

## Keep your child safe while they learn and grow ○ ○ ○

Watch your child closely. Here are some things you can do to reduce the chance of injury:

- Always put your child on their back to sleep. Make sure other caregivers do the same.
- Make sure your child is buckled up correctly in a car seat on every car ride.
- Don't let your child play with anything small enough to fit in a toilet paper tube. They could choke.
- Stay with your child every second while they are in the bathtub or near water. Children can drown in even 1 inch of water.
- Put safety gates at the top and bottom of stairs and in doorways to rooms that are not child proofed.
- Keep cleaners, poisons, vitamins, and medicines locked up or on a high shelf far away from your child.
- Put plastic covers on electric outlets and latches on cupboards, drawers, and toilets.
- Keep furniture away from windows so your child can't climb up and fall out.
- Attach furniture, such as dressers or TV cabinets, to the wall or keep your child away from them.
- Keep your child away from the stove, oven, microwave, knives, and hot foods and drinks.
- Have at least one working smoke detector in each room and hallway of your home. Change the batteries once a year.



## Simple things make all the difference \* \* \*

There are many simple things you do every day that help your child learn and grow. The chart in this brochure shows the many ways young children grow and develop. It also shows what you and your baby's other caregivers can do to encourage learning and healthy development. You may want to hang it above your baby's changing table on your refrigerator or any place where you can look at it often.

*The chart inside shows many other everyday activities you can do with your baby to help them develop.*



## Questions or concerns? △ △ △

Every child grows at their own pace. Sometimes children have developmental delays that can improve with extra support.

If you have questions or concerns about your child's development, talk with their doctor or nurse.

You can also call:

### Help Me Grow Washington Hotline:

- **CALL:** 1-800-322-2588 (711 TTY relay) for the name of a Family Resources Coordinator to help set up a free developmental screening and other services, if needed.



Watch Me Grow Washington is a program of the Washington State Department of Health

- Facebook icon: Follow us on Facebook @WatchMeGrowWA
- Website icon: Visit: [www.watchmegrowwa.org](http://www.watchmegrowwa.org)

To request this document in another format, call 1-800-525-0127. Deaf or hard of hearing customers needing assistance, please call 711 (Washington Relay) or email [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).

# WATCH AND HELP ME Grow

○ BIRTH TO 18 MONTHS





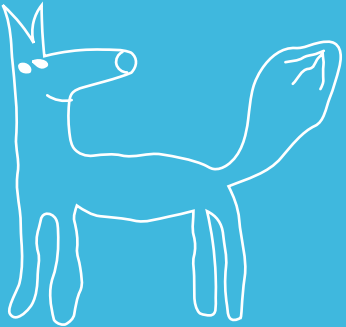
*One simple activity, such as drawing together, can help your child's learning and support their development.*

YOU ARE YOUR CHILD'S FIRST

# teacher

The time you spend with your child is important. Here are some ways you can help them learn:

- **I LEARN BEST WHEN YOU LOVE ME, ENCOURAGE ME, AND HELP ME BE AROUND OTHER PEOPLE.** When you hold me on your lap I feel close to you and know you want to be with me.
- **I GROW AND LEARN WHEN MY BODY IS ACTIVE.** It's fun for me when I play on the floor with you and kick my legs. As I get older, I like to run, jump, play games, and take walks with you.
- **I WANT TO LEARN, AND YOU CAN HELP ME.** Show me how to hold a crayon and let me draw a picture for you.
- **I LEARN WHEN YOU PLAY, TALK, READ, AND DRAW WITH ME.** As you read to me, I learn words and stories. I will begin to understand that the words on the page mean something.
- **I LEARN WHEN YOU HELP ME EXPLORE THE WORLD AROUND ME.** Show me how the things around me are alive with growing plants, flying birds, and crawling bugs.





# HELP ME LEARN AND GROW

FROM BIRTH TO 18 MONTHS

You help me learn and grow every day as we do things together. How I learn and grow depends on both who I am and what I experience. Everything I learn, do, and feel is connected.


## How to read the chart:

Find your baby's age at the top of the chart and then look at the pictures below. See what many babies of the same age are learning or doing. Find some simple ideas for play with your child that can help them learn and grow.

**If your baby was born prematurely** use your baby's "adjusted age" when you use this development chart. To figure out your baby's adjusted age, take their actual age (in months) and subtract how many months they were born early.

For example, if your child was born 6 months ago, but was born 2 months early, use the adjusted age of 4 months (6-2 = 4 months).



	Birth to 3 Months	3 to 6 Months	6 to 9 Months	9 to 12 Months	12 to 15 Months	15 to 18 Months
<b>PHYSICAL HEALTH</b> I grow and learn best when my body is healthy.	<b>I CAN LIFT MY HEAD.</b> I need some awake time on my tummy playing with you on the floor. 	<b>I CAN ROLL OVER.</b> I love exploring on the floor. Put toys near me, and I'll reach for them. 	<b>I CAN SIT UP AND TRY TO MOVE.</b> I learn by doing. Give me toys I can hold and a safe place to move around. 	<b>I USE MY FINGERS AND TOES.</b> Play games and sing songs with me that use my hands and feet. 	<b>I START WALKING WITHOUT HELP.</b> Let me try new things. Play and walk with me outside. 	<b>I CAN CLIMB AND DANCE.</b> Find places where I can use my arms and legs to climb safely. Dance with me! 
<b>SOCIAL &amp; EMOTIONAL</b> I learn best when you love me, encourage me, and help me be with other people.	<b>I NEED AND TRUST YOU.</b> Feed me and respond when I cry so I learn I can count on you. 	<b>I SHOW MY FEELINGS.</b> Notice my feelings. Respond to my sounds and moods in a reassuring way. 	<b>I LIKE FAMILIAR PEOPLE BEST.</b> Have the same people take care of me. This helps me feel safe and loved. 	<b>I ENJOY PLAYING WITH ADULTS.</b> Sing out loud and dance with me. Play with things that make noise. 	<b>I LIKE TO EXPLORE WITH HELP.</b> Encourage me to explore while you watch. Smile and say, "You got it!" 	<b>I NEED HELP WITH MY FEELINGS.</b> Stay near me when I'm upset. Hug me and say kind words to me. 
<b>HOW I LEARN</b> I want to learn, and you can encourage me.	<b>I LOOK AT FACES AND SMILE.</b> Look in my eyes while you change my diaper or feed me. Smile at me. 	<b>I LIKE TO HOLD THINGS.</b> I like to see and touch everything. Help me play with safe toys. 	<b>I LIKE TO PLAY WITH TOYS.</b> Play with me using toys with different textures, sounds, and shapes. 	<b>I MOVE TO EXPLORE.</b> Give me safe places to play and move. Watch me closely. 	<b>I KNOW WHAT I WANT.</b> Notice what I like and want to do. Play along with me. 	<b>I LEARN THROUGH PLAY.</b> Let me find new ways to play. Show me your ideas, too. 
<b>THINGS I KNOW</b> I learn when you help me explore the world around me.	<b>I LEARN THROUGH MY SENSES.</b> Play quiet music while you hold me close. 	<b>I NOTICE ROUTINES.</b> Cuddle me and sing quietly to me before bedtime. 	<b>I FIND PEOPLE INTERESTING.</b> Show me people in pictures and books. Look in the mirror with me. 	<b>I LIKE TO PLAY HIDING GAMES.</b> Hide something and then uncover it. Play peekaboo with me. 	<b>I BEGIN TO SCRIBBLE.</b> Let me try crayons and markers while you draw with me. 	<b>I PUT THINGS TOGETHER.</b> Help me play with things I can stack or simple puzzles. 
<b>LANGUAGE</b> I learn when you play, talk, read, and draw with me.	<b>I MAKE NOISES AND LISTEN.</b> Talk to me and respond to my sounds. I learn from what you say. 	<b>I MAKE AND RESPOND TO SOUNDS.</b> I learn words before I can talk. Tell me the words for things we see and do. 	<b>I BABBLE AND TRY TO TALK.</b> Read books with me. Name and help me point to things in the pictures. 	<b>I USE SOUNDS WITH GESTURES.</b> Talk with me. Wait for me to make sounds and then talk to me again. 	<b>I BEGIN USING WORDS.</b> I want to understand and say words. Tell me what is happening as we do it. 	<b>I WANT TO BE UNDERSTOOD.</b> Listen and give me time to talk. Add your words to mine. 