

Trusting Your Feelings...

No one knows your baby better than you. You spend more time with your baby than anyone else, you see your baby at home, when he is eating, playing, or just being held. Parents, even new parents, "know" their child very early on. You can sense your child's personality, moods, and needs. You will be the first one to "see" or "feel" that "something is different." Maybe you think he is not acting like or doing what your other children did at the same age. It may just be that you are unsure about what he should be able to do.

Trust your feelings.

Have you ever heard these statements?

Parents worry too much....

Every child is different ...

Boys are slower. He'll catch up...

We'll watch and check her again in 6 months...

As a parent of a baby, you may have questions about how your baby is growing and learning. At your baby's regular check ups, it is okay to ask questions about how your baby is developing. All parents have good questions. However, if you feel that something is not right, please trust your feelings.

Remember, your baby can't speak for himself.

What is First Steps?

First Steps is a family-centered, early intervention program for children from birth to age three who may not be doing what they should for their age and/or who are developmentally at risk. You and your baby are at the center of First Steps, full partners with the professionals who will work with your family to help your baby reach their full potential.

Services We Offer:

Initial Evaluation & Assessment

Developmental Therapy

Speech & Hearing Services

Occupational Therapy

Physical Therapy

Nutrition Services

Family Education & Support

Vision Services

Audiology

Nursing Services

Service Coordination

Assistive Technology

Contact Us!

If you have any concerns about how your baby is growing and learning, give us a call:

**Central Indiana First Steps
System Point of Entry (SPOE).**

(317) 257-BABY (2229)

Toll Free - 1-866-212-1434

www.cibaby.com

An Intake Coordinator will talk with you about your concerns and set up an evaluation for your baby with a team of professionals. **Evaluations are no cost.** If your baby qualifies for our program, services will be provided on a sliding fee scale. First Steps does not share your information with any government agency. Your information is private.

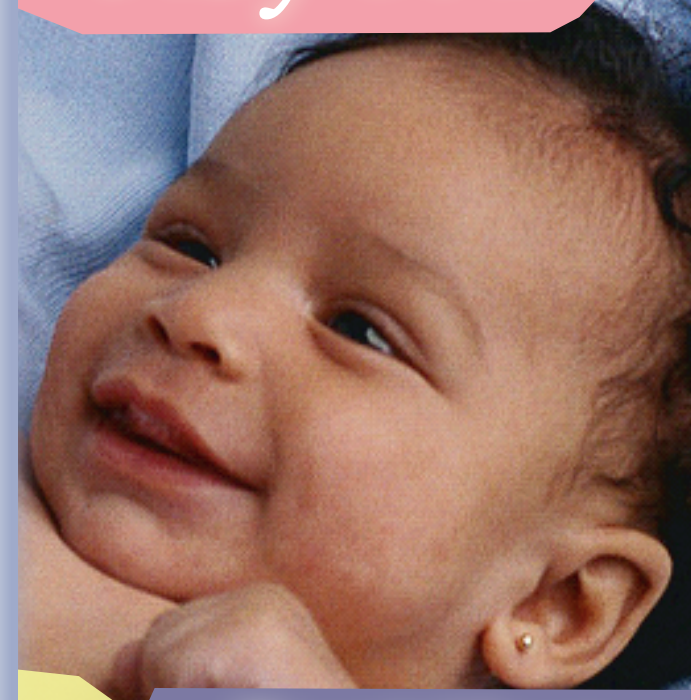
Next Steps:

- Be prepared before talking with your doctor
- Write questions down to take to your appointment
- Express your concerns clearly and confidently
- Trust your feeling to press for a developmental evaluation

Don't Wait to Take the First Step!

Citations:
Hawaii Early Learning Profile, VORT
Your Premature Baby, E. Tracy, D. Maroney
Understanding My Signals, B. Husssey-Gardner
Supporting Parent-Child Interactions: A Guide for Early Intervention Program Personnel, M. Hansen & M. Krentz
Pathways Awareness Foundation- www.pathwaysawareness.org (800)-955-2445

Is my baby OK?



Trust Your Feelings



Central Indiana
First Steps

A Guide for You

This guide offers age level expectations of "**What many children are able to do**" and "**Signs to watch for.**" The guide can assist you in observing your baby, offer you information to discuss your concerns or questions with your health care provider, and strengthen your confidence in your knowledge of your baby. Children learn new things everyday as they grow. This guide offers you some things you can be looking for as your baby grows.

The "**Signs to watch for**" section **DOES NOT** mean something is wrong, but offers you a guide to share your concerns with your health care provider.

Remember, every child grows at their own pace, the months listed represent an average of when babies can be expected to begin these skills. And, if your baby was born prematurely, please adjust for those months when using this guide (e.g. if your baby was born two months early and she is now 6 months old, begin looking at the 3 months section).

Referral to First Steps

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Age	Many Children Are Able To...	Signs To Watch For
By 3 Months	 <ul style="list-style-type: none"> • Bring hands to mouth • Gain weight and height • Soothe and calm with parent • Make cooing sounds • Follow and react to movement and colors • Show readiness for interaction with alertness, relaxed body, open eyes • Suck, swallow, and breathe without difficulty <ul style="list-style-type: none"> • Push up on arms while lying on tummy • Turn head to both sides • Lift and hold head up while on tummy • Maintain quiet, alert state 	<ul style="list-style-type: none"> • Squirms away from parent touch/voice • Physical color change or breathing problems during interaction • Covers eyes to avoid interaction • Turns pale, gray, or bluish when feeding • Tires easily during feeding • Difficulty lifting head • Will stop breathing or chokes often during feeding • Coughs, gags, or spits up during feeding or shortly after • Unresponsive to parent voice, touch • Stiff legs with little or no movement • Avoids eye contact • Pushes back with head 
By 6 Months	<ul style="list-style-type: none"> • Roll from back to tummy/tummy to back • While standing with support, accept entire weight with legs • Recognize parent visually, smile easily • Lift arms to parent • Become friendly, look, vocalize • Smile often during play with parent • Coo and babble when happy • Imitate a familiar gesture • Look and vocalize to own name • Keep most of milk in mouth when feeding • Bring a toy and hands to mouth • Pick up a toy 	<ul style="list-style-type: none"> • Arches back and stiffens legs • Arms held back • Does not smile at parent • Does not startle to loud noise • Consistently avoids eye contact • Does not recognize or turn to name • Unresponsive to parent voice, touch • Frequent back and head arching; difficult to quiet, calm • Turns away, arches, or cries at mealtimes <ul style="list-style-type: none"> • Does not roll over • Rounded back in sitting • Little babbling or sounds • Excessive dripping from mouth when feeding 
By 9 Months	<ul style="list-style-type: none"> • Exchange back and forth smiles and gestures with parent • Become excited when see parent - wave arms, legs, stays interested in others • Show interest in games, like pat-a-cake, peek-a-boo • Look to familiar object when named • Drink from a cup held for him • Sit and reach for a toy without falling • Move from back or tummy into sitting • Crawl on hands and knees with alternate arm and leg movement • Finger feed self; show interest in holding a spoon • Turn head to name • Chew food with coordinated movement • Reach, take, give objects 	<ul style="list-style-type: none"> • Prefers not to bring food or object to mouth • Prefers objects to parent • Avoids eye contact • Minimal reaching, waving • Prefers objects/toys to people • Frequent back and head arching • No back & forth sounds, smiles, gestures • Consistently quiet, no smiles, expressionless • Limited eye contact • Limited vocalizations • Difficulty crawling • Uses one side of the body to move • Cannot take weight on legs • Has not begun solid foods; does not eat large amounts • Not distressed when separated from parent • Poor use of arms in sitting 
By 12 Months	<ul style="list-style-type: none"> • Attempt to do things by self, ignore "No" • Stand alone & take several independent steps • Say "ma" and "da" • Use gestures to get needs met • Munch solid food - crackers • Babble often • Bite a toy • Walk independently (by 15 months) • Finger feed self • Respond to "come here", wave "bye-bye" • Hold a spoon • Pull to stand and walk • Look to parent for comfort, may comfort self • Explore environment - growing independence 	<ul style="list-style-type: none"> • Prefers to be alone, ignores others • Does not draw attention to self when upset • Avoids eye contact • Strongly prefers one object • No babbling • Limited smiling • Uses grunts to get needs met • Prefers toys to parent • Walks on toes • Cannot pay attention when feeding • Refuses table foods • Does not chew on toys • Does not finger feed self • Stiffly extended arms • Difficulty standing because of stiff legs and pointed toes • Needs to use hands to maintain sitting • Only uses arms to pull up to standing 