Early Learning Coalition of Pinellas County
Learn Early. Learn for life.

DIVISION OF

Fours
Threes
Twos
Ones
Infants

The series includes booklets for:

This booklet was originally funded by the Junior Achievement Board of Pinellas County and developed by the Pinellas

INFANTS
Child Development Checklist & Tips
Resources

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) ....................................... 1-888-540-5437
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 or (727)210-4211
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
or (727)210-4211
Project Challenge (concerns about my child's behavior in child care) ...... (727)578-5437
Thinking & Reasoning

- Provide safe 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 tubes, or balls in lightweight containers that he can fill and dump easily.

Early intervention services is critical in helping him reach his full potential. The early development skills your infant should have and be able to learn are: attention, social-emotional, communication, motor skills, and cognitive. In order to help your child to develop in these areas, you need to provide them with a nurturing, supportive, and stimulating environment. Your involvement is crucial in helping him reach his full potential. To support and encourage his development, you need to provide him with opportunities to play and explore his world. He will develop at his own pace. The early years are a key period in his development, and you must support him in his learning experiences through play, exploration, and social interaction. Your role as a parent is important in nurturing your child's early development. By providing a safe and stimulating environment, you can help your child to learn and grow.
Thinking & Reasoning

Does your infant....

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<table>
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<tr>
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<tbody>
<tr>
<td>...look at faces, simple shapes, and patterns?</td>
<td>0-3 months</td>
<td></td>
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<tr>
<td>...appear to recognize faces?</td>
<td>0-3 months</td>
<td></td>
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<tr>
<td>...observe the movements of objects and people (tracking)?</td>
<td>3-6 months</td>
<td></td>
</tr>
<tr>
<td>...recognize your face and familiar objects, such as his bottle?</td>
<td>3-6 months</td>
<td></td>
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<tr>
<td>...appear fascinated with objects he is able to grasp?</td>
<td>6-9 months</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>
</tr>
<tr>
<td>...realize an object exists when it is out of sight (Peekaboo)?</td>
<td>9-12 months</td>
<td></td>
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<tr>
<td>...bang two objects together and enjoy the sound it makes?</td>
<td>9-12 months</td>
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</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>
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<tbody>
<tr>
<td>Brain Development</td>
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<tr>
<td>Safety</td>
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<td>Health</td>
<td>Physical Development</td>
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<td>Physical Development</td>
<td>Physical Development</td>
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<td>Learning Styles</td>
<td>Approaches to Learning</td>
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<td>Social &amp; Emotional</td>
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<tr>
<td>Listening &amp; Talking</td>
<td>Language and Communication</td>
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<tr>
<td>Thinking &amp; Reasoning</td>
<td>Cognitive Development and General Knowledge</td>
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<tr>
<td>Resources</td>
<td></td>
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</tbody>
</table>

Introduction
The importance of your role as a parent cannot be understated!

- emotional needs: When you respond to your child's cries and cues with patience and compassion, you are meeting this need. Emotional needs involve responding to your child's feelings and expressing them in a nurturing way.

- learning behaviors and learning strategies: This will strengthen learning pathways and help him become the best learner he can be. It is important to remember that a learning pathway can disappear if not used regularly.

- learning pathways are strengthened through frequent repetition and stimuli: Your child's brain will react to positive and negative experiences. Your child's brain will react to positive and negative experiences. Your child's brain will react to positive and negative experiences.

- experience: Proper nutrition, a safe environment, and quality doctors visits can help stimulate your child's brain and contribute to his positive brain growth by providing developmentally appropriate experiences.

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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>
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<tr>
<td>make cooing and grunting sounds?</td>
<td>0-3 months</td>
<td></td>
<td></td>
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<tr>
<td>make beginning, babbling sounds, such as “aaa” or “ooo”?</td>
<td>3-6 months</td>
<td></td>
<td></td>
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<tr>
<td>whimper, squeal, chuckle, and gurgle?</td>
<td>3-6 months</td>
<td></td>
<td></td>
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<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>
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</tbody>
</table>

### 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.

### 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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Social & Emotional Development

Advocate for your infant, provide them with a sense of love and security.
Providing opportunities for your infant to socialize with other infants, toddlers, and friends
Promote emotional growth: allow them to express their feelings and emotions
Play interactive games: sing songs, play peekaboo, and other games
Smile and laugh often
Have someone care for your infant
Respond promptly to their crying to help develop feelings of security and trust
Hold them in your arms and attend to them with a happy voice and laughter
Your infant’s social and emotional development is best supported when you:

Social & Emotional Development Tips

Supervise your infant while playing to ensure their safety and well-being.
Use age-appropriate and age-appropriate games, such as peekaboo and other games.
Make sure your infant has a safe and enclosed environment.
Choose a room that is free from the risk of injury.

If you are concerned about your infant's development, seek professional advice.

If you suspect your infant has a developmental delay, consult a healthcare professional.

If you notice any changes in your infant's behavior, seek professional advice.

Safety

Identify potential hazards in your home. Make sure your infant is safe and secure.

Identify potential hazards in the household. Make sure your infant is safe and secure.

Identify potential hazards in the community. Make sure your infant is safe and secure.

Identify potential hazards in the school environment. Make sure your infant is safe and secure.

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Does your infant

- smile spontaneously? (Age: 0-3 months)
- cry or tense his body to express discomfort? (Age: 0-3 months)
- recognize you and enjoy the attention of other people? (Age: 3-6 months)
- smile and laugh responsively and make sounds to get your attention? (Age: 3-6 months)
- push away, turn away, or act fussy to show he doesn’t want or doesn’t like something? (Age: 6-9 months)
- know how to soothe himself? (Age: 6-9 months)
- cry, cling, or show discomfort when a stranger approaches (stranger anxiety)? (Age: 6-9 months)
- display emotions, such as happiness, sadness, anger, frustration, or stubbornness? (Age: 9-12 months)
- enjoy interacting with others? (Age: 9-12 months)

• 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

Learning Styles Tips

Health Tips

Your Infant’s Unique Learning Style Is Best Supported When You:

• Use a small spoon this first month.

• Provide opportunities for musical play.

• Read to your infant.

• Provide daily opportunities for sensory input and discovery.

• Use soft toys, balls, and books to provide a variety of objects to explore by touching, tasting, and listening.

• Touch and talk often.

• Provide age-appropriate sensory input and discovery.

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## Does your infant....

<table>
<thead>
<tr>
<th>Activity</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>
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<tr>
<td>...uncover an object after watching you hide it under a cloth?</td>
<td>8-12 months</td>
<td></td>
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</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>
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</tr>
<tr>
<td>...try to repeat a newly learned skill?</td>
<td>8-12 months</td>
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</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.
Physical Development

Does your infant:

- Keep your infant in a safe, secure car seat or booster for long periods of time.
- Provide your child with push toys and pull toys that will encourage him to walk.
- Ensure that your child is ready for solid foods by the age of 6 months.
- Offer your child healthy foods such as fruits and vegetables.
- Help your child learn to stand by providing safe, sturdy equipment.
- Support your child's fine and gross motor skills.
- Provide creative activities with movement, such as rocking, dancing, and singing.
- Encourage him to roll objects by moving from one end of the floor to the other.

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

1. Does not delay seeking help for concerns about possible delays.
2. Seeks advice from a doctor or a professional if you are concerned about your infant's physical development.
3. Encourages your infant to stand and help him to move around.
4. Encourages him to roll forward and backward and to begin crawling.
5. Encourages him to roll over from front to back and back to front.
6. Encourages him to sit and crawl while lying on his stomach.
7. Encourages him to sit and crawl while lying on his back.
8. Encourages him to sit and crawl while lying on his stomach.
9. Encourages him to sit and crawl while lying on his stomach.
10. Encourages him to sit and crawl while lying on his stomach.

Physical Development Tips

- Does your infant walk independently?
- Does your infant grasp objects with thumb and index finger?
- Can your infant pull himself up to stand and hold onto furniture as he moves around?
- Can your infant crawl forward and backward to begin crawling?
- Can your infant transfer an object from one hand to the other hand?
- Can your infant reach for and grasp an item?
- Can your infant roll over from front to back and back to front?
- Can your infant sit up with support?