

YOUR BABY'S BIG MOMENTS



“ As a new, young mom, I honestly didn't know what my son should be doing at each step of his life. It helps to know the milestones so I know if I should be concerned. ”

Your child is learning new ways to play, speak, and move every day! You can learn about some of the big milestones (important signs that your child is growing) for your child's age on the back of this sheet or visit www.healthybabiesbaltimore.com.

If you have questions about how well your child is developing, talk to your doctor. You can also get a free meeting with staff at the Baltimore Infants and Toddlers Program or Baltimore City Public Schools - Child Find. Getting more information always helps.

**Questions or Concerns About
Your Baby's Development?
Call Us. We Will Help!**

**If your child is
3 or under**

Baltimore Infants &
Toddlers Program

410-396-1666

**If your child is
age 3-21**

Baltimore City Public
Schools - Child Find

443-984-1011

 **B'more for
Healthy Babies.**
Every baby counts on you

www.healthybabiesbaltimore.com



Check out the milestones for your child's age below. If your child isn't doing these things, be sure to ask a doctor or nurse for more information. But don't panic -- each baby has their own special way of growing up. Also, tell your doctor or nurse if your child has stopped doing things that they were doing before.

www.healthybabiesbaltimore.com

2 MONTHS

- Coos, makes sounds
- Reacts to noises
- Smiles

*Contact HealthCare Access Maryland to explore resources like WIC and Early Head Start. Call 410-649-0500

4 MONTHS

- Watches things as they move
- On tummy, turns head and looks forward
- Brings hands to mouth

*Download the free Milestone Tracker from the App Store or Google Play or go to cdc.gov/MilestoneTracker

6 MONTHS

- Rolls over back to tummy and tummy to back
- Tries to reach for toys or moves their body to get to things
- Laughs and squeals

*Visit referral.mditp.org to make an online referral if you have concerns

9 MONTHS

- Passes things from one hand to the other
- Points to objects using pointer finger
- Responds to name
- Picks things up between pointer finger and thumb

TIP: It's never too early to start talking, reading, and singing with your baby!

Call Enoch Pratt Free Library at 410-396-5430 to find a free story time.

TIP: Create a routine for your baby. Knowing what to expect will make your baby feel safe and ready to learn.

18 MONTHS

- Says at least 6 words
- Scribbles on own
- Notices when a caregiver leaves

*Need childcare (all ages)? Call LOCATE at 877-261-0060

1 YEAR

- Says single words like 'mama' or 'dada'
- Shows interest in other children
- Crawls
- Shakes head 'no' and waves goodbye

*Feeling stressed? Call the 24/7 Parenting HelpLine at 1-800-243-7337

2 YEARS

- Uses two-word phrases like 'no go'
- Knows what familiar things are used for (phone, spoon, toothbrush)
- Points to objects or pictures when they're named

* See if you can sign your child up for Head Start bit.ly/registerhdstart

TIP: Play games that include taking turns so that your toddler can practice sharing.

TIP: Read books to your baby. Read a little bit, several times a day.

3 YEARS

- Understands words like 'in' or 'under'
- Uses sentences in conversations, such as 'I want water'
- Copies a circle when drawing
- Shows concern for a crying friend

4 YEARS

- Counts to five
- Uses words like 'happy' or 'big' correctly
- Sorts by color
- Sings along to rhymes or songs

*Happy 4th! Time to sign up for pre-K. www.baltimorecityschools.org/pre-k-and-k

5 YEARS

- Tells a simple story
- Able to cut, paste, and color

*Happy 5th! Time to sign up for Kindergarten. www.baltimorecityschools.org/pre-k-and-k

TIP: Make counting into a game—count 5 blue cars, take 4 big steps.