

PARENT NOTES

Did you know?

It's time to change how we view a child's growth. Do you know all the ways you should measure your child's growth? We naturally think of height and weight, but from birth to 5 years, your child should reach milestones in how he plays, learns, speaks and acts. A delay in any of these areas could be a sign of a developmental problem. The good news is, the earlier it's recognized the more you can do to help your child reach her full potential.

Babies and children develop at their own pace, so it's impossible to tell exactly when your child will learn a given skill. Developmental milestones will give you an idea of the changes you can expect, but don't be alarmed if your own child's development takes a slightly different course. For a complete list of milestones and developmental health concerns, go to <http://www.cdc.gov/ncbddd/autism/actearly/> the web page for the Center for Disease Control and the "Know the Signs, Act Early".

Your One Year Old

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Responds to "no"
- Uses simple gestures, such as shaking head for "no"
- Says "dada" and "mama"
- Crawls forward on belly
- Takes objects out of container

Your Two Year Old

- Demonstrates increasing independence
- Begins to show defiant behavior
- Begins to sort by shapes and colors
- Begins make-believe play
- Repeats words overheard in conversation

- Pulls toys behind her while walking
- Stands on tiptoe
- Walks up and down stairs holding on to support
- Scribbles on his or her own
- Builds tower of four blocks or more

Your Three Year Old

- Can take turns in games
- Sorts objects by shape and color
- Understands most sentences
- Can say name, age, and gender
- Climbs well
- Builds a tower of more than six blocks

Your Four Year Old

- Interested in new experiences
- Increasingly inventive in fantasy play
- More independent
- Correctly names some colors
- Recalls parts of a story
- Understands the concepts of "same" and "different"
- Engages in fantasy play
- Draws circles and squares

Your Five Year Old

- More likely to agree to rules
- Likes to sing, dance, and act
- Aware of gender
- Sometimes demanding, sometimes eagerly cooperative
- Better understands the concept of time
- Prints some letters
- Dresses and undresses without help
- Usually cares for own toilet needs

If you live in Snohomish County and have any concerns about your child birth to three years old, call the Infant Toddler Early Intervention Program (425) 339-1965, state wide call 1 (800) 927-9308 or go to the web site at <http://www1.dshs.wa.gov/iteip>. For children three and older, call your local school district. Both offer FREE developmental screenings and each will help coordinate any needed services, many of which can also be free.

