

# Parents Are Often the First to Know When Their Baby Needs a Helping Hand.



## **A Checklist for Your Child's Development from Birth to Age Three**

The first three years of your baby's life are very important. Infants and toddlers are learning to walk, talk, recognize people and do many other things. Parents are often the first to notice when their child is not learning or growing like other babies. This brochure outlines what to expect from your child during the ages from birth to three years old.

Please make sure that your child receives well-baby checkups by her doctor every three months for the first year and a half, and every six months after that until she is three years old.

Some infants and toddlers may have trouble developing certain skills. If you have any concerns about your baby, call the Infant & Toddler Connection of Virginia at **1-800-234-1448**. We're here to help.



**Infant & Toddler  
Connection of Virginia**

1-800-234-1448

TTY/TDD 1-804-771-5877

[www.infantva.org](http://www.infantva.org)

## Important For All Babies

*Check Yes or No for each question.*

Yes No Does your baby always ride in a car seat  
  when riding in a car?

Yes No Do you have a regular place to go for your  
  baby's health care (pediatrician,  
family doctor, public health clinic)?

**Here's a sample list of what babies are usually able to do at different ages.**

### By 3 Months Old

Yes No Does your baby smile back at you when you  
  smile, talk, or gently touch her face?

Yes No Is your baby making cooing sounds like "ooh"  
  or "aah"?

Yes No Does your baby seem surprised when she  
  hears loud noises?

Yes No Does your baby lift her head and chest when  
  lying on her tummy?

Yes No Does your baby play with her hands by  
  touching them together or putting them in  
her mouth?

Yes No Does your baby watch you when you walk  
  around the room?

Yes No Has your baby seen the doctor at least two  
  times for well-baby checkups?

### By 6 Months Old

Yes No Does your baby laugh and babble, like saying  
  "bababa" or "dadada"?

Yes No Does your baby try to explore toys by putting  
  them in his mouth?

Yes No Does your baby roll from his back to his  
  tummy?

Yes No Does your baby turn his head toward sounds  
  like your voice, radio or TV?

Yes No Does your baby reach for and hold a toy?

Yes No Has your baby had at least one well-baby  
  checkup in the last three months?

### By 9 Months Old

Yes No Does your baby sit by herself without falling?

Yes No Does your baby look for a toy when she sees  
  you drop it?

Yes No Does your baby hold something in each hand  
  at the same time?

Yes No Does your baby scoot or crawl across the floor  
  on her tummy?

Yes No Does your baby pull up to stand by holding  
  on to furniture?

Yes No Does your baby shake her head "No"?

Yes No Has your baby seen the doctor at least one  
  time for a well-baby checkup since she was  
six months old?

## By 12 Months (1 year old)

- Yes No Does your baby look at the right thing when  
  you say words like “bottle”, “ball” or “cup”?
- Yes No Does your baby get on his hands and knees to  
  crawl?
- Yes No Does your baby say “Mama” or “Dada” to the  
  right person?
- Yes No Does your baby find a toy when he sees you  
  hide it?
- Yes No Is your baby playing peek-a-boo or waving  
  bye-bye after he sees you do it?
- Yes No Does your baby look at pictures in a book?
- Yes No Does your baby take steps when holding on to  
  furniture?
- Yes No Does your baby pick up finger foods like  
  Cheerios or raisins using the thumb and one  
finger?
- Yes No Has your baby seen the doctor at least one  
  time for a well-baby checkup in the last nine  
months?

## By 15 Months Old

- Yes No Does your baby point to or ask for things  
  she wants?
- Yes No Does your baby feed herself with her fingers?
- Yes No Does your baby walk without help?
- Yes No Does your baby say any words other than  
  “Mama” or “Dada”?
- Yes No Does your baby scribble on paper using  
  crayons or pencils?
- Yes No Has your baby seen the doctor for her 12-  
  month well-baby checkup?

## By 18 Months Old

- Yes No Does your baby hold and drink from a cup?
- Yes No Does your baby point to body parts like “eyes”,  
  “nose” and “mouth” when you name them?
- Yes No Does your baby like to put things in and out  
  of containers?
- Yes No Does your baby say words to tell you what he  
  wants?
- Yes No Does your baby like to look at books and turn  
  pages by himself?
- Yes No Has your baby seen the doctor for a 15-month  
  well-baby checkup?

## By 24 Months (2 years old)

- Yes No Does your child stack things on top of one  
  another?
- Yes No Does your child put words together like,  
  “Daddy shoe”, “Go bye-bye”, “See car”?
- Yes No Does your child point to pictures in a book  
  when you name them?
- Yes No Does your child take off her sweater, socks or  
  hat by herself?
- Yes No Has your child had her 18-month well-baby  
  checkup?

## By 30 Months

- Yes No Does your child walk up stairs?
- Yes No Does your child understand simple requests  
  like, "Give me one cracker" or  
"Bring me one crayon"?
- Yes No Does your child put three words together like,  
  "I want juice"?
- Yes No Does your child make a straight line with a  
  crayon or pencil after you do it?
- Yes No Does your child use pronouns like "I",  
  "you" and "me"?
- Yes No Does your child turn the pages of a book,  
  one at a time?
- Yes No Has your child seen the doctor for a  
  24-month checkup?

## By 36 Months (3 years old)

- Yes No Can your child tell you her first name?
- Yes No Does your child unbutton buttons?
- Yes No Does your child jump up and down?
- Yes No Does your child ask questions?
- Yes No Does your child understand words like  
  "in", "out" and "behind"?
- Yes No Does your child follow simple two-step  
  directions like, "Go to your room  
and bring me a diaper"?

## While all infants and toddlers learn at their own pace, some may need a little extra help to develop certain skills.

If you answered "no" to one or more of these questions, or if you have other concerns about your young child's development, the Infant & Toddler Connection of Virginia is here to help!

Please call the toll-free phone number below. You will be given the name and telephone number of someone in your community who will listen to your concerns and offer assistance.



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The Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services is grateful to the following people and organizations for their help in preparing and producing this brochure: Virginia families; The Virginia Interagency Coordinating Council (VICC) Public Awareness Workgroup; and the Council Coordinators Association (CoCoA). This brochure was produced with federal funds under Part C of the Individuals with Disabilities Education Act (IDEA) - Early Intervention for Infants and Toddlers with Disabilities.