

Washington's early intervention services are a coordinated effort supported by the Department of Children, Youth & Families, the Office of Superintendent of Public Instruction, the Department of Social and Health Services, the Department of Health and the Department of Services for the Blind.

**Contact:**

**The Washington State Department of Children, Youth & Families Early Support for Infants and Toddlers Program**

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Phone: (360) 725-3500  
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[www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit)

**Help Me Grow Washington**  
Phone: 1-800-322-2588  
[www.parenthelp123.org](http://www.parenthelp123.org)

*If you would like copies of this document in an alternative format or language, please contact DCYF Constituent Relations (1-800-723-4831 | 360-902-8060, [ConstRelations@dcyf.wa.gov](mailto:ConstRelations@dcyf.wa.gov)).*

# Please Ask. Babies Can't Wait.

*Information is available on how children from birth to three years grow and develop, and what to do if you have a concern.*



## As a Parent You Are The Most Important Person in Your Child's Life.

Children grow and change rapidly during their first three years. Think of your child and how they are growing. You know your child best. You notice things like how and when your child smiles, sits up, walks, talks or holds a cup. What you are seeing is how your child is growing through the different developmental stages. When a child has a delay in development, services are available throughout the state. **The Washington State Early Support for Infants and Toddlers program** coordinates a statewide effort to help families get the services they need.

## What If I Have Questions About My Child's Development?

Call **Help Me Grow Washington** at **1-800-322-2588** for the name of the Family Resources Coordinator (FRC) in your area. There are FRCs in each county or geographic area. They will help you to get the early intervention services your child may need. You can also call your local health department or school district.

Talk with your health care provider about your concerns. They can provide a screening or suggest other resources. If you don't have health insurance and want more information or help, call **Help Me Grow Washington** at the number listed above. You may also get more information from the Early Support for Infants and Toddlers website: [www.dcyf.wa.gov/services/child-development-supports/esit](http://www.dcyf.wa.gov/services/child-development-supports/esit).



Check your child's growth and development inside. ▶



## Vision

Does your child...

- Make eye contact (look at your eyes)
- Follow a moving object with their 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)
- Have eyes that are clear, not red or watery

## Hearing

Does your child...

- 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 (rattles, bells)
- Imitate sounds (after 1 year)
- Use some word endings ("s" or "ing") after age two
- 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 Three – Growth and Development



### Birth - 3 Months

Does your child...

- Lift their head and chest when on their stomach
- Move their arms and legs easily
- Follow your movements by turning their 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



### 3 - 6 Months

Does your child...

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



### 6 - 12 Months

Does your child...

- Pull themselves to stand with some help
- Sit without help while playing with toys
- Transfer objects from one hand to the other
- Feed themselves finger food
- Imitate waving bye-bye
- Let you know their 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 they understand a simple question ("Do you want some more?")
- Know parents from strangers



### 12 - 18 Months

Does your child...

- Walk alone
- Pick up small objects (raisin size)
- Put objects in and dump from containers
- Put one object on top of another
- Feed themselves 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



### 18 Months - 2 Years

Does your child...

- Walk up and down stairs with their hand held
- Scribble
- Move their body in time to music
- Put two words together ("more juice")
- Begin to ask questions, ("juice?", "bye-bye?")
- Feed themselves 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 - 3 Years

Does your child...

- Walk well, run, stop, step up and squat down
- Stack 3 or more objects
- Use the spoon and cup all by themselves
- Follow two-step directions ("Get the book and put it on the table")
- Name five to six of their body parts
- 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 2-3 word sentences regularly



**"My child is improving with all the help and I am able to learn with him."**

**If you have concerns about your child's development, call Help Me Grow Washington at 1-800-322-2588.**