

**DEAR MOM AND DAD,**  
**PLEASE KEEP THIS FOR ME IN A HANDY PLACE. AS I GROW**  
**CHECK TO SEE IF I MEET THE MILESTONES BELOW.**  
*(DON'T FORGET TO ADJUST MY AGE IF I WAS BORN EARLY).*

## MY DEVELOPMENTAL MILESTONES

**At 3 months, I should be able to:**

- \* turn my head toward bright light
- \* look at your face
- \* lift my head while on my stomach
- \* make cooing sounds
- \* smile

**At 12-15 months, I should be able to:**

- \* walk without support
- \* stack 2-3 blocks
- \* feed myself some finger foods
- \* say 4-5 words
- \* make my voice go up and down to sound like a conversation
- \* listen to a story



**At 3-6 months, I should be able to:**

- \* recognize the difference between happy and sad voices
- \* play with my hands and feet
- \* bring most objects to my mouth
- \* reach for objects with both hands
- \* roll over
- \* turn to find your voice

**At 15-18 months, I should be able to:**

- \* walk and maybe run a little
- \* climb up or down one stair
- \* enjoy pull toys
- \* mark a crayon on paper
- \* partially feed myself
- \* say 7- 20 words
- \* throw a ball
- \* drink from a cup and eat with a spoon

**At 6-9 months, I should be able to:**

- \* begin crawling
- \* smile at myself in a mirror
- \* explore objects closely with hands & eyes
- \* play peeka boo and patty cake
- \* begin to sit without assistance
- \* babble

**At 18-24 months, I should be able to:**

- \* kick a large ball
- \* turn pages, 2 or 3 at a time
- \* imitate housework
- \* recognize familiar pictures and know if they are upside down
- \* ask for items by name
- \* use two words together
- \* make circular strokes with a pencil

**At 9-12 months, I should be able to:**

- \* pull to stand
- \* take a few steps while holding on
- \* copy your sounds
- \* drop and throw objects
- \* use 1-3 words
- \* hold my bottle



**At 24-36 months, I should be able to:**

- \* stand on one foot for a moment
- \* walk up stairs
- \* ride a tricycle
- \* feed myself
- \* open a door
- \* jump in place
- \* tell you when I need to use the toilet
- \* partially dress and undress
- \* share toys
- \* use 3 word sentences
- \* name at least one color



If I am not meeting these milestones, I might need help. If we live in Pinellas County or Pasco County, please call **(727) 892-6701** or **1 (800) 374-4334**.

Love,  
Your Baby



**CHILD DEVELOPMENT**

FOR INFORMATION ON:

- Concerns about my infant’s development ..... Early Intervention Program (727) 767-4403
- Concerns about a preschooler’s development.....FDLRS (Child Find) (727) 462-1588
- Parenting and child guidance .....**HELPLINE (211)**

**CHILD CARE**

FOR INFORMATION ON:

- Locating child care center and home .....Child Care Resource & Referral (727) 547-5750
- Assistance in paying child care fees .....Coordinated Child Care (727) 547-5700
- A provider’s licensing history.....Pinellas County License board (727) 547-5800

**HEALTH AND SAFETY**

- A medical emergency .....**911**
- Poison control.....1-800-222-1222
- Car seat education and safety.....(727) 892-KIDS (892-5437)
- Childproofing my home, water safety, injury prevention.....(727)898-SAFE (898-7233)
- Medical services (low cost physicals, immunizations, health insurance)
  - Pinellas County Health Department.....(727)824-6900
  - Community Health Care Centers of Pinellas.....(727) 821-6701
  - Florida Kid Care (health insurance).....1-888-352-5437
- Infant and child first aid & CPR classes
  - American Red Cross.....(727)446-2358
  - American Heart Association.....(727) 570-8701
- Community resources (clothing, emergency shelter, stress, family counseling .....**HELPLINE 211**
- Nutrition (WIC) Women, infants & children.....(727) 824-6900
- Reporting suspected child abuse/neglect.....1-800-96ABUSE

*(calls remain anonymous)*

Published by:  
 Healthy Start Coalition of Pinellas, Inc.  
 2735 Whitney Road, Clearwater, Fl 33760  
 (727)507-6330 www.healthystartpinellas.org