

My health and development



Watching your child's development

Children develop at different rates. Some will learn and develop more quickly than others. Some will do more difficult things before simple things.

It is important to give your child opportunities to develop. Visit www.raisingchildren.net.au and www.cyh.com for lots of ideas about the things you can do with your child to help them grow and learn.

The milestones on the following pages are a guide to what your child should be learning and doing at different stages. You can either tick the box and / or note the age that your child can do these. Around 6 – 9 months and 18 – 24 months are a key age to check your child's development.

If your baby was born prematurely, adjust their age for prematurity to see what you can expect them to be doing. For example if your baby was 2 months (8 weeks) premature, at 6 months of age, expect them to be doing the things that a 4 month old baby would do.

You know your child best. If you think your child is not reaching their milestones at any stage or needs a health check, don't wait, make a time to see your Child and Family Health Service nurse. Take this book with you – it might help you explain why you are worried.

Child and Family Health Service supports parents in caring for their child. Any issues can be discussed with your Child and Family Health Service nurse. Telephone Child and Family Health Service on 1300 733 606 for an appointment. Services are free.

Learning to talk and connect

Babies	Toddlers	Preschoolers
<ul style="list-style-type: none"> <input type="checkbox"/> make different cries for hunger and pain (1 – 5 months) <input type="checkbox"/> laugh or chuckle (2 – 3 months) <input type="checkbox"/> make sounds (such as ‘bub-bub-bub’) to people (4 – 7 months) <input type="checkbox"/> look for their family or pets when named (6 – 8 months) <input type="checkbox"/> make a sound to get attention (7 – 8 months) <input type="checkbox"/> recognise their name (9 – 10 months) <input type="checkbox"/> respond to simple requests like ‘where is the ball?’ (9 – 14 months) <input type="checkbox"/> move to music (11 – 12 months) <input type="checkbox"/> talk to themselves when alone (11 – 12 months) <input type="checkbox"/> use 1 clear word with a meaning such as ‘mama’ or ‘dada’ (11 – 14 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> wave bye-bye (12 – 15 months) <input type="checkbox"/> point or gesture to show what they want (12 – 19 months) <input type="checkbox"/> point to simple body parts such as nose or tummy when asked (15 – 22 months) <input type="checkbox"/> use 15 or more words, name some objects and talk more clearly (17 – 21 months) <input type="checkbox"/> enjoy nursery rhymes and try to sing simple songs (18 – 23 months) <input type="checkbox"/> use a name to refer to themselves (18 – 24 months) <input type="checkbox"/> follow 2-step instructions such as ‘put on your shoes and get your hat’ (18 – 24 months) <input type="checkbox"/> put 2 words together such as ‘go bye-bye’, ‘push car’ (20 – 24 months) <input type="checkbox"/> say how objects are used for example a cup for drinking (26 – 32 months) <input type="checkbox"/> enjoy telling stories and reading favourite books (28 – 36 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> take turns when talking with others (36 – 50 months) <input type="checkbox"/> use ‘I’, ‘me’ & ‘mine’ (36 – 50 months) <input type="checkbox"/> understand some ‘time’ words such as ‘morning’, ‘afternoon’, ‘today’, ‘tomorrow’ (36 – 50 months) <input type="checkbox"/> use sentences of about 6 words with mostly correct grammar (42 – 54 months) <input type="checkbox"/> speak clearly enough to be understood by anyone (42 – 54 months) <input type="checkbox"/> use language when playing with other children (48 – 60 months) <input type="checkbox"/> talk about things that are happening, have happened or might happen (54 – 66 months) <input type="checkbox"/> explain why something happens such as ‘Mum’s car stopped because the petrol ran out’ (54 – 66 months) <input type="checkbox"/> follow 3 directions such as ‘stand up, get your bag and wait by the door’ (54 – 66 months) <input type="checkbox"/> say how they feel (54 – 66 months)

Learning to move and be active

Babies	Toddlers	Preschoolers
<input type="checkbox"/> kick their legs well (0 – 3 months)	<input type="checkbox"/> kneel on the floor (11 – 13 months)	<input type="checkbox"/> jump off 2 steps and land with feet together (32 – 50 months)
<input type="checkbox"/> lift their head up when lying on tummy (0 – 3 months)	<input type="checkbox"/> walk backwards (12 – 21 months)	<input type="checkbox"/> climb on play equipment (36 – 48 months)
<input type="checkbox"/> lift their head and shoulders when lying on tummy (2 – 4 months)	<input type="checkbox"/> walk by themselves without support (13 – 15 months)	<input type="checkbox"/> balance on either leg for 3 seconds (36 – 48 months)
<input type="checkbox"/> lie on their back and play with their feet (5 – 6 months)	<input type="checkbox"/> bend over to pick up a toy without falling over (16 – 23 months)	<input type="checkbox"/> hop 3 times on 1 foot (36 – 50 months)
<input type="checkbox"/> pull themselves around using their forearms while lying on tummy (5 – 7 months)	<input type="checkbox"/> kick a ball forward (18 – 25 months)	<input type="checkbox"/> run fast outdoors avoiding obstacles (36 – 50 months)
<input type="checkbox"/> roll over from back to tummy (6 – 8 months)	<input type="checkbox"/> jump with both feet off the ground at once (22 – 30 months)	<input type="checkbox"/> jump over low objects without falling (36 – 50 months)
<input type="checkbox"/> sit on their own (8 – 9 months)	<input type="checkbox"/> catch a large ball with both hands (24 – 26 months)	<input type="checkbox"/> kangaroo hop with 2 feet together (36 – 54 months)
<input type="checkbox"/> crawl forward or bottom shuffle (8 – 10 months)	<input type="checkbox"/> ride a pedal bike or pedal toy (24 – 36 months)	<input type="checkbox"/> walk down stairs using alternate feet (36 – 54 months)
<input type="checkbox"/> pull themselves up holding onto furniture (6 – 11 months)	<input type="checkbox"/> walk upstairs using alternate feet (24 – 30 months)	<input type="checkbox"/> run to kick a medium-sized ball (40 – 50 months)
<input type="checkbox"/> move around holding onto furniture (9 – 13 months)	<input type="checkbox"/> get up from kneeling without using hands for support (25 – 32 months)	

Learning to use my hands

Babies	Toddlers	Preschoolers
<ul style="list-style-type: none"> <input type="checkbox"/> use their arms equally (0 – 2 months) <input type="checkbox"/> look at their hands (2 – 3 months) <input type="checkbox"/> reach for a toy and hold briefly (4 – 5 months) <input type="checkbox"/> shake a rattle (4 – 8 months) <input type="checkbox"/> transfer a toy from 1 hand to the other (5 – 7 months) <input type="checkbox"/> practice dropping objects (8 – 10 months) <input type="checkbox"/> bang objects together (8 – 12 months) <input type="checkbox"/> poke things with their pointing finger (9 – 12 months) <input type="checkbox"/> put objects in containers (10 – 11 months) <input type="checkbox"/> pick up small crumbs or objects with their finger and thumb (10 – 12 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> put a round piece back in a simple puzzle (12 – 15 months) <input type="checkbox"/> use their pointing finger to show what they are looking at (12 – 16 months) <input type="checkbox"/> place 2 blocks or objects on top of one another (12 – 16 months) <input type="checkbox"/> put an object or water from 1 container to another (18 – 24 months) <input type="checkbox"/> scribble going round and round (20 – 24 months) <input type="checkbox"/> feed themselves without help (24 – 28 months) <input type="checkbox"/> use child-safe scissors with an adult watching (24 – 36 months) <input type="checkbox"/> draw a circle and cross (24 – 36 months) <input type="checkbox"/> screw and unscrew bottles and jars (24 – 36 months) <input type="checkbox"/> build a tower of 8 blocks (28 – 36 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> hold a pencil with their finger and thumb (36 – 54 months) <input type="checkbox"/> pour liquid from a small container (36 – 54 months) <input type="checkbox"/> put on shoes and socks without help (42 – 48 months) <input type="checkbox"/> string 11 small beads (44 – 50 months) <input type="checkbox"/> copy a ladder and square (48 – 56 months) <input type="checkbox"/> use child-safe scissors to cut out shapes (48 – 60 months) <input type="checkbox"/> fold paper in half with edges meeting (50 – 58 months) <input type="checkbox"/> wash face and hands without help (50 – 60 months) <input type="checkbox"/> begin to write the letters of their name (52 – 60 months) <input type="checkbox"/> draw a recognisable face with eyes, nose, mouth (56 – 64 months)

Learning to work things out

Babies	Toddlers	Preschoolers
<ul style="list-style-type: none"> <input type="checkbox"/> get upset if their toy is taken from them (2 – 5 months) <input type="checkbox"/> like playing with tissue paper (2 – 6 months) <input type="checkbox"/> begin to hold a spoon (4 – 5 months) <input type="checkbox"/> pick up a toy and put it in their mouth (4 – 7 months) <input type="checkbox"/> hold 2 objects at once (6 – 8 months) <input type="checkbox"/> find a hidden toy or object such as hidden under a cup or blanket (7 – 11 months) <input type="checkbox"/> know themselves in the mirror, if that's ok in your culture (7 – 10 months) <input type="checkbox"/> play with cups, spoons and saucers (9 – 11 months) <input type="checkbox"/> hold 3 blocks at once (10 – 11 months) <input type="checkbox"/> pick up and drink from a lidded and closed feeder cup without help (10 – 14 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> manage an open cup without help (15 – 18 months) <input type="checkbox"/> do puzzles of 1 – 3 pieces (15 – 22 months) <input type="checkbox"/> open a door (17 – 19 months) <input type="checkbox"/> take off their shoes and socks (18 – 20 months) <input type="checkbox"/> point to at least 4 body parts on their doll or teddy – hands, hair, feet, eyes, nose and mouth (20 – 24 months) <input type="checkbox"/> ask for things they want (24 – 26 months) <input type="checkbox"/> understand what 'big', 'high', 'long', 'under', 'over', 'on top' and 'around' mean (30 – 40 months) <input type="checkbox"/> count to 4 from memory (36 – 40 months) <input type="checkbox"/> name 6 different colours (40 – 48 months) <input type="checkbox"/> count 4 blocks pointing to each block in order (40 – 48 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> know proper place for own things (30 – 52 months) <input type="checkbox"/> state opposites such as 'big' and 'little', 'high' and 'low', 'wet' and 'dry' (36 – 60 months) <input type="checkbox"/> take the middle block from a line of 5 blocks (45 – 54 months) <input type="checkbox"/> correctly repeat a number with 4 digits (such as 5816 or 4952) (46 – 50 months) <input type="checkbox"/> count 10 blocks pointing to each block without any mistakes (48 – 60 months) <input type="checkbox"/> give a reason why an object or pictured object does not belong with the other 4 (54 – 60 months) <input type="checkbox"/> place 4 pictures in sequence (54 – 62 months) <input type="checkbox"/> find 2 objects in a picture and connect them with a line (56 – 62 months)

Learning to be sociable


Babies	Toddlers	Preschoolers
<ul style="list-style-type: none"> <input type="checkbox"/> smile back when you smile at them (1 – 2 months) <input type="checkbox"/> keep hold of a toy being playfully pulled away (3 – 6 months) <input type="checkbox"/> lift their arms when about to be picked up (5 – 9 months) <input type="checkbox"/> get upset when separated from familiar people (6 – 10 months) <input type="checkbox"/> join in games such as peek-a-boo (8 – 10 months) <input type="checkbox"/> like being cuddled (8 – 10 months) <input type="checkbox"/> only like familiar people to feed, dress, change and comfort them (8 – 12 months) <input type="checkbox"/> show interest in what other people are doing (10 – 12 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> play pretend games such as talk on the telephone and help with household activities (18 – 28 months) <input type="checkbox"/> want to do everything themselves even if they can't (20 – 26 months) <input type="checkbox"/> show you what they like and don't like (20 – 26 months) <input type="checkbox"/> start to undress and help with dressing themselves (21 – 24 months) <input type="checkbox"/> begin to cooperate in play with other children (22 – 26 months) <input type="checkbox"/> learn to share their toys (24 – 30 months) <input type="checkbox"/> learn to be more aware of safety (24 months onwards) <input type="checkbox"/> say their name when asked (28 – 32 months) <input type="checkbox"/> know whether they are a boy or a girl (32 – 36 months) <input type="checkbox"/> say how old they are (42 – 46 months) 	<ul style="list-style-type: none"> <input type="checkbox"/> separate from their parents without crying (36 – 54 months) <input type="checkbox"/> understand the meaning of right and wrong (42 – 50 months) <input type="checkbox"/> dress and undress themselves including buttons, shoes and socks, but not zips (44 – 65 months) <input type="checkbox"/> eat different types of foods (48 – 54 months) <input type="checkbox"/> use the toilet independently (48 – 56 months) <input type="checkbox"/> remain calm if change or disappointment occurs, and no remedy is possible (49 – 55 months) <input type="checkbox"/> attend to a task for 10 minutes without supervision (49 – 60 months) <input type="checkbox"/> have special friends that they like to play with (50 – 60 months) <input type="checkbox"/> behave according to the peer group in moderately structured situations (50 – 60 months)

Your baby's eyesight

Here are some stages of development that can help you know if your baby is seeing correctly.

Babies can:

- > see from birth, but not clearly
- > watch a speaker's eyes and mouth (2 – 3 months)
- > recognise the faces of special people like Mum and Dad (2 – 4 months)
- > follow noiseless moving objects with both eyes (3 – 4 months)
- > search for dropped objects (5 – 7 months).



If your child needs to wear glasses tell them that 'glasses look cool'. If they need to wear a patch for fixing their eyes, help them to keep it on.

Toddlers can:

- > see objects in the distance such as signs or logos
- > point to objects in a book
- > match shapes and objects by colour and size
- > pick out small detail in pictures.

Preschoolers can:

- > begin to colour in within the lines
- > read without tilting their head
- > look at a book without holding it too close or too far away.

All children should be able to use their eyes together without them turning inwards or outwards or wobbling. See your doctor or optometrist if you have any worries about your child's eyesight at any age.

My health checks

Health checks provide an opportunity to review your child's health, growth and development. When your child has a health check your health professional will complete and explain this and record any further comments, follow-up or referral on the summary pages overleaf.

Please tick items once assessed	1 – 4 weeks	6 – 8 weeks	6 – 9 months	18 – 24 months	3 years	4 years (preschool)
Date completed	/ /	/ /	/ /	/ /	/ /	/ /
Age	weeks	weeks	months	months	years	years
Weight	g %	g %	kg %	kg %	kg %	kg %
Length/Height	cm %	cm %	cm %	cm %	cm %	cm %
Head circumference	cm %	cm %	cm %	cm %	cm %	
Head shape, including fontanelles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Mouth/palate	<input type="checkbox"/>	<input type="checkbox"/>				
Eyes (appearance, fixation, following, corneal light reflex, distance vision)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Neurological	<input type="checkbox"/>	<input type="checkbox"/>				
Dental – Lift the Lip			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Femoral pulses	<input type="checkbox"/>	<input type="checkbox"/>				
Hips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Limbs and spine; gait (18 – 24 month and 3 years)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Abdomen and Umbilicus	<input type="checkbox"/>	<input type="checkbox"/>				
Genitalia and Inguinal area	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>			
Testes fully descended R/L	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Cardiovascular (doctor only)	<input type="checkbox"/>	<input type="checkbox"/>				
Hearing (newborns and 4 year olds/preschoolers)	<input type="checkbox"/>	<input type="checkbox"/>				<input type="checkbox"/>
Development			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Immunisation (age appropriate as per schedule)	Y / N	Y / N	Y / N	Y / N		Y / N
Breastfeeding	Y / N	Y / N	Y / N	Y / N		

Health check summary – your health professional will complete this if any follow-up or referral is required.

	Follow-up comment	Refer comment
1 – 4 weeks		
6 – 8 weeks		

Health check summary – your health professional will complete this if any follow-up or referral is required.

	Follow-up comment	Refer comment
6 – 9 months		
18 – 24 months		

Health check summary – your health professional will complete this if any follow-up or referral is required.

	Follow-up comment	Refer comment
3 years		
4 years		