Every child grows at his or her own pace. If you notice your child is no longer doing something that he or she was doing before or 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 Resource Coordinator to help arrange a free developmental screening and other services, if needed.

You can find your child’s age at the top of the chart and then look at the pictures below. See what many children are learning or doing at the same age. Watch what your child can do and how it changes. Try to do one thing every day from this chart.

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**Questions or concerns?**

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**WithinReach Family Health Hotline**

1-800-322-2588 (711 TTY relay) or www.ParentHelp123.org

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**Small things make a big difference**

You can do things every day to help your child learn and grow.

The chart inside shows the ways your child is growing every day. It also tells you what you can do to help.

Find your child’s age at the top of the chart and then look at the pictures below. See what many children are learning or doing at the same age. Watch what your child can do and how it changes. Try to do one thing every day from this chart.
Every child grows at his or her own pace. If you notice your child is no longer doing something that he or she was doing before or if you have questions or concerns about your child’s development, talk with his or her doctor or nurse. You can also call:

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

When your child is healthy and physically active, he or she has the energy to learn and play. Your child develops the self-confidence needed to learn and be successful in the world when your child knows he or she is surrounded by loving, caring people.

**Screen time guidelines**

Until I am 2½ years old, it’s best if I don’t watch TV or videos or play on computers. Video-chatting is OK. My caregivers can use learning apps with me from 1½ to 2 years. Once I turn two limit my “screen time.” Watch with me to help me understand what I’m seeing and how to apply it to the world around me.

Come up with a media use plan for your family. Take into account each child’s age, health, personality, and developmental stage. Find a sample plan at www.healthychildren.org/mediauseplan. Share your plan with your children’s other caregivers to keep media rules consistent.

Keep me safe and healthy

- Make sure I’m buckled up correctly in my car seat on every ride. I should be rear-facing in my car seat until at least age 2 and in the backseat until I’m 13 years old.
- Stay within reach whenever we are around water and put a life jacket on me even if I’ve had swimming lessons.
- Keep furniture away from windows so I can’t climb up and fall out. Attach tall or heavy furniture, such as dressers or TV cabinets, to the wall.
- Don’t let me play with anything small enough to fit in a toilet paper tube. Small coins and toys can be dangerous. I could choke.
- I should not be near the stove, oven, or microwave when food is cooking. Put hot things out of my reach so I don’t grab them and get burned.
- Call the number for the Washington Poison Center (1-800-222-1222) near the phone so you can call it if I swallow something that can hurt me.
- Take me to my regular well-child checkups. It’s best for me to see the same doctor or nurse so they get to know me.
- Talk with my doctor or nurse about how I’m learning and growing. At every visit, ask if I need any immunizations.
- Brush my teeth after breakfast and before bed with fluoridated toothpaste. Take me to the dentist at least once a year. Help me avoid starchy and sticky foods that may give me cavities.
- Offer me a variety of healthy foods and let me decide how much to give myself. Let me explore lots of different fruits and vegetables. Let me help you pick them out at the store.

You are very important in the life of your child. Small things you do with your child make a big difference.

When your child is healthy and physically active, he or she has the energy to learn and play. Your child develops the self-confidence needed to learn and be successful in the world when your child knows he or she is surrounded by loving, caring people.
How I learn and grow depends on both who I am and what I experience. Everything I learn, do, and feel is connected.

**PHYSICAL HEALTH**

I grow and learn best when my body is healthy. Make sure I have a safe place to play both indoors and outside.

1½ to 2 Years

**I CAN BUILD AND STACK.**
I like to build things up and knock them down.

2 to 2½ Years

**I USE MY HANDS TO BE CREATIVE.**
Give me paper, paints, crayons, and clay.

2½ to 3 Years

**I CLIMB, THROW, RUN, AND JUMP.**
We can have fun together.

**SOCIAL & EMOTIONAL**

I need people to love me and understand my feelings. Help me learn about emotions. Help me name my feelings and talk to me about them.

1½ to 2 Years

**I SHOW STRONG FEELINGS.**
Please stay close when I’m upset. It helps me when you are calm.

2 to 2½ Years

**I AM BECOMING INDEPENDENT.**
Let me try things on my own and make simple decisions, such as what color shirt to wear. Stay nearby to help me when I want you to.

2½ to 3 Years

**I ENJOY OTHER CHILDREN.**
Give us toys we can each play with so we can learn to share.

**HOW I LEARN**

I am curious and want to learn about everything. I learn through movement, hopping, skipping, walking, and exploring. Talk and play with me every day. Read me stories over and over and talk to me about the pictures.

1½ to 2 Years

**I ENJOY GOING PLACES.**
Take me places where I can explore new things.

2 to 2½ Years

**I ASK ABOUT THINGS.**
Answer when I ask, “What’s that?” I learn when you talk with me.

2½ to 3 Years

**I PLAY MAKE-BELIEVE.**
I love to pretend. Give me things I can use to play dress up.

**THINGS I KNOW**

I learn from the people and the world around me by touching, tasting, seeing, smelling, and hearing. Give me plenty of “hands on” experiences.

1½ to 2 Years

**I RECOGNIZE PICTURES.**
Read me stories over and over. I can point to things I know.

2 to 2½ Years

**I LEARN FROM EXPERIENCE.**
Talk to me about what we need and why, such as, “It’s cold, so we need a coat.”

2½ to 3 Years

**I AM LEARNING TO MATCH.**
Let me help you sort the laundry by color.

**LANGUAGE**

I learn to communicate when you talk, read, and play with me. Talk with me about all the things we do during the day. Help me say what I want. Give me choices instead of asking me yes or no questions, such as, “Do you want a ball or a truck?”

1½ to 2 Years

**I ENJOY LEARNING NEW WORDS.**
Tell me the words for what we see and do.

2 to 2½ Years

**I CAN PUT WORDS TOGETHER.**
Give me choices and let me answer you. Help me say what I want.

2½ to 3 Years

**I CAN FOLLOW DIRECTIONS.**
Give me simple steps such as, “Please get the book and bring it to me.”