

HealthTips

Make Health Happen

Growth and development:
birth through childhood

Follow your child's development

How your child plays, learns, speaks, and acts can tell you if their development is on track. Delays in any of these areas could be a sign of developmental problems. Take your child to regular well-child checkups. Your child's doctor will check to see if your child is learning basic skills.



Developmental milestones

AGE



2

months



4

months



6

months



9

months



12

months

MILESTONE

Smiles at people, coos, makes gurgling sounds

Turns head toward sounds and can hold head up

Follows things with eyes and recognizes people at a distance

Starts to babble

Uses hands and eyes together, such as seeing a toy and reaching for it

May be able to roll over from tummy to back

Responds to sounds by making sounds

Strings vowels together when babbling ("ah," "eh," "oh") and takes turns with parents while making sounds

May be able to sit without support and rolls over in both directions

Makes many sounds like "mamama" and "bababa"

Puts things in their mouth; uses fingers to point at things

Crawls, stands, holds on, and sits without support

Uses simple gestures, like shaking head "no" or waving "bye-bye"

Says "mama" and "dada" and exclamations like "uh-oh!"

Pulls themselves up to stand

Helpful phone numbers for Dell Children's Health Plan members only
Member Services or 24-hour Nurse HelpLine: 1-888-596-0268 (TTY 711)
Monday through Friday 7 a.m. to 6 p.m. Central time

DellChildrensHealthPlan.com/members

HealthTips

When should your little one have a well-child checkup?



Children 3 and older should have a well-child visit once a year.

Additional tests may be done if your child:



Was born prematurely



Had a low birth weight



Has other medical problems



Learn more at cdc.gov/ncbddd/actearly/milestones.