

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 homeChild Care Resource & Referral (727) 547-5750
- Assistance in paying child care feesCoordinated 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)

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