How do I use the "Look What I Do" Chart if my child was born early?

A full-term pregnancy is 40 weeks. To figure corrected age:

1. Note the number of weeks your baby was born early. For example, if your baby was born 5 weeks early, add 1 month (4 weeks) + 5 weeks = 2 months and 1 week (9 weeks).
2. Your child should do 1-month skills at age 2 months and 1 week.
3. Add the 5 weeks (or the number of weeks your child was born early) to each age level on the chart.

Sangamon County Department of Public Health and Community Resources

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Look What I Can Do
Early Intervention

Child and Family Connections

We Test and Find Services for Families with Children under Three

217-535-3100

What is Child and Family Connections?

Child and Family Connections is a state program. It helps families with children under the age of three. It provides a service coordinator to help them get prompt, family-centered help.

A service coordinator:

- Explains Early Intervention. It is best to test and provide services before the age of three. Then, the child can start school, ready to learn.
- Obtains reports and tests needed to qualify a child for services.
- Works with parents and providers to intake a family and write a plan of action. This is called an Individualized Family Service Plan (IFSP). The child must meet program guidelines.
- Helps families choose and find needed testing and services.
- Monitors services and locates other resources if needed.
- Works with the Local Interagency Council (LIC) and local providers to fill gaps in services.

This program helps a child under the age of three with one or more of the following:

Delays in skills.

- Physical (moving skills) — lifts head, rolls, sits, crawls, walks
- Intellectual (thinking skills) — stacks rings, builds blocks, points to pictures
- Speech and language skills (talking skills) — babbles, says words, understands words and directions
- Visual (seeing skills) — follows and looks for objects and familiar people
- Hearing (listening skills) — by smiling, looking, and moving towards the voice
- Social & emotional (playing skills) — plays with people and toys, shows feelings (smiles, cries)
- Self-help skills — holds cup, feeds self, dresses self.

A doctor-diagnosed disability, for example:

- Cerebral palsy
- Down syndrome
- Spina bifida.

A birth weight of less than 2.2 pounds.

A family with at-risk concerns.

- Homeless
- Drug problems
- Alcohol problems

These may slow down a child's development.

This program offers the support of providers and other parents to help you meet your child's needs.

Early Intervention Services include, but are not limited to:

- Developmental therapy
- Speech therapy
- Occupational therapy
- Physical therapy
- Family training
- Nutrition
- Counseling
- Hearing and vision
- Medical testing for a diagnosis
- Nursing
- Assistive technology devices and services
- Transportation to program services.

Over 4,000 service providers help Illinois families.

Why would you want to sign up for this program?

The earlier you identify a delay or disability, the better the chance that your child will reach his full potential. Early Intervention services can make a difference. You want the best for your child. Your child deserves to reach his or her full potential.

Who can refer a child?

Referrals come from

- Parents and relatives
- Doctors
- Day Cares
- Professionals.

They refer because they notice a delay in what a child can do. Or, they want a child tested.

Who pays for needed services stated in the IFSP plan?

- Government and family resources pay for services
- Health insurance, AllKids, and program funds pay fees.

Family fee is based on a sliding scale.

Call if you have any questions or concerns.

The call, intake and first tests are free.

Child and Family Connections

217-535-3100

Look what I can do!

Check the skills your child can do.

1 month (4 weeks)

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

3 Months (12 weeks)

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

6 months (24 weeks)

- ☐ 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 (36 weeks)

- ☐ Sit alone
- ☐ Crawl
- ☐ Say "mama" and "dada"
- ☐ Respond to name

12 Months (48 weeks)

- ☐ 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

Make sure your child 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 217-535-3100.