ Introduce infant juice in a cup not a bottle</li> <li>+ Look at colorful books with me</li> <li>+ Offer mashed or solid food as soon as I show signs of chewing motion</li> <li>+ Put me to sleep on my back</li> <li>+ Baby proof everything</li> <li>+ Let me sleep 2 or 3 times a day</li> <li>+ Talk to and play with me</li> </ul> 
<p style="text-align: center;"><b>At 9 Months</b> <b>I Can:</b></p> <ul style="list-style-type: none"> <li>+ Creep or crawl</li> <li>+ Respond to my name</li> <li>+ Know caregivers from strangers</li> <li>+ Say "MAMA" or "DADA"</li> <li>+ Imitate sounds</li> <li>+ Stand, holding onto a support</li> <li>+ Hit two objects together</li> <li>+ Understand common words like "no, bye, all gone, nighty-nite"</li> <li>+ Sit without help</li> <li>+ Turn pages of a book</li> </ul> 	<p style="text-align: center;"><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>+ Play games with me like "pat-a-cake", "so big", "peek a boo" and ball games</li> <li>+ Sing and read to me</li> <li>+ Offer small amounts of well cut up slightly cooked food</li> <li>+ Put me to bed without a bottle</li> <li>+ Avoid foods that may cause choking</li> <li>+ Talk to me about what I am seeing or doing</li> <li>+ Give me a safe place to move around</li> </ul>

**At 12 Months  
I Can:**



- ✚ Wave “bye-bye”
- ✚ Show affection
- ✚ Say a few words besides “mama” and “dada”
- ✚ Walk with one hand held
- ✚ Show many emotions such as happiness, sadness, discomfort, and anger
- ✚ Be interested in other children
- ✚ Feed myself with a spoon/fingers/cup
- ✚ Want caregivers to be where I can see them

**My Family Can:**

- ✚ Switch from formula to whole milk
- ✚ Serve liquids only in a cup
- ✚ Include me at family meals
- ✚ Let me turn the pages of a book we are looking at
- ✚ Play with me, read to me, sing to me, and talk to me
- ✚ Help me learn what I shouldn't do by saying “no” in a firm quiet voice
- ✚ Stay within eyesight

**At 18 Months  
I Can:**

- ✚ Try putting on own shoes
- ✚ Let you know what I want
- ✚ Point to things when named
- ✚ Walk without help
- ✚ Speak 10 to 20 words
- ✚ Show different emotions such as happiness, fear, sympathy, modesty, guilt, or embarrassment
- ✚ Bring objects to show you
- ✚ Imitate your behavior
- ✚ Show interest in other children
- ✚ Look at something pointed to from across room

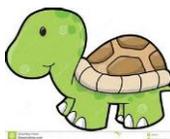
**My Family Can:**

- ✚ Offer a variety of foods and allow me to choose amount and type of foods as my growth is slower now
- ✚ Match toys to my age with no small pieces
- ✚ Avoid using food as a reward or punishment
- ✚ Show me what I can do and use simple, one step directions
- ✚ Hold me and read simple stories
- ✚ Teach me simple songs
- ✚ Divert me from things I should not do



**At 2 Years  
I Can:**

- ✚ Jump, run, and climb stairs
- ✚ Sometimes use 2 word sentences
- ✚ Often do opposite of what's asked
- ✚ Refer to myself by my own name
- ✚ Learn about rules but not able to remember the rules
- ✚ Try new things and explore new places but want to know that you are nearby
- ✚ Show affection by returning a hug or kiss
- ✚ Pretend in my play



**My Family Can:**

- ✚ Help me learn new words
- ✚ Watch milk/juice intake, too much can decrease appetite for solid foods
- ✚ Encourage water
- ✚ Remember portion sizes as 1 tbsp per year of age
- ✚ Tell or read me short stories
- ✚ Talk to me about things I do and see
- ✚ Be calm and comforting after my temper outbursts, I need to know that you love me
- ✚ Be consistent with what I can and cannot do
- ✚ Offer lots of choices

### At 3 Years

#### I Can:

- ✚ Be toilet training during the day, usually dry during the night
- ✚ Talk and usually be understood
- ✚ Use three word sentences
- ✚ Pedal a trike
- ✚ Kick a ball
- ✚ Copy drawing a straight line
- ✚ Name 6 body parts
- ✚ Play briefly with other children
- ✚ Sometimes express feeling with words
- ✚ Think about feelings of others
- ✚ Use imagination to create stories and play activities
- ✚ Shift emotions quickly as I learn to handle emotions
- ✚ Pay attention longer

### My Family Can:

- ✚ Contact my school district to schedule an appointment for Early Childhood Screening
- ✚ Take me to the public library and help me get my own library card
- ✚ Let me help with simple household chores
- ✚ Schedule a dental visit and ask about sealants, thumb sucking or pacifier use
- ✚ Help me put my toys away
- ✚ Model when to say please, thank you and sorry



### At 4 Years

#### I Can:

- ✚ Ask questions
- ✚ Play make believe
- ✚ Dress myself-except for fasteners
- ✚ Put together 7-12 piece puzzle
- ✚ Climb up and down a slide
- ✚ Match or name some colors
- ✚ Love to retell my favorite stories
- ✚ Have favorite activities and playmates
- ✚ Understand simple home rules
- ✚ Share and take turns but am possessive of favorite toys
- ✚ Begin to control frustration
- ✚ Start to understand danger

### My Family Can:

- ✚ Read with me everyday
- ✚ Let me make meaningful choices every day
- ✚ Respect my food dislikes
- ✚ Avoid giving me foods high in sugar or fat such as candy, soft drinks, or chip snacks
- ✚ Give me crayons, markers so that I can practice drawing
- ✚ Pay attention to me when I am talking
- ✚ Give me opportunities to play with other children



### At 5 Years

- ✚ Play organized games
- ✚ Follow a 3 step direction
- ✚ Cut with scissors
- ✚ Copy familiar shapes
- ✚ Draw a person with 6-8 body parts
- ✚ Catch a bounced ball
- ✚ Count to 10
- ✚ Can predict what might happen next in books when you read to me
- ✚ Talk to familiar adults and children



### My Family Can:

- ✚ Recognize that my appetite will vary from day to day
- ✚ Feed me foods from the basic food groups
- ✚ Read, Read, Read to me
- ✚ Sort and count all kinds of household things with me
- ✚ Let me help plan activities and events
- ✚ Catch me being good and encourage all the things I do
- ✚ Point out familiar symbols and words for me to know
- ✚ Show a variety of emotions