

Children change each day as they learn new things. Milestones such as crawling, walking, and talking help to show how each individual child is progressing.

The checklist in this brochure can help you see your child is developing. Because each child is different these social, emotional and physical developmental milestones are only a guideline and not a substitute for a physician's screening.

As an adult in a child's life you are the person to best monitor his or her development. If you have concerns your child, please take the time to sit with a professional and discuss your observations and questions.

If you have questions or need information, please call your pediatrician or Southern NJ Regional Early Intervention Collaborative at:

856-768-6720

Should a child need services, Service Coordination is an important component of the Early Intervention (EI) system. Service Coordinators serve as a family's personal guide. They educate families about available services, assist with the assessment process to determine eligibility, help families obtain services, and even make appointments for clients. Service Coordinators also regularly review each family's service package so the program remains current with the child's developmental needs and the family's goals.

Early Intervention of Camden County SERVICE COORDINATION

For families in Camden County the Service Coordination component of the EI program is managed by the Southern NJ Perinatal Cooperative.



Southern New Jersey

PERINATAL COOPERATIVE

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Programs based in our Camden City office

Camden Healthy Start
Camden Nurse-Family Partnership
Early Intervention Service Coordination
Camden County
Healthy Mothers, Healthy Babies
Coalition of Camden City

The Southern New Jersey Perinatal Cooperative is the state licensed maternal and child health consortium of health care providers and consumers serving pregnant women, infants and children in the seven county southern New Jersey region.

Developmental Milestones

A Checklist for Birth to Age 3



Early Intervention
of Camden County
SERVICE COORDINATION

Does your little one...

3 Months

- Move his/her arms and legs separately as well as all at once? Yes No
- Follow bright colors and react to movements? Yes No
- Respond to a familiar adult's voice? Yes No
- Turn towards a sound? Yes No
- Bring objects to his/ her mouth? Yes No
- Raise head and chest while playing on tummy? Yes No
- Turn from his/her side to back? Yes No

6 Months

- Turn from his/her back to stomach? Yes No
- Touch hands together while playing? Yes No
- Hold head steady while sitting? Yes No
- Shake a toy such as a rattle? Yes No
- Sit up with little support? Yes No
- Bounce while being held in standing position? Yes No
- Open his/her mouth for a spoon? Yes No
- Cry or scream if not happy? Yes No
- Smile to him/herself when looking in a mirror? Yes No

9 Months

- Sit alone without support? Yes No
- Grab at objects and put them in his/her mouth? Yes No

- Push feet and pull him/herself to crawl on the floor? Yes No
- Drop and throw things such as toys? Yes No
- Babble and try to make sounds? Yes No
- Reach to be picked up? Yes No
- Respond to his/her name by turning his/her head to your voice? Yes No

12 Months

- Pull him/herself up to a standing position? Yes No
- Walk alone while holding onto furniture? Yes No
- Say one or a few words or attempt to begin to speak? Yes No
- Imitate adults? Yes No
- Be anxious or fearful of strangers? Yes No
- Hold a book face up and turn pages? Yes No
- Look for an object when you hide it behind your back? Yes No

18 Months

- Walk without help? Yes No
- Show temper when not getting his/her way? Yes No
- Feed him/herself? Yes No
- Use single words in a meaningful way? Yes No
- Begin to use words together with gestures? Yes No
- Help with dressing by holding out his/her arms and legs? Yes No
- Hold onto a caregiver in situations? Yes No
- Point to objects he/she wants? Yes No

2 Years

- Feed and hold a cup to drink by him/herself? Yes No
- Say about fifty words Yes No
- Put 2-3 words together in a sentence? Yes No
- Walk, climb, run, and go up and down stairs without help? Yes No
- Sing songs? Yes No
- Repeat the words of others? Yes No
- Point to a body part when asked where it is? Yes No
- Show independence? Yes No
- Tell you what he/she wants? Yes No
- Look at pictures in books? Yes No

3 Years

- Start to use pedal riding toys? Yes No
- Name a picture in a book? Yes No
- Throw a ball over his/her head? Yes No
- Play and share toys with others? Yes No
- Speak in a way that can be understood by adults? Yes No
- Help to put things away? Yes No
- Try to use the potty, even though he/she may have little accidents? Yes No
- Jump up and down? Yes No

If you answered "No" to several of these questions, you may wish to contact your pediatrician for information or to discuss possible concerns.