

Milestones

MILESTONES are guidelines to help you know what to expect as your baby grows. Babies all grow at their own pace and timing. Most babies will do these things within a certain age range. Some babies may develop faster in one area than another and that is okay. If you have any concerns or questions about your child's development, be sure to ask your health care provider or call Child Find 1-800-535-0182 to ask for a developmental screening.

G 4-5 YEARS

- ✓ I can throw and catch a ball
- ✓ I want to play with friends
- ✓ I can count to 5
- ✓ I am learning to take turns
- ✓ I can start to cut, paste, and color

Kindergarten already?!
Visit Baltimore City Public School website to learn how to register.

www.baltimorecityschools.org/pre-k-and-k



F 2-3 YEARS

- ✓ I can go up and down stairs with help
- ✓ I hug to show my love
- ✓ I play pretend games
- ✓ I can use 2 word sentences
- ✓ I can turn knobs, push buttons, and use a spoon & fork

Is Head Start a good fit for your family?
Connect with a Head Start location near you to find out!

<https://shorturl.at/VDG07>



E 13-24 MONTHS

- ✓ I'm walking
- ✓ I copy other people
- ✓ I can follow a simple direction
- ✓ I can say 6 or more words
- ✓ I can help dress myself

Find story time at an Enoch Pratt Free Library Branch near you

www.prattlibrary.org/



D 10-12 MONTHS

- ✓ I'm crawling and trying to stand
- ✓ I can play pat-a cake
- ✓ I will look for toys you hide for me
- ✓ I can say mama and dada
- ✓ I drink from a sippy cup

Need support to cover the cost of child care? Try the child care scholarship!

info.familytreemd.org/locate



A 0-3 MONTHS

- ✓ I kick and move my arms
- ✓ I sleep alot and start to smile
- ✓ I notice sounds and react to faces
- ✓ I can make noise
- ✓ I calm down when you hold me

Find support for you and your baby with B'more for Healthy Babies

www.healthybabiesbaltimore.com/



B 4-6 MONTHS

- ✓ I can roll over
- ✓ I start to coo
- ✓ I can follow you with my eyes
- ✓ I laugh
- ✓ I try to hold my toys

The Baltimore City Early Childhood Advisory Council has early childhood resources for your family

www.ecacbaltimore.org/



C 7-9 MONTHS

- ✓ I can sit with help
- ✓ I might cry around people I don't know
- ✓ I look if I hear my name
- ✓ I can point to things
- ✓ I try to feed myself with my hands

Looking for child care? Try LOCATE

www.marylandfamilynetwork.org/for-parents/locate-child-care



Activities

These activities can help you support your baby's development. For more ideas check out the activity planner on the Healthy Beginnings website:



G

4-5 YEARS

- ✔ I'm ready to create beautiful art with you.
- ✔ Pretend play helps me practice important skills. Let's play together!

F

2-3 YEARS

- ✔ When we play Simon Says, I learn to follow directions while moving my body.
- ✔ Let me have my own spoon and a bowl of cereal.

E

13-24 MONTHS

- ✔ Let's go to story time at the library!
- ✔ Use phrases like "all done!" and "are you ready?" It helps me learn beginnings and endings.

D

10-12 MONTHS

- ✔ Taking turns is fun! Hand me a toy then hold your hand out for me to give it back.
- ✔ I'm ready to try drinking by myself. Can I have a sippy cup with water?

A

0-3 MONTHS

- ✔ Sing to me softly as you put me on my back to sleep.
- ✔ Talk to me while you are holding me. My brain grows when I am interacting with you.

B

4-6 MONTHS

- ✔ Read to me! I love hearing your voice.
- ✔ Let's play on the floor! Time on my tummy helps me get stronger.

C

7-9 MONTHS

- ✔ Point to things and tell me what they are, so I can learn new words.
- ✔ Put dry cereal in front of me. I am going to try and grab it!

