Learn Early. Learn for Life.

Email info@earlylearningflorida.org to obtain other booklets in this series.

Fours
Threes
Twos
Owes
Infants

Infants
Child Development Checklist & Tips
Internet Parenting Resources

- www.elcpinellas.net
- www.jwbpinellas.org
- **www.rclub.net**
- www.kidsgrowth.com
- www.pclb.org
- www.familyeducation.com
- www.parenthood.com
- www.zerotothree.org
- www.parenting.com
- www.pcsb.org
- www.rif.org
- www.allkids.org
- www.healthystartpinellas.org
- www.211tampabay.org
- www.pbs.org/parents
Community Resources

Medical Emergencies ........................................................................................................... 911
Poison Control ..................................................................................................................... 1-800-222-1222
SafeKids (childproof home, car seats, water safety, injury prevention) ......................... 1-800-756-7233
Pinellas County Health Department (low cost physicals, immunizations) ....................... (727) 824-6900
Community Health Centers of Pinellas (referrals, prescriptions) .................................... (727) 821-6701
Florida Kid Care (health insurance) ................................................................................... 
American Red Cross (infant/child first aid & CPR classes) ............................................. (727) 446-2358
US Consumer Product Safety Hotline (unsafe or recalled products) .............................. 1-800-638-2772
Car Seat Education and Safety .......................................................................................... Call local fire department
Community Resources (clothing, emergency shelter, counseling, parent support) ........... 2-1-1
WIC Florida (food for women, infants, and children) ....................................................... 1-800-342-3556
Public Library Information ................................................................................................. (727) 441-8408
Reporting Suspected Child Abuse or Neglect ................................................................. 1-800-96ABUSE
 ................................................................................................................................. (1-800-962-2873)

Child Care Resources

Child Care Resource & Referral (locate child care centers and homes) ......................... 2-1-1 or (727) 210-4211
Voluntary Prekindergarten (VPK) ..................................................................................... (727) 400-4411
School Readiness Child Care Wait List / Eligibility Requirements ............................... (727) 400-4411
Pinellas County Child Care Licensing (history of compliance/complaints) ..................... (727) 507-4857

Child Development Resources

The Early Learning Coalition (ELC) Warm Line ................................................................. (727) 545-7536
Early Steps (birth to 36 months) ....................................................................................... (727) 767-4403
Early Steps Parent Support ............................................................................................... (727) 767-6705
FDLRS Child Find (birth to 21 years) .............................................................................. (727) 793-2723
Parenting and Child Guidance ........................................................................................ (Helpline) 211

Project Challenge (concerns about my child’s behavior in child care) ......................... 

Thinking & Reasoning

- Provide soft objects of different textures (smooth, soft, rough) for him to explore.
- Hide a favorite object under a blanket and encourage him to find it.
- Provide an assortment of safe toys, cardboard boxes, balls, and lightweight containers that he can fill and dump easily.

Early Years Development

Following each check-off, the parent can use these suggestions to support your infant's development.

At this age, your child is learning; you must take time to encourage and play.

You are your child’s first and most important teacher.

Start out
## Thinking & Reasoning

### Does your infant....

<table>
<thead>
<tr>
<th>Activity</th>
<th>Age</th>
<th>Yes</th>
<th>Not Yet</th>
</tr>
</thead>
<tbody>
<tr>
<td>...look at faces, simple shapes, and patterns?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...appear to recognize faces?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...observe the movements of objects and people (tracking)?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...recognize your face and familiar objects, such as his bottle?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...appear fascinated with objects he is able to grasp?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...drop an item over and over and want you to retrieve it?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...realize an object exists when it is out of sight (Peekaboo)?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>...bang two objects together and enjoy the sound it makes?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Thinking & Reasoning Tips

Your infant’s thinking and reasoning skills are best supported when you:

- interact frequently with him during routines and activities, such as during feedings, diapering, bathing, playing, and stroller rides.
- provide developmentally appropriate interesting play materials, such as rattles, rubber squeeze toys, soft balls, busy boxes, or activity centers.
- play simple games with him, such as Peekaboo, “This Little Pig”, or “Pat-a-cake”.
- provide safe brightly colored objects for him to grasp, throw, bang, pound, shake, and mouth.

Your infant is ready to learn about the world around him. Soft voices, soothing sounds, gentle touches, loving smiles, and toys with interesting patterns, colors, or textures will stimulate his senses and encourage him to learn about his world.

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This is one in a series of five resource booklets on child development. The series also includes booklets on one year old, two year old, three year old, and four year old development.

Each booklet begins with sections on **Brain Development** and **Safety** followed by **Domains of Development** that align with the Florida Early Learning and Developmental Standards. The Resources page provides community and Internet resources to help meet the needs of families and young children.

<table>
<thead>
<tr>
<th>Booklet Sections</th>
<th>Domains of Development</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brain Development</td>
<td></td>
</tr>
<tr>
<td>Safety</td>
<td></td>
</tr>
<tr>
<td>Health</td>
<td>Physical Development</td>
</tr>
<tr>
<td>Physical Development</td>
<td>Physical Development</td>
</tr>
<tr>
<td>Learning Styles</td>
<td>Approaches to Learning</td>
</tr>
<tr>
<td>Social &amp; Emotional</td>
<td>Social and Emotional Development</td>
</tr>
<tr>
<td>Listening &amp; Talking</td>
<td>Language and Communication</td>
</tr>
</tbody>
</table>
The Importance of Role as a Parent Cannot Be Underestimated!

Emotional Needs: Emotional needs are the foundation for your child's understanding and empathy. When you respond to your child's cries and cues with patience and compassion, you are meeting his emotional needs. Emotional needs are the foundation for your child's understanding and empathy. Emotional needs are the foundation for your child's understanding and empathy.

Loving interactions with parents and other caregivers will promote brain development. Loving interactions with parents and other caregivers will promote brain development.

Learning pathways are strengthened through frequent repetition. Learning pathways are strengthened through frequent repetition. Learning pathways are strengthened through frequent repetition.

Your child's brain is shaped by new experiences and strengthened through frequent repetition. Your child's brain is shaped by new experiences and strengthened through frequent repetition. Your child's brain is shaped by new experiences and strengthened through frequent repetition.

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# Listening & Talking

<table>
<thead>
<tr>
<th>Does your infant...</th>
<th>AGE</th>
<th>YES</th>
<th>NOT YET</th>
</tr>
</thead>
<tbody>
<tr>
<td>communicate with you through crying?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>make cooing and grunting sounds?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>make beginning, babbling sounds, such as “aaa” or “ooo”?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>whimper, squeal, chuckle, and gurgle?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>mimic sounds and change the pitch and volume of his voice.</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>use consonants when he babbles, such as mama, dada, or baba?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hold a crayon and attempt to scribble?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>hold a board book and turn the thick pages?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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### Listening & Talking Tips

*Your infant’s talking and listening skills are best supported when you:*

- speak in a calm, soothing voice as you respond to his cries and cues.
- make eye contact and talk to him face-to-face.
- encourage him to communicate by repeating the sounds he makes.
- talk to him as you feed, dress, rock, and play with him.
- sing nursery rhymes and songs to him.

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### Brain Development Tips

When infants are born, their brains are ready to learn, but they cannot do it alone.

*Your infant’s brain will develop best when you:*

- talk to him about what he is doing, seeing, and hearing.
- provide opportunities for him to touch and handle a variety of toys, textures, and colors.
- expose him to a variety of colors and sights.
- read and sing to him.
- provide opportunities for him to hear a variety of music every day.
- follow your pediatrician’s guidelines for the amount of fluids you should give him daily.
- limit his exposure to stressful or traumatic situations.
- do not expose him to television or other media. The American Academy of Pediatrics strongly discourages television viewing for children two years old or younger.

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“The bottom line on brain research? Love your children. Talk to them. Read to them.”

~ Rob Reiner

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### Infants communicate before they are able to speak. Learn to read your infant’s signals and cues.
Social & Emotional Development

When in time and how to move frequently during daily routines and activities.
- Provide opportunities for him to socialize with other children, relatives, and friends.
- Provide infants age appropriate social interactions so he can see his own reflection.
- Play infant safe games such as rolling a ball back and forth, peek-a-boo, and pet-a-cat;
- Make the room comfortable and a safe environment.
- Have the same care for him consistently.
- Respond quickly to his needs to help develop feelings of security and trust.
- Hold him, hug him, and attend to him with lots of a happy voice and laughter.

Your infant’s social and emotional development is best supported when you:

- Support his choices like and dislikes.
- Respond to his feelings to help develop feelings of security and trust.
- Hold him, hug him, and attend to him with lots of a happy voice and laughter.

Social & Emotional Development Tips

- Support him by always playing close attention during daily routines and activities.
- Use games to teach him and make the time fun.
- Make sure you make a safe environment before you introduce new items.
- Appropriate and meet your infant’s needs in a safe environment and help him develop feelings of security and trust.
- Hold him, hug him, and attend to him with lots of a happy voice and laughter.

If your primary

- Environmental for him
- Maintain a safe
- Protect your infant’s responsibility to

1. Two Important Safety Issues are: Sudden Infant Death Syndrome (SIDS) and shaken baby syndrome.
Does your infant...?  

<table>
<thead>
<tr>
<th>Behavior</th>
<th>Age</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smile spontaneously?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cry or tense his body to express discomfort?</td>
<td>0-3 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Recognize you and enjoy the attention of other people?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Smile and laugh responsively and make sounds to get your attention?</td>
<td>3-6 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Push away, turn away, or act fussy to show he doesn’t want or doesn’t like something?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Know how to soothe himself?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cry, cling, or show discomfort when a stranger approaches (stranger anxiety)?</td>
<td>6-9 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Display emotions, such as happiness, sadness, anger, frustration, or stubbornness?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Enjoy interacting with others?</td>
<td>9-12 months</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- Look for and correct safety hazards, such as uncovered/broken outlets, low hanging cords, sharp corners and edges, chipped paint, overhanging table covers, and shelves or furniture that could tip over or roll.
- Store 911, Poison Control, and other emergency numbers in your mobile phone contacts and in an easily accessible place at home (such as posted on the refrigerator).
- Install a working smoke alarm inside bedrooms, outside sleeping areas, and on every level of your home. Test the alarms monthly and replace batteries at least once a year.
- Check your ABC rated fire extinguisher monthly to make sure it is charged and readily accessible.
- Dress him in flame retardant sleepwear and comfortable clothing.
- Keep all cleaning supplies, poisons, medicines, toxic plants, adult tools, sharp objects, and hot liquids out of his reach.
- Ensure the air in your home is safe to breathe. Ban tobacco smoke. Properly vent appliances, engines, fireplaces, and charcoal grills to the outdoors to prevent a buildup of carbon monoxide.
- Adjust the water heater temperature to 115°F or less and check bath water temperature before placing him into the water.
- Fence pools using self-closing gates and keep the gates locked.
- Supervise him closely near water (bathtub, toilet, swimming pool, wading pool, or bucket). Never leave him unattended and remember children can drown in less than 3 inches of water.
- Remove broken toys, balloons, and plastic bags and check toys for small, loose, or movable parts.
- Avoid foods that can cause choking, such as grapes, nuts, popcorn, peanut butter, and hotdogs.
- Keep all guns out of your house or store locked, unloaded, and uncocked guns in an out of reach, locked container. Store ammunition separately.
- Attend a first aid and Pediatric CPR (cardiopulmonary resuscitation) training. (See Resources.)
Learning Styles

Explore by
Encourage:
- Imagination
- Physical activity
- Song
- Music
- Dance
- Movement
- Outdoors
- Exploration

Reading:
- Books
- Stories
- Poems
- Picture books
- Magazines
- Newspapers
- Comics
- Online reading
- Reading groups

Your infant’s unique learning style is best supported when you:
- Use a small spoon instead of a cup.
- Use a soft towel to wipe your infant’s mouth.
- Use a safe, non-toxic material for your infant’s toys.
- Provide your infant with opportunities to explore the world.
- Encourage your infant to participate in activities that interest them.
- Support your infant’s development through play.
- Provide your infant with opportunities to explore the world.

Health Tips

- Always wash your hands before handling your infant.
- Ensure your infant’s environment is clean and safe.
- Encourage your infant to participate in activities that interest them.
- Support your infant’s development through play.
- Provide your infant with opportunities to explore the world.
- Ensure your infant’s environment is clean and safe.
- Always wash your hands before handling your infant.
- Encourage your infant to participate in activities that interest them.
- Support your infant’s development through play.
- Provide your infant with opportunities to explore the world.

Your infant’s health is best supported when you:
- Always wash your hands before handling your infant.
- Ensure your infant’s environment is clean and safe.
- Encourage your infant to participate in activities that interest them.
- Support your infant’s development through play.
- Provide your infant with opportunities to explore the world.
- Ensure your infant’s environment is clean and safe.
- Always wash your hands before handling your infant.
- Encourage your infant to participate in activities that interest them.
- Support your infant’s development through play.
- Provide your infant with opportunities to explore the world.
## Learning Styles

### Does your infant....

<table>
<thead>
<tr>
<th></th>
<th>AGE</th>
<th>YES</th>
<th>NOT YET</th>
</tr>
</thead>
<tbody>
<tr>
<td>...cry, smile, or laugh to get your attention?</td>
<td>0-4 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...react to different sounds or voices by moving his body or changing his facial expressions?</td>
<td>0-4 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...explore objects in a variety of ways, such as by touching, tasting, watching, or listening?</td>
<td>4-8 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...roll from his back to his stomach?</td>
<td>4-8 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...put toys in his mouth?</td>
<td>4-12 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...pass a toy from one hand to the other?</td>
<td>6-8 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...reach for a toy with both hands?</td>
<td>6-8 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...move or respond to music?</td>
<td>8-12 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...uncover an object after watching you hide it under a cloth?</td>
<td>8-12 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...imitate familiar activities, such as waving bye-bye, playing Peekaboo, or holding a pretend phone to his ear?</td>
<td>8-12 months</td>
<td>☐</td>
<td>☐</td>
</tr>
<tr>
<td>...try to repeat a newly learned skill?</td>
<td>8-12 months</td>
<td>☐</td>
<td>☐</td>
</tr>
</tbody>
</table>

* serve juice in a sippy cup.
* use a clean dish for baby food and discard leftover food or formula after each feeding. Bacteria in his saliva can contaminate the food or formula.
* wash your hands frequently, and always after diapering, to prevent the spread of germs.
* ensure that smokers change clothes before holding him. Second hand smoke has been proven to increase the frequency of ear and respiratory infections.
* take him outside daily. Limit exposure to the sun as his skin may burn easily.
* bathe him daily, or more often if needed.
* wash and change all bedding weekly, or more often if needed.
* do not expose him to television. The American Academy of Pediatrics strongly discourages television viewing for children two years old or younger.

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**Healthy habits developed at an early age tend to last a lifetime.**
Physical Development

- Encourage him to walk.
- Provide your older infant with push toys and pull toys that will encourage him to push and pull.
- Offer your older infant finger foods such as Cheerios and rice cereal to help him learn to grasp.
- Provide opportunities for toys that encourage movement.
- Crawl on the floor with him and set interesting objects just out of reach to encourage him to crawl.
- Place him in a high chair or activity gym of soft fabric within his reach.
- Allow him to grasp your thumbs and fitly pull his hand forward from a lying to a sitting position.
- Place him on his stomach on a firm, soft, surface during playtime.
- Encourage him to kick objects by moving in a room slowly from left to right up and down, or in a circle about 12 inches above his face.

Your infant's physical development skills are best supported when you:

- Talk to your doctor about concerns about delays.
- Do not delay seeking help for concerns about delays.

Physical Development Tips

- Does your infant:
- Walk independently?
- Use a single grasp (hold items with thumb and index finger)?
- Pull himself up to stand and hold onto furniture as he moves around?
- Crawl forward and backward or begin crawling?
- Transfer an object from one hand to the other hand?
- Look at reach for and grasp an item?
- Roll over from front to back and back to front?
- Sit up while holding onto his stomach?
- Follow an object with his eyes?

Keeping your infant in a stroller, car seat or booster for long periods of time may delay his physical development.

*Note: The table is incomplete and requires filling in the correct boxes with the corresponding physical development milestones for the infant at different ages.*