



Contact us for a referral to an Early Support for Infants and Toddlers (ESIT) provider near you.

Early Support for Infants and Toddlers (ESIT)

IMPORTANT: Use the chart inside this brochure as a quick way to help you keep track of your child's vision, hearing and development. It is not intended to be a developmental test, evaluation or assessment.



Scan the QR code or contact us using the information below.



PCFRC@piercecountywa.gov



PierceCountyWA.gov/ESIT



253-798-3790

Track your child's developmental milestones.



Pierce County
Human Services



BIRTH TO 3 Growth and Development

The following information was provided by the Washington State Department of Children, Youth & Families. For updates, please see the publication Birth to Six Development Chart (FS_0030) available online at www.dcyf.wa.gov/sites/default/files/pubs/FS_0030.pdf

Milestones by Age	6 to 12 Months - Does your child...	18 months to 2 years - Does your child...	
Birth to 3 Months - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Lift their head/chest when on their stomach <input type="checkbox"/> Move their arms and legs easily <input type="checkbox"/> Follow your movements by turning their head side to side <input type="checkbox"/> Easily take a bottle or breast and suck well <input type="checkbox"/> Startle or cry at sudden loud noises <input type="checkbox"/> Look at you, watch your face <input type="checkbox"/> Make gurgling or cooing sounds <input type="checkbox"/> Smile in response to your smile or talk <input type="checkbox"/> Quiet easily when comforted 	<ul style="list-style-type: none"> <input type="checkbox"/> Transfer objects from one hand to the other <input type="checkbox"/> Feed themselves finger food <input type="checkbox"/> Imitate waving bye-bye <input type="checkbox"/> Let you know their needs with motions and sounds <input type="checkbox"/> Copy speech sounds ("ba-ba", "ga-ga") <input type="checkbox"/> Take turns while playing with adult (actions, sounds or facial expressions) <input type="checkbox"/> Let you know they understand a simple question ("Do you want some more?") <input type="checkbox"/> Know parents from strangers 	<ul style="list-style-type: none"> <input type="checkbox"/> Look at story book pictures with an adult <input type="checkbox"/> Make simple choices among toys (puzzles or trucks) <input type="checkbox"/> Copy another child's play (pouring sand, throwing ball) 	<ul style="list-style-type: none"> <input type="checkbox"/> Look at people and things without eyes crossing or squinting (after 9 months) <input type="checkbox"/> Have eyes that are clear, not red or watery
3 to 6 Months - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Play with feet when on their back <input type="checkbox"/> Lift their head/chest with their weight on hands when on their stomach <input type="checkbox"/> Hold their head upright and steady without support <input type="checkbox"/> Roll from stomach to back and back to stomach <input type="checkbox"/> Play with their own hands by touching them together <input type="checkbox"/> Reach for a toy <input type="checkbox"/> Pick up a toy placed within reach <input type="checkbox"/> Turn their head toward sounds <input type="checkbox"/> Make lots of different sounds <input type="checkbox"/> Laugh out loud <input type="checkbox"/> Try to show likes and dislikes 	12 to 18 Months - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Walk alone <input type="checkbox"/> Pick up small objects (raisin size) <input type="checkbox"/> Put objects in and dump from containers <input type="checkbox"/> Put one object on top of another <input type="checkbox"/> Feed themselves with spoon <input type="checkbox"/> Say two or three different words in addition to "Mama" or "Dada" <input type="checkbox"/> Ask for things using words <input type="checkbox"/> Hold and drink from a cup with some spilling <input type="checkbox"/> Point to several things or pictures when named 	2 to 3 years - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Walk well, run, stop, step up, and squat down <input type="checkbox"/> Stack 3 or more objects <input type="checkbox"/> Use the spoon and cup all by themselves <input type="checkbox"/> Follow two-step directions ("Get the book and put it on the table") <input type="checkbox"/> Name five to six of their body parts <input type="checkbox"/> Take part in simple conversation <input type="checkbox"/> Answer simple "what" and "what do" questions ("What do you want for lunch?") <input type="checkbox"/> Point to or name objects when told their use ("What do you drink with?") <input type="checkbox"/> Help with simple tasks (picking up toys) <input type="checkbox"/> Use 2-3 word sentences regularly 	Hearing <i>Does your child...</i> <ul style="list-style-type: none"> <input type="checkbox"/> Show awareness of home noises (phone, door knock, TV) <input type="checkbox"/> Use a voice that's not too loud or soft <input type="checkbox"/> Play with toys that make a noise (rattle, bells) <input type="checkbox"/> Imitate sounds (after 1 year) <input type="checkbox"/> Use some word endings ("s" or "ing") after age two <input type="checkbox"/> Follow verbal directions <input type="checkbox"/> Maintain a moderate volume on the TV or radio <input type="checkbox"/> Listen to stories, records or TV without difficulty <input type="checkbox"/> Speak so most people can understand (if older than 2.5 years) <input type="checkbox"/> Come to you when called from another room (after 2 years)
6 to 12 Months - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Pull themselves to stand with some help <input type="checkbox"/> Sit without help while playing with toys 	18 months to 2 years - Does your child... <ul style="list-style-type: none"> <input type="checkbox"/> Walk up/down stairs with their hand held <input type="checkbox"/> Scribble <input type="checkbox"/> Move their body in time to music <input type="checkbox"/> Put two words together ("more juice") <input type="checkbox"/> Begin to ask questions ("Juice?" "Bye-bye?") <input type="checkbox"/> Feed themselves a sandwich, taking bites <input type="checkbox"/> Take off socks and shoes 	Vision <i>Does your child...</i> <ul style="list-style-type: none"> <input type="checkbox"/> Make eye contact (look at your eyes) <input type="checkbox"/> Follow moving objects with their eyes <input type="checkbox"/> Walk or crawl without frequently bumping into objects <input type="checkbox"/> Look at people and things using both eyes <input type="checkbox"/> Hold objects at normal distance (after 6 months) <input type="checkbox"/> Walk or crawl smoothly across shadows or areas that look different (carpet, tile) 	<p>Pierce County Early Support for Infants and Toddlers (ESIT) is available in your community. All children grow and develop in unique ways. If you have concerns about your child's development, contact ESIT today.</p> <p>253-798-3790 PCFRC@piercetywa.gov PierceCountyWA.gov/ESIT</p>