Safe kids Healthy kids Happy kids

As your child grows, make sure he or she keeps learned skills while adding new skills.

If your child loses a skill or cannot do one or more skills, call Child and Family Connections at 1-217-535-3100.

Look what I can do!

Check the skills your child can do.

1 month
- ☐ Raise their head slightly when lying on stomach
- ☐ Briefly watch objects
- ☐ Make noise in throat sounds

3 Months
- ☐ Lift their head and chest when lying on stomach
- ☐ Follow a moving person with their eyes
- ☐ Smile when someone speaks to them

6 months
- ☐ Sit with little support
- ☐ Roll from back to stomach
- ☐ Move object from one hand to the other
- ☐ Turn when they hear a sound

9 months
- ☐ Sit alone
- ☐ Crawl
- ☐ Say “mama” and “dada”
- ☐ Respond to name

12 Months
- ☐ Pull up to standing position
- ☐ Nod head “yes”
- ☐ Say 2-3 words
- ☐ Pick up an object with thumb and finger

15 months
- ☐ Walk without help
- ☐ Drink from cup held by someone else
- ☐ Feed self using fingers
- ☐ Say 4 or 5 words

18 Months
- ☐ Walk (maybe run a bit)
- ☐ Use 5-10 words
- ☐ Understand simple directions
- ☐ Mark on paper with crayon

2 Years
- ☐ Kick a large ball
- ☐ Turn pages of a book
- ☐ Ask for items by name
- ☐ Use 2 or 3 words together (“more juice”)

2-1/2 years
- ☐ Catch a large ball
- ☐ Jump
- ☐ String Beads
- ☐ Match pictures
- ☐ Enjoy and looks at books

Remember: Babies born before full term — 40 weeks — may do skills later.

Brought to you by Parent Help Line and St. John’s Children’s Hospital

Parent Help Line

Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Children’s St. John’s Hospital
In partnership with the SIU School of Medicine