

## Key developmental milestones in children by age can include:

2 months old: *smiles, coos, reacts to sounds, recognizes familiar faces, follows things with eyes, holds head-up, tries to push up while laying on tummy, soothes herself.*

4 months old: *More active in playing, babbles, mimics sounds and facial expressions, shows more emotions, start of hand-eye coordination, brings hands to mouth.*

6 months old: *Rolls, starts to sit, reacts to other emotions, responds to name, enjoys playing with others, tries to grab things out of reach, passes toys from one hand to the other.*

9 months old: *sits, becomes attached to Mom or Dad, says first word, finger points, plays "peek-a-boo", able to grasp things and bring it to his or her mouth, crawls, pull self-up to stand.*

1 year old: *Stands, shows fear, gets upset when parents leave, says a handful of words, walks while holding onto furniture, follows simple directions, connects object with its name*

2 years old: *mimics what you say or do, enjoys company of other children, walks, says short simple sentences, identifies shapes and colors, builds with blocks, throws a ball, kicks a ball, runs*

3 years old: *shows empathy, shows affection, tries to dress self, converses, vocabulary expands, climbs, climbs stairs, pedals, clicks or pushes buttons, pulls or pushes levers, screws and unscrews containers*

4 years old: *rides a bike, plays well with others, shows skills of memorization, knows first and last name, counts, knows colors, story-tells, likes exploring, plays pretend*

**If your child is/has not met these age-appropriate milestones, register to attend a Pamper My Baby workshop to learn what you can do to ensure your child has the resources needed to enjoy a healthy happy life.**

## Our Story

The Pamper My Baby program was created after Chasing 7 Dreams' founder Tenika Doyle's experience with her son's late diagnosis of Autism.

As an excited new mom, partially unaware of the symptoms, partially unaware of how to access resources, she followed the advice of others and waited for her son to "Move at his own pace," when her baby wasn't hitting age-appropriate milestones. As a result, the Pamper My Baby program was developed to help parents navigate uncharted medical, social/emotional, physical and cognitive developmental stages that their child should be achieving.

And if they are not, help parents and caregivers secure early intervention services that could significantly improve their child's quality of life through education, awareness, and support services to prevent a late diagnosis. Early intervention is vital to help improve the child's outcomes and to help families access the resources needed to meet their child's needs.

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## Pamper My Baby Program

### Support services for parents and caregivers on:

- *Healthy child development stages*
- *Promoting your child's social, emotional, physical and cognitive growth*
- *Identifying early signs of intellectual and developmental disabilities in toddlers 0-48*
- *Advocating for children with special needs*
- *How to talk to your child's doctor*

## ***What is Pamper My Baby?***

Pamper My Baby is a workshop facilitated by trained healthcare, advocacy, and support service providers to help parents/caregivers of babies 0-48 months to ensure their child accomplishes healthy and timely development milestones.

There are several key milestones in child development that your child should reach, especially in the first year of life. Keeping track of key milestones a baby reaches can help your pediatrician determine if your child needs additional support services. It can also provide reassurance to parents that their baby is developing on track.

Our Purpose is to provide support, education, resources, and advocacy for healthy child development which promotes a child's social/emotional, physical and cognitive growth.

***Participants who complete the full workshop and complete our participant survey, qualify to receive a free package of diapers (while supplies last).***

***Thanks to the generosity of our Community Partners.***

## ***Pamper the Mind***

The early years of your baby's life set the stage for good health and development in their later years.

Brain development is critical and starts at birth and continues to develop and change well into their adulthood. So, the first several years help to build the foundation for future learning, health, and overall well-being.



Learn more about the mental, emotional and cognitive development of your child with these resources:

-[cdc.gov/ncbddd/actearly/milestones](https://www.cdc.gov/ncbddd/actearly/milestones)  
-[cdc.gov/ncbddd/actearly/concerned](https://www.cdc.gov/ncbddd/actearly/concerned)  
-[cdc.gov/ncbddd/actearly/resources.html](https://www.cdc.gov/ncbddd/actearly/resources.html)  
-[cdc.gov/ncbddd/actearly/parents/index.html](https://www.cdc.gov/ncbddd/actearly/parents/index.html)

## ***Pamper the Body***

The way parents and caregivers can determine if their child is reaching age-appropriate milestones is by observing their play, how they learn, speech patterns/level of speech, behavior, social and interpersonal skills.

Nutrition is also an important factor. Making sure your baby is getting the right foods at the right time makes a difference.

Your child's pediatrician should be providing you with the type of food your child should be eating at various ages to support and encourage healthy growth.

To help you observe your child

- *Play with your baby*
- *Listen to music with your baby*
- *Talk and read with your baby*
- *Serve them healthy, nutritious food (read labels, make their food)*

