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 or on your refrigerator so you can look at it often.

I LEARN BEST WHEN YOU LOVE ME, ENCOURAGE ME, AND HELP ME BE WITH OTHER PEOPLE.
When you hold me on your lap I feel close to you and know you want to be with me.

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 HELP ME EXPLORE THE WORLD AROUND ME.
Show me how things that are around me are alive with growing plants, flying birds, and crawling bugs.

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 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.

You are your child’s first teacher.

Keep your child safe while he or she learns and grows.

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

- Always put your child on his or her 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. He or she could choke.
- Stay with your child every second while he or she is in the bathtub or near water. Children can drown in even a few inches 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.

Questions or concerns?

Every child grows at his or her 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 his or her doctor or nurse. You can also call:

FAMILY HEALTH 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.

The chart inside shows many other everyday activities you can do with your baby to help him or her develop.

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If you have a disability and need this document in another format, please call 1-800-322-2588 (711 TTY relay).

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**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 Help Me Explore the World Around Me.** Show me how things that are around me are alive with growing plants, flying birds, and crawling bugs.

**Watch and Help Me Grow.**

Every child grows at his or her 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 his or her doctor or nurse. You can also call:

- **Family Health 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.
- **WithinReach Family Health Hotline**: 1-800-322-2588 (711 TTY relay) or www.ParentHelp123.org

Questions or concerns?...
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 him or her 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 his or her actual age (in months) and subtract how many months he or she was born early.

For example, if your child was born six months ago, but was born two months early, use the adjusted age of four months.

### Help Me Learn and Grow from Birth to 18 Months

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| I can roll over. I love exploring on the floor. Put toys near me and I’ll reach for them. | I show my feelings. Notice my feelings. Respond to my sounds and moods in a reassuring way. | I like to hold things. I like to see and touch everything. Help me play with safe toys. | I notice routines. Cuddle me and sing quietly to me before bedtime. | I make noises and listen. Talk to me and respond to my sounds. I’m learning from what you say! | **How to read the chart.**

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