

Wow! They Grow Up So Fast!



What Is Your Baby Doing?...

A baby learns a lot in the first year of life:

1. Not all babies develop the same way - some learn to do certain things sooner and other things later. Premature babies or babies with special health care needs may be more likely to have delays in some skills.
2. The following developmental guide can be used, and, if you have any concerns, talk with your child's doctor or nurse:
 - **By 3 months:** begins to smile, makes cooing noises ("aaaa" or "oooo"), lifts head when on tummy, watches familiar people across room, reacts to "peek-a-boo" games, grasps rattle when given one, smiles when smiled at.
 - **By 6 months:** laughs, says "ba-ba" and "da-da", turns head to sounds, holds head steady when sitting with your help, reaches for and grabs toys, shakes rattle, puts hands together and plays with them, plays with toes, helps hold bottle during feeding, moves toys from one hand to the other, rolls over, sits with only a little support, sits in a high chair, bounces when held in a standing position.
 - **By 12 months:** sits alone, waves "bye", plays "peek-a-boo", looks at objects when you name them, crawls, pulls up to stand, picks up small objects with thumb and one finger, feeds self finger food, drinks from a cup with help, put small blocks in and takes them out of a container, looks for objects she/he saw fall out of sight, say his/her first word, copies sounds and actions you make, shows mild to severe anxiety at separation from parent, shows apprehension about strangers, understands simple commands.
3. If you are concerned about your baby's development, talk with your doctor. You may find **Bright Futures** informational website helpful: <http://www.brightfutures.org/georgetown.html>.
4. If your baby is developing skills slowly and you want an additional evaluation, there are programs available to help babies who need an extra push. Ask about the **Early Intervention Program** available in your area by calling **1-800-323-4769**.
5. You may find information and resources at the **Illinois Early Intervention Clearinghouse** helpful. Call toll free: **(877) 275-3227** or visit <http://www.eiclearinghouse.org/services.html>.