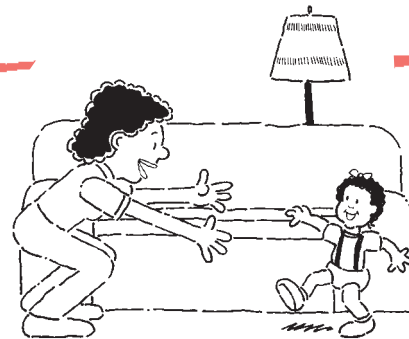


Your Child's Growth: Developmental Milestones



Watching a young child grow is a wonderful and unique experience for a parent. Learning to sit up, walk, and talk are some of the more major developmental milestones your child will achieve. But your child's growth is a complex and ongoing process. Young bodies are constantly going through a number of physical and mental changes.

Although no two children develop at the same rate, they should be able to do certain things at certain ages. As a parent, you are in the best position to note your child's development, and you can use the milestones described in this brochure as guidelines.

At the ages noted in this brochure, observe your child for 1 month. (This lets you take into account any days when your child may be acting differently because she is sick or upset.) Use the milestones listed for each age to see how your child is developing.

Remember, a "No" answer to any of these questions does not necessarily mean that there is a problem. Every child develops at his own pace and may sometimes develop more slowly in certain areas than other children the same age. Keep in mind these milestones should be used only as guidelines.

Plan to talk about these guidelines with your pediatrician during your next office visit if you note the following:

- Major differences between your child's development and the milestones.
- Your child does not yet do many of the things usually done at her age.

3 Months

When your baby is lying on his back, does he move each of his arms equally well? Check "No" if your baby makes jerky or uncoordinated movements with one or both of his arms or legs, or uses only one arm all the time.

☐ Yes ☐ No

Does your baby make sounds such as gurgling, cooing, babbling, or other noises besides crying?

☐ Yes ☐ No

Does your baby respond to your voice?

☐ Yes ☐ No

Are your baby's hands frequently open?

☐ Yes ☐ No

When you hold your baby in the upright position, can she support her head for more than a moment?

☐ Yes ☐ No

6 Months

Have you seen your baby play with his hands by touching them together?

☐ Yes ☐ No

Does your baby turn her head to sounds that originate out of her immediate area?

☐ Yes ☐ No

Has your baby rolled over from his stomach to his back or from back to stomach?

☐ Yes ☐ No

When you hold your baby under her arms, can she bear some weight on her legs? Check "Yes" only if she tries to stand on her feet and support some of her weight.

☐ Yes ☐ No

When your baby is on his stomach, can he support his weight on outstretched hands?

☐ Yes ☐ No

Does your baby see small objects such as crumbs?

☐ Yes ☐ No

Does your baby produce a string of sounds?

☐ Yes ☐ No

Does she react to the emotions of others?

☐ Yes ☐ No

Does your baby begin to relax when you read him a bedtime story?

☐ Yes ☐ No

Does your baby notice herself and her actions in a mirror?

☐ Yes ☐ No

Does your baby reach out for you to pick him up?

☐ Yes ☐ No

9 Months

When your baby is playing and you come up quietly behind her, does she sometimes turn her head as though she hears you? (Loud sounds do not count.) Check "Yes" only if you have seen her respond to quiet sounds or whispers.

☐ Yes ☐ No

Can your baby sit without support and without holding up his body with his hands?

☐ Yes ☐ No

Does your baby crawl or creep on her hands and knees?

☐ Yes ☐ No

Does your baby hold his bottle?

☐ Yes ☐ No

Does your baby deliberately drop or throw toys?

☐ Yes ☐ No

Does she bang, strike, and shake her toys?

☐ Yes ☐ No

When you show your baby a book, does he get excited, then try to grab and taste it?

☐ Yes ☐ No

Is your baby wary of unfamiliar people?

☐ Yes ☐ No

Does your baby make sounds that use vowels and consonants?

☐ Yes ☐ No

12 Months

When you hide behind something or around a corner and then reappear, does your baby look for you and eagerly plan for you to reappear?

☐ Yes ☐ No

Does your baby pull up to stand?

☐ Yes ☐ No

Does your baby walk holding on to furniture?

☐ Yes ☐ No

Does your baby make "ma-ma" or "da-da" sounds? Check "Yes" if she makes either sound.

☐ Yes ☐ No

Does your baby say at least one word?

☐ Yes ☐ No

Is your baby able to locate sounds by turning his head?

☐ Yes ☐ No

Does your baby imitate familiar adult behavior, such as using a cup or telephone?

☐ Yes ☐ No

- Does your baby turn her books face up, but turn several pages at once? ☐ Yes ☐ No
- Does your baby look for and find toys? ☐ Yes ☐ No
- Does your baby eagerly explore objects and spaces? ☐ Yes ☐ No

18 Months

- Can your child hold a regular cup or glass without help and drink from it without spilling? ☐ Yes ☐ No
- Can your child walk all the way across a large room without falling or wobbling from side to side? ☐ Yes ☐ No
- Does your child take off his shoes by himself? ☐ Yes ☐ No
- Does your child feed herself? ☐ Yes ☐ No
- Does your child clearly look to his parents in stressful situations? ☐ Yes ☐ No
- Does your child have temper tantrums? ☐ Yes ☐ No
- Does your child say at least 4 to 10 words? ☐ Yes ☐ No
- Does your child point to a picture that you name in a book? ☐ Yes ☐ No
- Does your child pretend to talk? ☐ Yes ☐ No

2 Years

- Can your child say things like "all gone," "go bye-bye," or other two-word sentences? ☐ Yes ☐ No
- Does your child say about 50 words? ☐ Yes ☐ No
- Can your child take off clothes such as pajamas (tops or bottoms) or pants? (Diapers, hats, and socks do not count.) ☐ Yes ☐ No
- Does your child run without falling? ☐ Yes ☐ No
- Does your child look at pictures in a picture book? ☐ Yes ☐ No
- Does your child carry around a favorite book and pretend to read it to you? ☐ Yes ☐ No
- Does your child tell you what she wants? ☐ Yes ☐ No
- Does your child repeat words others say? ☐ Yes ☐ No
- Does your child point to at least one named body part? ☐ Yes ☐ No
- Does your child participate in play with other children? ☐ Yes ☐ No
- Does your child show increasing independence, wanting to do things his way? ☐ Yes ☐ No
- Does your child like to collect or hoard things? ☐ Yes ☐ No

3 Years

- Can your child name at least one picture when you look at animal books together? ☐ Yes ☐ No
- Does your child enjoy sitting together for at least 5 minutes for story time? ☐ Yes ☐ No
- Can your child answer "what" questions about the story that you have just read together? ☐ Yes ☐ No
- Can your child throw a ball overhand (not sidearm or underhand) toward your stomach or chest from a distance of 5 feet? ☐ Yes ☐ No

- Is your child easily understood by most adults? ☐ Yes ☐ No
- Does your child help put things away? ☐ Yes ☐ No
- Can your child answer the question, "Are you a boy or girl?" ☐ Yes ☐ No
- Can your child name at least one color? ☐ Yes ☐ No
- Does your child talk in three-word sentences most of the time? ☐ Yes ☐ No

4 Years

- Can your child pedal a tricycle at least 10 feet forward? ☐ Yes ☐ No
- Does your child play hide-and-seek, cops-and-robbers, or other games where she takes turns and follows rules? ☐ Yes ☐ No
- Does your child turn paper pages in a book one at a time? ☐ Yes ☐ No
- Does your child retell stories that are familiar? ☐ Yes ☐ No
- Can your child tell you what action is taking place in a picture? ☐ Yes ☐ No
- Does your child use action words (verbs)? ☐ Yes ☐ No
- Does your child play pretend games, such as with toys, dolls, animals, or even an imaginary friend? ☐ Yes ☐ No
- Can your child copy a circle? ☐ Yes ☐ No
- Does your child pretend to write, making marks on a page that only he can read? ☐ Yes ☐ No
- Does your child mostly use four-word or five-word sentences when talking? ☐ Yes ☐ No

5 Years

- Can your child button some of her clothing or her doll's clothes? (Snaps do not count.) ☐ Yes ☐ No
- Does your child react well when you leave him with a friend or sitter? ☐ Yes ☐ No
- Can your child name at least three colors? ☐ Yes ☐ No
- Can your child walk down stairs alternating her feet? ☐ Yes ☐ No
- Can your child jump with his feet apart (broad jump)? ☐ Yes ☐ No
- Can your child point while counting at least three different objects? ☐ Yes ☐ No
- Can your child name a coin correctly? ☐ Yes ☐ No
- Does your child like to relax together with you for 10 to 20 minutes of story time? ☐ Yes ☐ No
- Can your child copy a square? ☐ Yes ☐ No
- Can your child name at least some letters of the alphabet when she sees them? ☐ Yes ☐ No
- Can your child identify and print the first letter in his name? ☐ Yes ☐ No
- Can your child recognize and name several single numbers? ☐ Yes ☐ No
- Does your child recognize common street and store signs (eg, "Stop," "Open")? ☐ Yes ☐ No

About Bicycle Helmets



About Bicycle Helmets

How can I tell if a helmet will keep my child safe?

You should only buy a helmet that meets the bicycle helmet safety standards of the Consumer Product Safety Commission (CPSC). Any helmet meeting these standards is labeled. Check the inside.

Do all helmets meet these standards?

All helmets manufactured or imported for use after March 1999 must comply with a mandatory safety standard issued by the CPSC.

Can other kinds of helmets be used for bicycling?

Each type of helmet is designed for protection in specific conditions and may not offer enough protection in bike crashes or falls. Bike helmets are very protective in head-first falls at fairly high speeds, and are light and well ventilated for comfort and acceptability. A multisport helmet, certified to meet the CPSC standard for bicycle helmets, also is acceptable.

Where can I get a helmet?

Helmets meeting CPSC safety standards are available at bicycle shops and at some discount, department, and toy stores in adult, children, and toddler's sizes and styles. Do not resell, donate, or buy a used bike helmet because it may be too old to provide protection or may have been in a crash.

Which is better, hard-shell or soft-shell helmets?

The essential part of the helmet for impact protection is a thick layer of firm polystyrene, plastic foam, that crushes on impact, absorbing the force of the blow. All helmets require a chin strap to keep them in place in a crash.

Hard-shell helmets also have a hard outer shell of plastic or fiberglass that provides a shield against penetration by sharp objects and holds the polystyrene together if it cracks in a fall or crash. These helmets are more sturdy, but tend to be heavier and warmer than the soft-shell models.

Soft-shell helmets have no hard outer shell but are made of an extra-thick layer of polystyrene covered with a cloth cover or surface coating. The cloth cover is an essential part of many soft-shell helmets. If the helmet comes with a cover, the cover must always be worn to hold the helmet together if the polystyrene cracks on impact.

Both types of helmets meet CPSC standards; the main difference is style and comfort. The soft-shell helmets are lighter than the hard-shell versions but may be less durable.

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How should a helmet fit?

A helmet should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

Are there helmets for infants?

Yes. Many infant-sized helmets are of the soft-shell variety. They are light, an important consideration for small children whose necks may not be strong enough to comfortably hold a hard-shell helmet. Babies younger than 1 year have relatively weak neck structure. Neither helmets nor bike traveling is recommended for them.

How long will a child's helmet fit?

An infant's or child's helmet should fit for several years. Most models have removable fitting pads that can be replaced with thinner ones as the child's head grows.

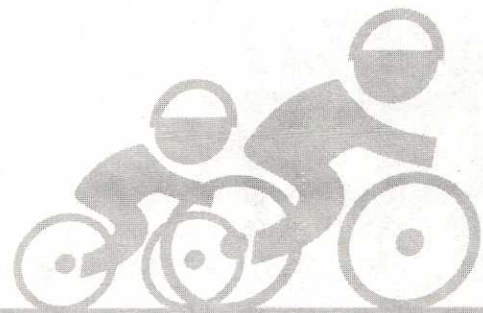
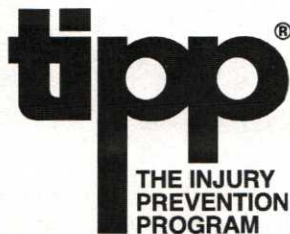
Can a helmet be reused after a crash?

In general, a helmet that has been through a serious fall or crash should be retired with gratitude. It has served its purpose and may not provide adequate protection in another crash. If you are uncertain whether the helmet is still usable, throw it away.

From Your Doctor

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

Tips for Getting Your Children to Wear Bicycle Helmets



Tips for Getting Your Children to Wear Bicycle Helmets

Establish the helmet habit early.

Have your children wear helmets as soon as they start to ride tricycles and if they are a passenger on the back of an adult's bike. If they learn to wear helmets whenever they ride tricycles and bikes, it becomes a habit for a lifetime. It's never too late, however, to get your children into helmets. Allow your child to participate in choosing their helmet. They'll be able to let you know if it is comfortable. And if they like the design, they are more likely to wear it.

Wear a helmet yourself.

Children learn best by observing you. Whenever you ride your bike, put on your helmet. Plan bicycle outings during which all family members wear their helmets to further reinforce the message. The most important factor influencing children to wear helmets is riding with an adult who wears a helmet.

Talk to your children about why you want them to protect their heads.

There are many things you can tell your children to convince them of the importance of helmet use.

1. Bikes are vehicles, not toys.
2. You love and value them and their intelligence, and need to protect them.
3. They can permanently hurt their brains or even die of head injuries.

Most professional athletes use helmets when participating in sports. Bicycle racers are now required to use them when racing in the United States and in the Olympics.

Reward your kids for wearing helmets.

Praise them; give them special treats or privileges when they wear their helmets without having to be told to.

Don't let children ride their bikes unless they wear their helmets.

Be consistent. If you allow your children to ride occasionally without their helmets, they won't believe that helmet use really is important. Tell your children they have to find another way to get where they are going if they don't want to use their helmets.

Encourage your children's friends to wear helmets.

Peer pressure can be used in a positive way if several families in the neighborhood start making helmet use a regular habit at the same time.

How should a helmet fit?

A helmet should be worn squarely on top of the head, covering the top of the forehead. If it is tipped back, it will not protect the forehead. The helmet fits well if it doesn't move around on the head or slide down over the wearer's eyes when pushed or pulled. The chin strap should be adjusted to fit snugly.

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(over)

From Your Doctor

REMEMBER:

Head injuries can occur on sidewalks, on driveways, on bike paths, and in parks as well as on streets. You cannot predict when a fall from a bike will occur. It's important to wear a helmet on every ride.

Dear Parent:

Your child is old enough to start learning how to prevent injuries. The games below are designed to help him or her think about safety. Read the messages with your child and talk about them. Then take this safety sheet home and post it where everyone can see it.

It takes time to form a safety habit. Remind each other about these safety messages. Make safety a big part of your lives.

DIRECTIONS: Circle the signs that belong to "Rules of the Road."

Be a smart and safe rider.
Learn the "Rules of the Road."

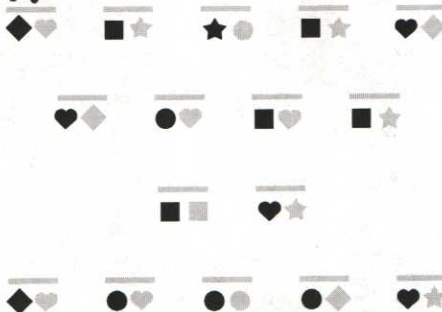


DIRECTIONS: Use the code key to read this message (the first letter has been done for you).

CODE KEY

■	A	B	C	D	E
●	F	G	H	I	J
◆	K	L	M	N	O
♥	P	Q	R	S	T
★	U	V	W	X	Y
▲	Z				

N



NEVER RIDE AT NIGHT

Always put your bike away when the sun goes down.



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