

Dial Delaware 2-1-1 for Help Me Grow

Child development specialists can help you see if your child’s growth is on track. They can also connect you with child health and development services if needed.

The earlier you know, the more you can do.

Learn more at [HelpMeGrow211DE.com](https://www.HelpMeGrow211DE.com)

5 Years I can...

- ☐ Count to 10
 ☐ Sing, dance and act
 ☐ Speak very clearly
 ☐ Talk about daily activities or experiences



4 Years I can...

- ☐ Name some colors and numbers
 ☐ Cooperate with other children
 ☐ Tell stories
 ☐ Catch a bounced ball most of the time



3 Years I can...

- ☐ Turn book pages one at a time
 ☐ Understand the idea of “mine” and “his” or “hers”
 ☐ Name a friend
 ☐ Run easily

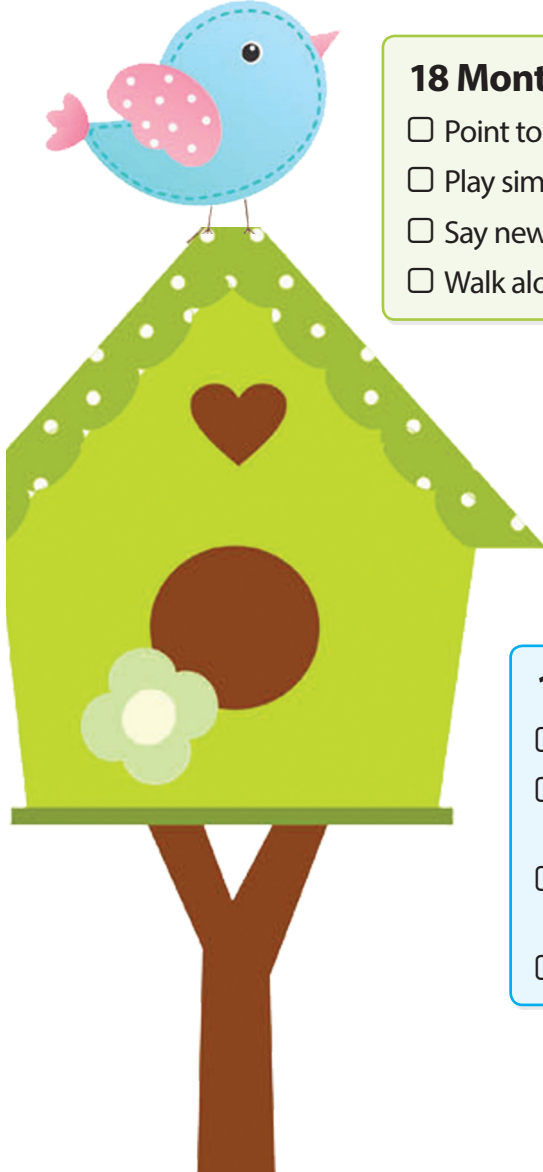


2 Years I can...

- ☐ Sort shapes and colors
 ☐ Copy others
 ☐ Follow simple instructions
 ☐ Stand on my tiptoes

18 Months (1 ½ Years) I can...

- ☐ Point to show things to others
 ☐ Play simple pretend
 ☐ Say new words
 ☐ Walk alone



1 Year I can...

- ☐ Find hidden things easily
 ☐ Show fear in some situations
 ☐ Learn gestures like waving or shaking head
 ☐ Pull up to stand

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9 Months I can...

- ☐ Play peek-a-boo
 ☐ Have favorite toys
 ☐ Understand “no”
 ☐ Sit without support



6 Months I can...

- ☐ Bring things to mouth
 ☐ Recognize familiar faces
 ☐ Respond to my name
 ☐ Sit without support



4 Months I can...

- ☐ Let you know if I am happy or sad
 ☐ Copy movements and expressions
 ☐ Coo or make sounds
 ☐ Hold a toy and shake it

2 Months I can...

- ☐ Follow things with my eyes
 ☐ Smile at people
 ☐ Turn my head to sounds
 ☐ Hold my head up

