

- Uses eyes and hands together well for:
  - drawing cutting and pasting simple pictures
  - copying basic forms and some letters
  - catching a ball

**4 to 5 Years**

- Searches pages of a book for very fine detail (like hidden objects) (40-44 mo.)
- Draws and knows names of circle and cross (40-44 mo.)

**3 1/2 to 4 Years**

- Sometimes looks at/checks things out without needing to touch them (20-24 mo.)
- Watches own hand while scribbling (26-30 mo.)

**2 to 3 Years**

- Looks at simple pictures with interest (14-16 mo.)
- Points to objects or people and says "look" or "see" (14-18 mo.)

**12 to 18 Months**

- Looks at/checks out toys held in own hand (38-40 weeks)
- Can move eyes with little head movement (30-36 weeks)

**7 to 12 Months**

- Eyes begin to follow moving objects or people (8-12 weeks)
- Watches parent's face when talked to (10-12 weeks)

**2 to 6 Months**

- Holds gaze on a bright light or bright object for a moment
- Eyes and head move together

**Birth to 1 1/2 Months**

**Vision**

Watch your child over several days. Be aware of what your child is doing and use this information as a guide for development.

- Understands most comments or requests without needing them repeated
- When outside, turns when name is called

**4 to 5 years**

- Understands difference between words that sound alike (like candle/camel; how/who; cat/car)
- Shows interest in listening activities like story time
- Responds to speech and sound equally well inside/outside and in quiet/noisy places

**3 years**

- Attends and responds to verbal requests, when interested
- Combines words, adds words daily (about 50 words)

**2 Years**

- Develops words rapidly (about 1-3 words by 12-14 mo., 10-15 words by 18 mo.)
- Follows simple directions (like "go get your shoes") without you pointing
- Quiet and looks when sound is presented (like adult reading a story)
- Begins to identify body parts (like eyes, nose)

**12 to 24 months**

- Responds to name
- Reacts to noises without seeing the source (like a door opening)
- Babbles sounds like da, ba and ma

**6 to 12 months**

- Turns toward voices or unfamiliar noises
- Locates speaker or sound within the room (6 mo.)
- Reacts to sound by smiling, quieting or crying

**3 to 6 months**

- Passed newborn hearing screening
- Quiets to familiar voices
- Is startled by loud sounds
- Stirs to noises while sleeping

**Birth to 3 months**

**Hearing**

- Teach children to make good food choices
- Provide a healthy diet: breads/cereals fruits vegetables milk/yogurt/cheese meat/fish/eggs/beans
- Always offer choices and a variety of foods

**5 years**

- Let children help prepare & serve simple foods
- Avoid sugary snacks (candy, soft drinks, etc.)

**4 years**

- Portion sizes are 1 tablespoon for each year of age
- Too much milk or juice can decrease appetites

**2-3 years**

- As growth slows, appetite decreases. Stay relaxed about toddler's eating
- Don't use food as reward or punishment

**18 months**

- Encourage self-feeding with a spoon
- Offer 3 meals & healthy snacks daily
- Include baby at family meals
- Switch to whole milk when recommended

**12 months**

- Encourage baby to feed self
- Give finger foods or small pieces of table food
- Don't give foods that may cause choking (hot dogs, grapes, candy, gum, nuts, etc.)
- Decrease breast/bottle feedings as baby eats more

**9 months**

- Introduce infant juice & iron-fortified cereal in small amounts
- Offer mashed or soft foods as baby begins to chew
- Never put baby to bed with a bottle

**6 months**

- Breast/bottle feed on demand (no juice or milk)
- Hold baby to feed & burp as needed

**3 months**

**Nutrition**

**TAKE-AWAY TIPS**

**Tips for using this brochure:**

- This brochure shows some things children do at different ages.
- Look for your child's age. How is your child doing?
- When in doubt, check it out!

**Questions or Concerns?**

- Talk to your child's healthcare provider

OR

- Call: NH Family Voices  
Family To Family Health  
Information Center  
Tel: (603) 271-4525  
E-mail: [nhfamilyyvoices@nhfv.org](mailto:nhfamilyyvoices@nhfv.org)  
Web: [www@nhfv.org](http://www@nhfv.org)



seeing



talking

# CHECK IT OUT!

Use this guide to glance at development for a child you care about. Remember, children grow and learn at different rates. Questions or concerns? Ask -- Don't wait!

## 3 MONTHS

Looks at & watches your face □ Smiles & cuddles □ Cries to show discomfort or fatigue □ Makes cooing sounds □ Startles at loud noises □ Brings hands to mouth □ Opens & closes hands □ Moves arms & legs easily □ Lifts head when on tummy for play

## 6 MONTHS

Begins teething □ Has different cries for different needs □ Looks for objects that drop out of sight □ Bangs, rattles or drops toys □ Puts everything in mouth □ Turns head toward sounds □ Babbles, squeals & laughs □ Shows interest in children □ Smiles in mirror □ Reaches for objects □ Transfers toys between hands □ Rolls over in both directions □ Sits independently & with head held up

## 9 MONTHS

Responds to own name □ Shows anxiety when separated from parent or caregiver □ Smiles at, pats or kisses reflection in mirror □ Looks without squinting □ Shakes head "No" □ Imitates sounds □ Bangs two objects together □ Uses tip of thumb & index finger to pick up small objects □ Sits well □ Pulls to stand at furniture □ Crawls on hands & knees □ Plays peek-a-boo □ Waves bye-bye □ Smiles when praised

## 12 MONTHS

Says "mama" or "dada" □ Imitates actions and sounds □ Shows affection □ Knows own name □ Points to a few body parts when asked □ Says a few words □ Finger feeds well □ Walks (legs may be wide apart) □ Likes to be in constant sight of a familiar adult □ Points and waves

## 18 MONTHS

Uses short phrases □ Laughs at silly things, like a bowl on a head □ Points to interesting things and named objects □ Lets you know what he/she wants □ Follows simple directions □ Uses spoon □ Builds tower of three blocks □ Throws a ball □ Walks alone with good balance □ Starts to run □ No safety judgment □ May get frustrated and have tantrums □ Opens doors □ Pretends while playing □ Looks at objects you point to

## 2 YEARS

Listens to short stories □ Turns a picture book that is upside down □ Turns pages of a book □ Understands instructions □ Just learning to share toys □ Gives hugs and kisses □ May do the opposite of what is asked □ Uses two-word sentences, pronouns and many words □ Uses a cup with one hand □ Scribbles □ Runs, jumps and walks up and down stairs with help □ Climbs, and kicks a ball □ Aware of others' feelings

## 3 YEARS

Plays with other children □ May develop fears □ Learning to use toilet □ Knows own age and sex □ Knows colors, shapes and opposites □ Speaks in three-word sentences □ Imitates drawing a line or circle □ Opens containers or jars □ Catches and kicks a ball forcefully □ May have difficulty with transitions □ Speaks so that others understand □ May test limits

## 4 YEARS

Very independent □ Dresses and undresses □ More social □ Responds to others' feelings □ Understands and often obeys rules □ Shares □ Plays make-believe □ Asks many questions □ Names colors □ Repeats stories □ Draws faces □ Uses scissors □ Completes a 12-piece interlocking puzzle □ Hops on one foot □ Talks about past events

## 5 YEARS

Plays organized games □ Follows a three-step instruction □ Counts to 10 □ Understands the meaning of many words □ Uses complete sentences □ Tells imaginative stories □ Cuts out shapes with scissors □ Copies familiar shapes □ Draws person with 6-8 body parts □ Catches a bounced ball □ Writes letters and own name □ May recognize some words, letters and numbers

**Remember:**  
Place Baby on  
BACK TO SLEEP  
BELLY FOR PLAY



crawling



hearing



playing



feeding

