

Birth to Six – Growth & Development

What Parents and Caregivers Should Look For

The chart inside is an easy way to help you recognize possible problem areas in a child's vision, hearing and development.

IMPORTANT! This chart is not intended to be a development test, evaluation or assessment.



Observing the Whole Child

The chart will help you look at the whole child. You will be watching for the child's development in the areas of thinking, social skills, listening, talking and movement activities. Some movement skills use small muscles (like fingers), others use large muscles (like legs). It's important to watch for vision and hearing in children of every age.

How to Use the Chart

Each age section lists activities children will be able to do sometime between the first age and the second age in that section. For example, by 12 months, most children will be able to do all the listed activities in the 6 to 12 month section. However, most children will not be able to do all of these activities at 6 months. The same is true of each age section. Therefore, don't be concerned if a child can't do all of the activities if he or she is at the beginning of an age level. Since children develop at different rates, don't panic just because a child seems behind on one task.

Read the activities listed under the child's age and under

vision and hearing. Watch and listen as the child plays. Can the child do the activities? It's important that the child has the time, space and materials needed for each activity. For example, don't say the child cannot draw a face if you don't give the child paper and a pencil or crayon.

You may wish to watch and listen to a child over several days, using the chart and noting any concerns you may have. If a child can't do all the activities and is at the upper age level of a section, families should share their observations with a professional who can take a closer look at the child's development.

When to Observe

Watch and listen to the child while playing. You are looking for what the child is usually like. **Do not use this chart when the child is ill, tired or irritable.**

What's Next

If you have a concern about your child's development, vision and/or hearing, please contact your child's doctor, Children's Therapy or the school district for help obtaining a more complete evaluation. Should your child need hospitalization for any reason, Valley Medical Center offers in-patient pediatric care.

Children's Therapy 425.690.3513
Find a pediatrician 425.656.INFO (4636)

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Does Your Child...



Vision

- Make eye contact (look at your eyes)
- Follow a moving object with her eyes
- Walk or crawl without frequently bumping into objects
- Look at people and things using both eyes
- Hold objects at normal distance (after age 6 months)
- Walk or crawl smoothly across shadows or areas that look different (carpet, tile)
- Look at people and things without eyes crossing or squinting (after 9 months)

Hearing

- Show awareness of home noises (telephone, door knock, television)
- Use a voice that's not too loud or too soft
- Play with toys that make a noise (rattle, bells)
- Imitate sounds (after 1 year)
- Use some word endings ("s" or "ing") after age 2
- Follow verbal directions
- Maintain a moderate volume on the television or radio
- Listen to stories, records or television without difficulty
- Speak so most people can understand (if older than 2-1/2 years)
- Come to you when called from another room (after 2 years)

Birth to 3 Months

- Lift his head and chest when on his stomach
- Move her arms and her legs easily
- Follow your movements by turning his head side to side
- Easily take a bottle or breast and suck well
- Startle or cry at sudden loud noises
- Look at you, watch your face
- Make gurgling or cooing sounds
- Smile in response to your smile or talk
- Quiet easily when comforted

12 to 18 Months

- Walk alone
- Pick up small objects (raisin size)
- Put objects in and dump from containers
- Put one object on top of another
- Feed herself with spoon
- Say two or three different words in addition to "Mama" or "Dada"
- Ask for things using words
- Hold and drink from a cup with some spilling
- Point to several things or pictures when named

3 to 4 Years

- Jump, run, throw, climb, using good balance
- Draw circles, lines and crosses using a crayon
- Use toys and other materials to pretend play
- Enjoy picture books and being read to
- Understand words that tell where things are (behind, under, in, on)
- Use speech that is easily understood
- Ask a lot of "why" and "what" questions
- Enjoy playing with other children
- Wait his turn some of the time
- Answer simple "where" and "who" questions

3 to 6 Months

- Play with feet when on his back
- Lift head and chest with her weight on hands when on her stomach
- Hold his head upright and steady without support
- Roll from stomach to back and back to stomach
- Play with her own hands by touching them together
- Reach for a toy
- Pick up a toy placed within reach
- Turn his head toward sounds
- Make lots of different sounds
- Laugh out loud
- Try to show likes and dislikes

6 to 12 Months

- Pull herself to stand with some help
- Sit without help while playing with toys
- Transfer objects from one hand to the other
- Feed himself finger food
- Imitate waving bye-bye
- Let you know her needs with motions and sounds
- Copy speech sounds (“ba-ba” “ga-ga”)
- Take turns while playing with adult (actions, sounds or facial expressions)
- Let you know he understands a simple question (“Do you want some more?”)
- Know parents from strangers

18 Months to 2 Years

- Walk up and down stairs with his hand held
- Scribble
- Move her body in time to music
- Put two words together (“more juice”)
- Begin to ask questions, (“juice?” “bye-bye?”)
- Feed himself a sandwich, taking bites
- Take off socks and shoes
- Look at story book pictures with an adult
- Make simple choices among toys (puzzles or trucks)
- Copy another child’s play (pouring sand, throwing ball)

2 to 3 Years

- Walk well, run, stop, step up and squat down
- Stack three or more objects
- Use the spoon and cup all by herself
- Follow two-step directions (“Get the book and put it on the table.”)
- Name five to six body parts on herself
- Take part in simple conversation
- Answer simple “what” and “what do” questions (“What do you want for lunch?”)
- Point to or name objects when told their use (“What do you drink with?”)
- Help with simple tasks (picking up toys)
- Use two-three word sentences regularly

4 to 5 Years

- Tumble, dance or play other games that use large muscles (like the legs)
- Hop on one foot
- Draw a face that looks like a face
- Put on clothing with a little help
- Ask question using “what, where, who and why”
- Say most speech sounds clearly except for “s, z, th and r”
- Use words that show size and number (big, many)
- Say both his first and last name
- Enjoy playing with children of the same age

5 to 6 Years

- Enjoy catching, throwing, kicking a ball
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given (“Get the ball, put it in the toy box and come to the table.”)
- Say her full name, age and sex
- Enjoy playing organized games with other children (Simon says, tag)

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Children's Therapy at Valley Medical Center

Our Approach to Children's Therapy

Children's Therapy primarily uses play-based activities to build functional skills, while appealing to each child's interests. Therapy is designed to simulate the kinds of surroundings and situations children routinely experience. Every child is unique, so care is individualized: therapists use their expertise and creativity to connect with each child, using a variety of approaches to help attain his or her full potential in communication, social interaction, mobility and daily living skills.

About the Children's Therapy Facility and Services

- State-recognized, hospital-based neurodevelopmental center staffed by pediatric specialists, as well as the state-designated, South King County Children with Special Health Care Needs (CHSCN) feeding team
- Evidence-based therapy, combined with enthusiasm, imagination and innovation
- 10,000 square foot, dedicated therapy space
- Indoor rainforest-theme playground includes therapeutic swing, slide, fort, suspension bridge, bikes and climbing wall
- A variety of themed play rooms
- Orthopedic room with fitness equipment, including exercise bike and LiteGait®
- Children's computer lab
- Nintendo Fun Center™ and Wii systems assist in developing children's neuromotor skills
- Kid's kitchen for feeding therapy and developing cooking skills
- Dedicated parent resource room with computer
- Free WiFi to accommodate working parents during daytime therapy appointments

A Public, Non-Profit Organization Dedicated to Improving Community Health

Children's Therapy is part of Public Hospital District No. 1 of King County, also known as Valley Medical Center. Payments for therapy services are received from private insurance, Medicaid (DSHS) and individuals. Valley Medical Center is a public, non-profit organization, offering discounts for prompt payment and limited scholarships.



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