Healthy Development SERVICES

Free Check-ups for Children up to Age Five, Growth Milestones, and Tips for Success

SouthBayCommunityServices.org
As Your Child Grows...

Your child's growth is not just physical. Starting at birth, your child is also learning and developing. Every child is unique and each child grows and develops differently. But as parents, we worry about our children's growth and development. How your child plays, learns, speaks, and acts offers important clues about your child's development. Here are some general milestones:

**Birth - 6 Months**
- Are comforted by being held close to your body, and cuddled in your arms
- Move arms and legs easily
- Look around at sounds and movements
- Reach for, grasp, and bring toys to their mouths
- Babble, squeal and laugh out loud

**6 - 9 Months**
- Prefer to be with familiar people rather than strangers
- Say their first words
- Imitate sounds and body movements
- Pick up tiny objects using their index fingers and thumbs
- Walk while holding on to things (like furniture) for support

**12 - 18 Months**
- Use spoon to feed themselves
- Verbally ask for things
- Give hugs and kisses
- Climb stairs
- Help you do things

**18 - 24 Months**
- Listen to short stories
- Jump and run
- Wash their own hands
- Say their own names
- Imitate writing, coloring or drawing strokes

**2 - 3 Years**
- Drink through straws
- Tell their age and name
- Begin to throw, kick, and catch balls
- Walk and run well
- Turn doorknobs and open lids

**3 - 4 Years**
- Start learning how to use the toilet
- Sort objects by shape and color
- Express wide range of emotions
- Cooperate with other children
- Identify some colors

**4 - 5 Years**
- Hop and skip
- Trace letters in books
- Speak sentences of more than five words
- Recall names of objects or people
- Can draw a face with eyes, nose and mouth

Free Developmental Check-Ups

South Bay Community Services (SBCS) offers free developmental check ups for children birth through five years of age and connects children and families to needed services. SBCS also provides you with free workshops to help you with picky eaters, sleep routines, tantrums and more. SBCS works to ensure you have the help you need to keep your children healthy.

- **Development** - check-ups, classes, parent coaching and consultations; hearing and vision referral to a pediatrician
- **Behavior** - check-ups, classes, parent coaching and therapy
- **Speech & Language** - check ups, classes and consultations
- **Care Coordination** is provided to help families connect to and utilize healthy development services
- **Parent Education, Support & Empowerment** - workshops and referrals
- **Referrals** to other services are provided if needed

Tips for Success

- Talk and read to your child. Your child is learning language every day.
- Take your child to the park or have friend over to play. Children learn from each other through play.
- Take your child outside. They will love to crawl, walk and run in the fresh air.
- Be patient with your child. Remember that every child is unique. Every child grows and learns at a different pace.
- Spend time cuddling and holding your child. It will help your child feel cared for and secure.
- Spend time playing, singing and dancing with your child.
- Sing to your child. Children love music.

SouthBayCommunityServices.org  24/7 Hotline: (800) 640-2933

We're here for you every step of the way.