

## WHAT ARE SIGNS OF AN UNDER GROWING CHILD?

- Lack of physical growth
- Malnourished
- Weak bones
- Poor eyesight
- Moodiness
- Under weight
- Hearing loss

## WHO SHOULD YOU TALK TO IF YOUR BABY IS NOT DEVELOPING AT A GOOD HEALTHY PACE?

If you are concerned about how your child is growing please talk to your baby's doctor. Be sure to take your child to all their routine check-ups, and immunizations.

**For more information about child development on the Internet, please visit:**

[www.cdc.gov/ncbddd/autism/ActEarly](http://www.cdc.gov/ncbddd/autism/ActEarly)  
[www.nidcd.gov/health/voice/speechandlanguage](http://www.nidcd.gov/health/voice/speechandlanguage)

• • •

*This brochure was developed with the aid of information and resources from:*

*National Center for Birth Defects and Developmental Disabilities*

*Centers for Disease Control*

*This brochure was developed with funding from the Department of Health and Human Services Office of Refugee Resettlement.*

### CONTACT INFORMATION:

[riht@uscridc.org](mailto:riht@uscridc.org)  
U.S. Committee for Refugees and Immigrants  
1717 Massachusetts Ave., NW  
Suite 200  
Washington, DC 20036  
Phone: 202 • 347 • 3507  
Fax: 202 • 347 • 7177  
[www.refugees.org](http://www.refugees.org)



## Watching Your Child Grow

(Development Milestones)



[www.refugees.org](http://www.refugees.org)  
*Protecting Refugees, Serving Immigrants,  
Upholding Freedom since 1911*

## **WATCHING YOUR CHILD GROW**

The first years of a child's life is an important time for them to grow physically, emotionally, and socially. This is called child development. There are different levels of child development that parents can follow to see if their child is growing at a good rate. In America, parents are advised to constantly monitor their baby's brain development, eyes, ears and limbs for any abnormal signs.

## **WHAT SHOULD I NOTICE ABOUT MY CHILD?**

Children develop differently in their stages of growing. Every child grows at his or her own pace, and your child may reach these stages before or after other children of the same age. This brochure is a simple guide to help you to understand child development and what to ask your child's doctor if you have concerns. Here are some of the signs that a parent should look for as their child grows up.

## **GROWTH AND DEVELOPMENT AT SEVEN MONTHS**

By the end of seven months, many healthy children are able to:

- turn head when name is called,
- smile back at another person,
- respond to sound with sounds,
- enjoy social play,
- able to hold small toys, and
- follow objects /light moved near their eyes.

## **GROWTH AND DEVELOPMENT AT ONE YEAR (12 MONTHS)**

Healthy children by one year are able to:

- use simple gestures (waving good-bye),
- make simple sounds,
- imitate actions while playing (clap hands), and
- respond when told "no".

## **GROWTH AND DEVELOPMENT AT AGE 1½ YEARS**

Healthy children by 1 ½ years are able to:

- do simple pretend play (talking on toy phone),
- point at interesting objects,
- look at object when you point and say "look", and
- use several words on their own.



## **GROWTH AND DEVELOPMENT AT TWO YEARS**

Healthy children by age two are able to:

- use two word sentences,
- follow simple instructions,
- become interested in other children, and
- point to an object or picture when named.

## **GROWTH AND DEVELOPMENT AT THREE YEARS**

Healthy children by age three are able to:

- kiss or hug other children,
- use two word sentences,
- imitate adults and playmates, and
- play make-believe with dolls, animals, and people.

## **GROWTH AND DEVELOPMENT AT FOUR YEARS**

Healthy children by age four are able to:

- use five to six word sentences,
- follow three step directions ("Get dressed. Comb your hair. Brush your teeth, and wash your face."), and
- cooperate with other children.