


Learn the Signs. Act Early.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts.




Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.






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Developmental milestones adapted from Caring for Your Baby and Young Child: Birth to Age 5 (AAP, 2009) and Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents (AAP, 2008).



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Track Your Child's Developmental Milestones



Your child's early development is a journey. Use this map of milestones to know what to look for along the way.

For parents of children from birth to 4 years

YOU KNOW YOUR CHILD BEST.

If you are concerned about your child's development, **call or email Encompass today.**

We provide **FREE developmental screenings** to help assess your child's progress and, if necessary, recommend a course of action that will work best for your family.

Encompass offers a range of pediatric therapies to help ALL children thrive.

DON'T WAIT.

Acting early can make a real difference!



Centers for Disease
Control and Prevention
www.cdc.gov/ActEarly
1-800-CDC-INFO



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Your Child's Early Development is a Journey

Chart your child's progress by checking off the developmental milestones below

Questions or concerns about
your child's development?

Contact Encompass for a FREE
developmental screening:
info@encompassnw.org
425.888.3347



6 MONTHS

- ☐ Copies sounds
- ☐ Begins to sit without support

- ☐ Likes to play with others, especially parents
- ☐ Responds to own name

- ☐ Strings vowels together when babbling ("ah," "eh," "oh")

- ☐ Uses simple gestures such as shaking head for "no" or waving "bye bye"
- ☐ Copies gestures

12 MONTHS (1 YEAR)

- ☐ Responds to simple spoken requests

- ☐ Says "mama" and "dada"

- ☐ Pulls up to stand

18 MONTHS (1 1/2 YEARS)

- ☐ Says sentences with 2 to 4 words
- ☐ Gets excited when with other children

- ☐ Says several single words
- ☐ Walks alone

- ☐ Knows what ordinary things are for; for example, telephone, brush, spoon

- ☐ Plays simple pretend, such as feeding a doll
- ☐ Points to show others something interesting

2 YEARS

- ☐ Follows simple instructions
- ☐ Kicks a ball

- ☐ Points to things or pictures when they're named

3 YEARS

- ☐ Copies adults and friends (like running when other children run)

- ☐ Carries on a conversation using 2 to 3 sentences
- ☐ Climbs well

- ☐ Plays make-believe with dolls, animals and people
- ☐ Shows affection for friends without prompting

4 YEARS

- ☐ Hops and stands on one foot for up to 2 seconds

- ☐ Would rather play with other children than alone
- ☐ Tells stories

- ☐ Draws a person with 2 to 4 body parts
- ☐ Plays cooperatively