Early Help makes a difference!

Young children learn and develop differently. One baby might walk earlier than another, while another baby might talk first. Often these differences will even out. Look at the checklist inside for signs that your infant or toddler may need extra help. If you have concerns about your baby’s development, the earlier you get help the better. Early help does make a difference!

Who Do I Call?

Call the Early Intervention Program in your county. You will be put in touch with someone to evaluate your child’s development. Then, if your child is eligible, together with the Early Intervention Program, you’ll make a family-centered plan.

What Help is Available?

Early intervention services are provided to help your child grow and develop, and to help you support and promote your child’s development. These services include evaluation services (such as hearing and vision screening); home visits; speech, physical and other therapies; child development groups; family counseling; and, sometimes, even help with transportation. These services are provided at no out-of-pocket cost to you.

What Children Need Early Help?

Any child from birth to age three with a developmental delay, disability or condition that affects development may need help.

What Can Parents Get Help?

For more information, contact your local early intervention official at:

State of New York Department of Health

Where Can Parents Get Help?

Checklist:
- Look at the checklist inside for signs that your infant or toddler may need extra help.
- Call the Early Intervention Program in your county.
- Contact your local early intervention official.

Growing Up Healthy
24-hour Hotline
1-800-522-5006
New York City
311
Or 212-639-9675
New York Parent and Kin Connection Helpline
1-800-345-KIDS
(1-800-345-5437)
New York State Department of Health
Division of Family Health
Bureau of Early Intervention
www.health.ny.gov/community/infants_children/early_intervention/
### Checklist for Growing Children

Here’s what you can expect your child to be doing from birth to age three. If you have concerns about your baby’s development, call your local Early Intervention Program.

<table>
<thead>
<tr>
<th>3 months</th>
<th>6 months</th>
<th>12 months</th>
<th>18 months</th>
<th>2 years</th>
<th>3 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>At three months of age, most babies:</td>
<td>At six months of age, most babies:</td>
<td>At 12 months of age, most babies:</td>
<td>At 18 months of age, most children:</td>
<td>At two years of age, most children:</td>
<td>At three years of age, most children:</td>
</tr>
<tr>
<td>- turn their head toward bright colors and lights</td>
<td>- follow moving objects with their eyes</td>
<td>- get to a sitting position</td>
<td>- like to push and pull objects</td>
<td>- use two- to three-word sentences</td>
<td>- throw a ball overhand</td>
</tr>
<tr>
<td>- no longer “cross their eyes” while trying to focus. They move both their eyes in the same direction at one time.</td>
<td>- turn toward the source of normal sound</td>
<td>- pull to a standing position</td>
<td>- say at least six words</td>
<td>- ride a tricycle</td>
<td>- ride a tricycle</td>
</tr>
<tr>
<td>- recognize bottle or breast</td>
<td>- reach for objects and pick them up</td>
<td>- stand briefly without support</td>
<td>- follow simple directions (“Bring the ball”)</td>
<td>- put on their shoes</td>
<td>- put on their shoes</td>
</tr>
<tr>
<td>- respond to their mother’s voice</td>
<td>- switch toys from one hand to the other</td>
<td>- crawl</td>
<td>- pull off their shoes, socks and mittens</td>
<td>- open the door</td>
<td>- open the door</td>
</tr>
<tr>
<td>- make cooing sounds</td>
<td>- play with their toes</td>
<td>- imitate adults using a cup or a telephone</td>
<td>- can point to a picture that you name in a book</td>
<td>- turn one page at a time</td>
<td>- turn one page at a time</td>
</tr>
<tr>
<td>- bring their hands together</td>
<td>- help hold the bottle during feeding</td>
<td>- play peek-a-boo and patty-cake</td>
<td>- feed themselves</td>
<td>- play with other children for a few minutes</td>
<td>- play with other children for a few minutes</td>
</tr>
<tr>
<td>- wiggle and kick their arms and legs</td>
<td>- recognize familiar faces</td>
<td>- wave goodbye</td>
<td>- demand a lot of your attention</td>
<td>- repeat common rhymes</td>
<td>- repeat common rhymes</td>
</tr>
<tr>
<td>- lift their head while lying on their stomach</td>
<td>- imitate speech sounds</td>
<td>- put objects in a container</td>
<td>- turn two or three pages together</td>
<td>- use three- to five-word sentences</td>
<td>- name at least one color correctly</td>
</tr>
<tr>
<td>- become quiet in response to sound, especially to speech</td>
<td>- respond to soft sounds, especially talking</td>
<td>- say at least one word</td>
<td>- name at least one color correctly</td>
<td>- make “ma-ma” or “da-da” sounds</td>
<td>- make “yes” shake their head or push away things they don’t want</td>
</tr>
</tbody>
</table>

If your child is having trouble doing some of these things, it may put your mind at ease to talk to someone. Early help makes a difference! Talk with your doctor or call your local Early Intervention Program.