



# Bright Futures Parent Handout

## 6 Month Visit

Here are some suggestions from Bright Futures experts that may be of value to your family.

### Feeding Your Baby

- Most babies have doubled their birth weight.
- Your baby's growth will slow down.
- If you are still breastfeeding, that's great! Continue as long as you both like.
- If you are formula feeding, use an iron-fortified formula.
- You may begin to feed your baby solid food when your baby is ready.
- Some of the signs your baby is ready for solids
  - Opens mouth for the spoon.
  - Sits with support.
  - Good head and neck control.
  - Interest in foods you eat.

### Starting New Foods

- Introduce new foods one at a time.
  - Iron-fortified cereal
- Good sources of iron include
  - Red meat
- Introduce fruits and vegetables after your baby eats iron-fortified cereal or pureed meats well.
  - Offer 1–2 tablespoons of solid food 2–3 times per day.
- Avoid feeding your baby too much by following the baby's signs of fullness.
  - Leaning back
  - Turning away
- Do not force your baby to eat or finish foods.
  - It may take 10–15 times of giving your baby a food to try before she will like it.
- Avoid foods that can cause allergies—peanuts, tree nuts, fish, and shellfish.
- To prevent choking
  - Only give your baby very soft, small bites of finger foods.
  - Keep small objects and plastic bags away from your baby.

NUTRITION AND FEEDING

### How Your Family Is Doing

- Call on others for help.
- Encourage your partner to help care for your baby.
- Ask us about helpful resources if you are alone.
- Invite friends over or join a parent group.
- Choose a mature, trained, and responsible babysitter or caregiver.
- You can talk with us about your child care choices.

FAMILY FUNCTIONING

### Healthy Teeth

- Many babies begin to cut teeth.
- Use a soft cloth or toothbrush to clean each tooth with water only as it comes in.
- Ask us about the need for fluoride.
- Do not give a bottle in bed.
- Do not prop the bottle.
- Have regular times for your baby to eat. Do not let him eat all day.

ORAL HEALTH

### Your Baby's Development

- Place your baby so she is sitting up and can look around.
- Talk with your baby by copying the sounds your baby makes.
- Look at and read books together.
- Play games such as peekaboo, patty-cake, and so big.
- Offer active play with mirrors, floor gyms, and colorful toys to hold.
- If your baby is fussy, give her safe toys to hold and put in her mouth and make sure she is getting regular naps and playtimes.
- Put your baby to bed when she is sleepy but still awake.

INFANT DEVELOPMENT

### Crib/Playpen

- Lower the crib mattress all the way when your baby begins to stand.
- Use a crib with slats close together—2<sup>3</sup>/<sub>8</sub> inches apart or less.
- When your baby is in the crib, make sure the drop side is up.
- Don't use loose or soft bedding.
- Use a mesh playpen with weaves less than 1/4 inches apart.

### Safety

- Use a rear-facing car safety seat in the back seat in all vehicles, even for very short trips.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Don't leave your baby alone in the tub or high places such as changing tables, beds, or sofas.
- While in the kitchen, keep your baby in a high chair or playpen.
- Do not use a baby walker.
- Place gates on stairs.
- Close doors to rooms where your baby could be hurt, like the bathroom.
- Prevent burns by setting your hot water heater so the temperature at the faucet is 120°F or lower.
- Turn pot handles inward on the stove.
- Do not leave hot irons or hair care products plugged in.
- Never leave your baby alone near water or in bathwater, even in a bath seat or ring.
  - Always be close enough to touch your baby.
- Lock up poisons, medicines, and cleaning supplies; call Poison Help if your baby eats them.

SAFETY

### What to Expect at Your Baby's 9 Month Visit

#### We will talk about

- Disciplining your baby
- Introducing new foods and establishing a routine
- Helping your baby learn
- Car seat safety
- Safety at home

Poison Help: 1-800-222-1222

Child safety seat inspection:  
1-866-SEATCHECK; seatcheck.org



## American Academy of Pediatrics



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# Your Baby at 6 Months



Child's Name \_\_\_\_\_

Child's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

How your child plays, learns, speaks, and acts offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by the end of 6 months. Take this with you and talk with your child's doctor at every visit about the milestones your child has reached and what to expect next.

## What Most Babies Do at this Age:

### Social/Emotional

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others, especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

### Language/Communication

- Responds to sounds by making sounds
- Strings vowels together when babbling ("ah," "eh," "oh") and likes taking turns with parent while making sounds
- Responds to own name
- Makes sounds to show joy and displeasure
- Begins to say consonant sounds (jabbering with "m," "b")

### Cognitive (learning, thinking, problem-solving)

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

### Movement/Physical Development

- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

## Act Early by Talking to Your Child's Doctor if Your Child:

- Doesn't try to get things that are in reach
- Shows no affection for caregivers
- Doesn't respond to sounds around him
- Has difficulty getting things to mouth
- Doesn't make vowel sounds ("ah", "eh", "oh")
- Doesn't roll over in either direction
- Doesn't laugh or make squealing sounds
- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll

**Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your state's public early intervention program. For more information, go to [www.cdc.gov/concerned](http://www.cdc.gov/concerned) or call 1-800-CDC-INFO.**

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone checklist is not a substitute for a standardized, validated developmental screening tool.

[www.cdc.gov/actearly](http://www.cdc.gov/actearly)

1-800-CDC-INFO



Learn the Signs. Act Early.

# Su Bebé a los 6 Meses



Nombre del niño \_\_\_\_\_

Edad del niño \_\_\_\_\_

Fecha de hoy \_\_\_\_\_

La manera en que su hijo juega, aprende, habla y actúa nos ofrece pistas importantes sobre cómo se está desarrollando. Los indicadores del desarrollo son las cosas que la mayoría de los niños pueden hacer a una edad determinada.

Marque los indicadores del desarrollo que puede ver en su hijo justo antes de cumplir 7 meses. En cada visita médica de su hijo, lleve esta información y hable con el pediatra sobre los indicadores que su hijo alcanzó y cuáles son los que debería alcanzar a continuación.

## ¿Qué Hacen los Bebés a Esta Edad?

### En las áreas social y emocional

- Reconoce las caras familiares y comienza a darse cuenta si alguien es un desconocido
- Le gusta jugar con los demás, especialmente con sus padres
- Responde antes las emociones de otras personas y generalmente se muestra feliz
- Le gusta mirarse en el espejo

### En las áreas del habla y la comunicación

- Copia sonidos
- Une varias vocales cuando balbucea (“a”, “e”, “o”) y le gusta hacer sonidos por turno con los padres
- Reacciona cuando se menciona su nombre
- Hace sonidos para demostrar alegría o descontento
- Comienza a emitir sonidos de consonantes (parlotea usando la “m” o la “b”)

### En el área cognitiva (aprendizaje, razonamiento, resolución de problemas)

- Observa a su alrededor las cosas que están cerca
- Se lleva la cosas a la boca
- Demuestra curiosidad sobre las cosas y trata de agarrar las cosas que están fuera de su alcance
- Comienza a pasar cosas de una mano a la otra

### En las áreas motora y de desarrollo físico

- Se da vuelta para ambos lados (se pone boca arriba y boca abajo)
- Comienza a sentarse sin apoyo
- Cuando se para, se apoya en sus piernas y hasta puede ser que salte
- Se mece hacia adelante y hacia atrás, a veces gatea primero hacia atrás y luego hacia adelante

## Reaccione pronto y hable con el doctor de su hijo se el niño:

- No trata de agarrar cosas que están a su alcance
- No demuestra afecto por quienes le cuidan
- No reacciona ante los sonidos de alrededor
- Tiene dificultad para llevarse cosas a la boca
- No emite sonidos de vocales (“a”, “e”, “o”)
- No rueda en ninguna dirección para darse vuelta
- No se ríe ni hace sonidos de placer
- Se ve rígido y con los músculos tensos
- Se ve sin fuerza como un muñeco de trapo

**Dígale al médico o a la enfermera de su hijo si nota cualquiera de estos signos de posible retraso del desarrollo para su edad, y converse con alguien de su comunidad que conozca los servicios para niños de su área, como por ejemplo el programa público de intervención temprana patrocinado por el estado. Para obtener más información, consulte [www.cdc.gov/preocupado](http://www.cdc.gov/preocupado) o llame 1-800-CDC-INFO.**

Tomado de CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Quinta Edición, editado por Steven Shelov y Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 por la Academia Americana de Pediatría y BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS, CHILDREN, AND ADOLESCENTS, tercera edición, editado por Joseph Hagan, Jr., Judith S. Shaw y Paula M. Duncan, 2008, Elk Grove Village, IL: Academia Americana de Pediatría. Esta lista de verificación de indicadores del desarrollo no es un sustituto de una herramienta de evaluación del desarrollo estandarizada y validada.

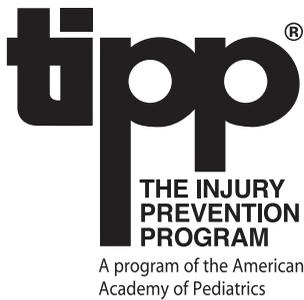
[www.cdc.gov/pronto](http://www.cdc.gov/pronto)

1-800-CDC-INFO



Aprenda los signos. Reaccione pronto.

# 6 to 12 Months



## 6 TO 12 MONTHS

### Safety for Your Child

Did you know that hundreds of children younger than 1 year die every year in the United States because of injuries — most of which can be prevented?

Often, injuries happen because parents are not aware of what their children can do. Your child is a fast learner and will suddenly be able to *roll over*, *crawl*, *sit*, and *stand*. Your child may *climb* before walking, or *walk* with support months before you expect. Your child will *grasp* at almost anything and reach things he or she could not reach before.

#### Falls

Because of your child's new abilities, he or she will fall often. Protect your child from injury. **Use gates on stairways and doors. Install operable window guards** on all windows above the first floor. **Remove sharp-edged or hard furniture** from the room where your child plays.

**Do not use a baby walker.** Your child may tip it over, fall out of it, or fall down the stairs in it. Baby walkers allow children to get to places where they can pull hot foods or heavy objects down on themselves.

**If your child has a serious fall or does not act normally after a fall, call your doctor.**



#### Burns

At 6 to 12 months children grab at everything. **NEVER** leave cups of hot coffee on tables or counter edges. **And NEVER carry hot liquids or food near your child or while holding your child.** He or she could get burned. Also, if your child is left to crawl or walk around stoves, wall or floor heaters, or other hot appliances, he or she is likely to get burned. **A safer place for your child** while you are cooking, eating, or unable to provide your full attention is the **playpen, crib, or stationary activity center, or buckled into a high chair.**

**If your child does get burned, put cold water on the burned area immediately. Keep the burned area in cold water for a few minutes to cool it off. Then cover the burn loosely with a dry bandage or clean cloth. Call your doctor for all burns. To protect your child from tap water scalds, the hottest temperature at the faucet should be no more than 120°F. In many cases you can adjust your water heater.**



Make sure you have a working smoke alarm on every level of your home, especially in furnace and sleeping areas. Test the alarms every month. It is best to use smoke alarms that use long-life batteries, but if you do not, change the batteries at least once a year.

(over)

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## Drowning

At this age your child loves to play in water. Empty all the water from a bathtub, pail, or any container of water immediately after use. Keep the door to the bathroom closed. **NEVER leave your child alone in or near a bathtub, pail of water, wading or swimming pool, or any other water, even for a moment.** Drowning can happen in less than 2 inches of water. Knowing how to swim does NOT mean your child is safe in or near water. Stay within an arm's length of your child around water.

If you have a swimming pool, now is the time to **install a fence** that separates the house from the pool. The pool should be fenced in on all 4 sides. Most children drown when they wander out of the house and fall into a pool that is not fenced off from the house. Be prepared — install a fence around your pool now, before your child begins to walk!



## Poisoning and Choking

Your child will explore the world by *putting anything and everything into his or her mouth*. NEVER leave small objects or balloons in your child's reach, even for a moment. Don't feed your child hard pieces of food such as hot dogs, raw carrots, grapes, peanuts, or popcorn. Cut all of his or her food into thin slices to prevent choking.

**Be prepared if your child starts to choke. Learn how to save the life of a choking child. Ask your doctor to recommend the steps you need to take.**

Children will put everything into their mouths, even if it doesn't taste good. Many ordinary things in your house **can be poisonous** to your child. Be sure to keep household products such as cleaners, chemicals, and medicines up, up, and away, completely out of sight and reach. Never store lye drain cleaners in your home. **Use safety latches or locks** on drawers and cupboards. Remember, your child doesn't understand or remember "no" while exploring.



**If your child does eat something that could be poisonous, call the Poison Help line at 1-800-222-1222 immediately. Do not make your child vomit.**

## Strangulation and Suffocation

Place your baby's crib away from windows. **Cords from window blinds and draperies can strangle your child.** Use cordless window coverings, or if this is not possible, tie cords high and out of reach. Do not knot cords together.

**Plastic wrappers and bags** form a tight seal if placed over the mouth and nose and may suffocate your child. Keep them away from your child.

## And Remember Car Safety

**Car crashes** are a **great danger** to your child's life and health. Most injuries and deaths caused by car crashes **can be prevented** by the use of car safety seats EVERY TIME your child is in the car. All infants and toddlers should ride in a rear-facing car safety seat until they are 2 years of age or until they reach the highest weight or height allowed by their car safety seat's manufacturer. A rear-facing car safety seat should NEVER be placed in front of a passenger air bag. Your child, besides being much safer in a car safety seat, will behave better so you can pay attention to your driving. **The safest**



**place for all infants and children to ride is in the back seat.**

**Do not leave your child alone in a car. Keep vehicles and their trunks locked. Children who are left in a car can die of heat stroke because temperatures can reach deadly levels in minutes.**

**Remember, the biggest threat to your child's life and health is an injury.**

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

# HOW TO FEED YOUR BABY STEP-BY-STEP

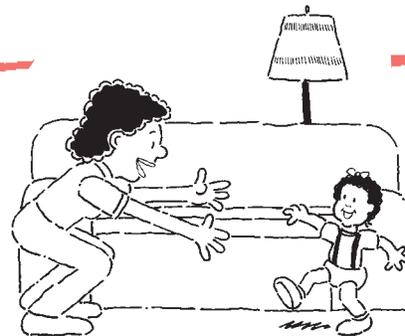
Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast Milk or	On demand		<ul style="list-style-type: none"> <li>Nurse as long and as often as your baby wants - every 1-1/2 to 2 hours is okay.</li> <li>Nurse baby at least 10-20 minutes on each breast.</li> <li>Six wet diapers a day is a good sign that your baby is getting enough to eat.</li> <li>There's no need to force your baby to finish a bottle.</li> <li>Putting baby to bed with a bottle can cause choking and baby bottle tooth decay.</li> <li>Heating formula in the microwave is not recommended as milk may heat unevenly and burn baby's mouth.</li> </ul>
		Formula*			
		0-1 months	6-8	2-5 ounces	
		1-2 months	5-7	3-6 ounces	
2-3 months	4-7	4-7 ounces			
3-4 months	4-6	6-8 ounces			
4-6 Months	Milk	Breast milk or	On demand		<ul style="list-style-type: none"> <li>Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal.</li> <li>Start iron-fortified baby cereal by spoon when baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF TONGUE TO THE BACK</li> </ul>
	Formula*	4-6	6-8 ounces		
	Grain	Baby cereal (iron-fortified)	2	1-2 tablespoons	<ul style="list-style-type: none"> <li>Introduce only one new cereal each week.</li> </ul>
6-8 Months	Milk	Breast milk or Formula*	On demand 3-5	6-8 ounces	<ul style="list-style-type: none"> <li>Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later.</li> <li>Feed only one new fruit or vegetable each week.</li> <li>When using food from a jar, remove amount for one feeding and refrigerate the unused portion.</li> <li>Try giving 100% fruit juice in a cup. Juice in the bottle may cause tooth decay.</li> <li>Add strained meats now.</li> <li>Feed only one new meat each week.</li> </ul>
	Grain	Baby cereal (iron-fortified)	2	2-3 tablespoons	
		Bread or Crackers	Offer	1/4 slice or 2 crackers	
	Fruit	Fruit	2	2-3 tablespoons	
		Fruit Juice	1	3 ounces (from cup)	
Vegetable	Vegetables	2	2-3 tablespoons		
Meat	Chicken, Beef, Pork	1	1-2 tablespoons		

\*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
8-12 Months	Milk	Breast Milk or Formula*	On demand		<ul style="list-style-type: none"> <li>• Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white. It's okay to give baby cooked yolks.</li> <li>• Offer fresh fruit and cooked vegetables in bite size portions. Some fruits may need to be peeled (apples, pears).</li> <li>• Be patient. Babies are messy when they feed themselves.</li> <li>• Always taste heated foods before serving them to baby to make sure they are not too hot.</li> <li>• Continue to offer beverages in a cup.</li> <li>• Offer finger foods to encourage self-feeding.</li> <li>• Let baby use a spoon for self-feeding.</li> </ul>
		Cheese Plain yogurt Cottage cheese	3-4	6-8 ounces 1/2 ounce	
	Grain	Baby cereal (iron-fortified)	2-3	2-4 tablespoons	
		Bread or Crackers	1-2	1/4 slice or 2 crackers	
	Fruit	Fruit Fruit juice	2 1	3-4 tablespoons up to 4 ounces (from cup)	
Vegetable	Vegetables	2	3-4 tablespoons		
12-24 Months	Milk	Chicken, beef, pork, dried beans (cooked) Egg yolk	2	3-4 tablespoons 1	
		Breast Milk or *Whole milk, yogurt Cheese Cottage cheese	On demand 4	1/2 cup 1/2 ounce 1/4 cup	
	Grain	Cereal, pasta or rice Bread, muffins, rolls Crackers	4-5	1/4 cup 1/4 2 crackers	
		Fruit Fruit juice	2	1/2 medium 3-4 ounces (from cup)	
	Vegetable	Vegetables, fresh or cooked	4-5	1/4 cup (cooked) 1/2 cup (fresh)	
Meat	Fish, chicken, turkey, beef, pork Cooked beans or peas Egg	3-4	1/2-1 ounce 2 tablespoons 1		

# Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

## 3 Months

When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time.

Yes  No

Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?

Yes  No

Does your baby respond to your voice?

Yes  No

Are your baby's hands frequently open?

Yes  No

When you hold your baby in the upright position, can she support her head for more than a moment?

Yes  No

## 6 Months

Have you seen your baby play with his hands by touching them together?

Yes  No

Does your baby turn her head to sounds that originate out of her immediate area?

Yes  No

Has your baby rolled over from his stomach to his back or from back to stomach?

Yes  No

When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight.

Yes  No

When your baby is on his stomach, can he support his weight on outstretched hands?

Yes  No

Does your baby see small objects such as crumbs?

Yes  No

Does your baby produce a string of sounds?

Yes  No

Does she react to the emotions of others?

Yes  No

Does your baby begin to relax when you read him a bedtime story?

Yes  No

Does your baby notice herself and her actions in a mirror?

Yes  No

Does your baby reach out for you to pick him up?

Yes  No

## 9 Months

When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers.

Yes  No

Can your baby sit without support and without holding up his body with his hands?

Yes  No

Does your baby crawl or creep on her hands and knees?

Yes  No

Does your baby hold his bottle?

Yes  No

Does your baby deliberately drop or throw toys?

Yes  No

Does she bang, strike, and shake her toys?

Yes  No

When you show your baby a book, does he get excited, then try to grab and taste it?

Yes  No

Is your baby wary of unfamiliar people?

Yes  No

Does your baby make sounds that use vowels and consonants?

Yes  No

## 12 Months

When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear?

Yes  No

Does your baby pull up to stand?

Yes  No

Does your baby walk holding on to furniture?

Yes  No

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

Yes  No

Does your baby say at least one word?

Yes  No

Is your baby able to locate sounds by turning his head?

Yes  No

Does your baby imitate familiar adult behavior, such as using a cup or telephone?

Yes  No

Does your baby turn her books face up, but turn several pages at once?  Yes  No

Does your baby look for and find toys?  Yes  No

Does your baby eagerly explore objects and spaces?  Yes  No

### 18 Months

Can your child hold a regular cup or glass without help and drink from it without spilling?  Yes  No

Can your child walk all the way across a large room without falling or wobbling from side to side?  Yes  No

Does your child take off his shoes by himself?  Yes  No

Does your child feed herself?  Yes  No

Does your child clearly look to his parents in stressful situations?  Yes  No

Does your child have temper tantrums?  Yes  No

Does your child say at least 4 to 10 words?  Yes  No

Does your child point to a picture that you name in a book?  Yes  No

Does your child pretend to talk?  Yes  No

### 2 Years

Can your child say things like "all gone," "go bye-bye," or other two-word sentences?  Yes  No

Does your child say about 50 words?  Yes  No

Can your child take off clothes such as pajamas (tops or bottoms) or pants? (Diapers, hats, and socks do not count.)  Yes  No

Does your child run without falling?  Yes  No

Does your child look at pictures in a picture book?  Yes  No

Does your child carry around a favorite book and pretend to read it to you?  Yes  No

Does your child tell you what she wants?  Yes  No

Does your child repeat words others say?  Yes  No

Does your child point to at least one named body part?  Yes  No

Does your child participate in play with other children?  Yes  No

Does your child show increasing independence, wanting to do things his way?  Yes  No

Does your child like to collect or hoard things?  Yes  No

### 3 Years

Can your child name at least one picture when you look at animal books together?  Yes  No

Does your child enjoy sitting together for at least 5 minutes for story time?  Yes  No

Can your child answer "what" questions about the story that you have just read together?  Yes  No

Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet?  Yes  No

Is your child easily understood by most adults?  Yes  No

Does your child help put things away?  Yes  No

Can your child answer the question, "Are you a boy or girl?"  Yes  No

Can your child name at least one color?  Yes  No

Does your child talk in three-word sentences most of the time?  Yes  No

### 4 Years

Can your child pedal a tricycle at least 10 feet forward?  Yes  No

Does your child play hide-and-seek, cops-and-robbers, or other games where she takes turns and follows rules?  Yes  No

Does your child turn paper pages in a book one at a time?  Yes  No

Does your child retell stories that are familiar?  Yes  No

Can your child tell you what action is taking place in a picture?  Yes  No

Does your child use action words (verbs)?  Yes  No

Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend?  Yes  No

Can your child copy a circle?  Yes  No

Does your child pretend to write, making marks on a page that only he can read?  Yes  No

Does your child mostly use four-word or five-word sentences when talking?  Yes  No

### 5 Years

Can your child button some of her clothing or her doll's clothes? (Snaps do not count.)  Yes  No

Does your child react well when you leave him with a friend or sitter?  Yes  No

Can your child name at least three colors?  Yes  No

Can your child walk down stairs alternating her feet?  Yes  No

Can your child jump with his feet apart (broad jump)?  Yes  No

Can your child point while counting at least three different objects?  Yes  No

Can your child name a coin correctly?  Yes  No

Does your child like to relax together with you for 10 to 20 minutes of story time?  Yes  No

Can your child copy a square?  Yes  No

Can your child name at least some letters of the alphabet when she sees them?  Yes  No

Can your child identify and print the first letter in his name?  Yes  No

Can your child recognize and name several single numbers?  Yes  No

Does your child recognize common street and store signs (eg, "Stop," "Open")?  Yes  No

## 6 Years

- Can your child tie her shoes?  Yes  No
- Can your child dress himself completely without help?  Yes  No
- Can your child catch a small bouncing ball, such as a tennis ball, using only her hands? (Large balls do not count.)  Yes  No
- Can your child skip with both feet?  Yes  No
- Can your child tell his age correctly?  Yes  No
- Can your child repeat at least four numbers in the proper sequence?  Yes  No
- Can your child recognize and name at least 10 letters in the alphabet?  Yes  No
- Does your child know the sounds of most letters of the alphabet?  Yes  No
- Can your child recognize and read 15 or more common words?  Yes  No
- Can your child copy a few simple words from a book?  Yes  No

As a parent, you are in the best position to note these subtle aspects of your child's behavior. These clues signal that your child's development is on schedule or that something might be wrong. A "No" answer to any of the questions may be a warning sign. Make sure to bring it to your pediatrician's attention. Remember, these milestones are an aid, not a test.

If you have any questions, plan to discuss them with your pediatrician. Pediatricians are trained to detect and treat developmental problems in children. Many problems, if detected early, can be treated by your pediatrician and successfully managed.

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The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

From your doctor

American Academy  
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