

Key Developmental Milestones

2 Months Old: smiles, makes sounds other than crying, reacts to loud sounds, follows things with their eyes, holds head-up when on their tummy

4 Months Old: makes cooing sounds, turns their head toward the sound of your voice, holds their head steady without support when holding them, brings hands to their mouth

6 Months Old: laughs, knows familiar faces, puts things in their mouth, rolls from their tummy to back

9 Months Old: shows several facial expressions, says first word, plays peek-a-boo, gets to a sitting position by themselves

1 Year Old: waves hello and good-bye, calls for a parent, pulls up to stand, walks

2 Year Old: notices emotions, points to things in a book, says at least two words, eats with a spoon

3 Year Old: notices other children and joins them in play, asks questions, draws, puts on some clothes

4 Year Old: pretend plays, avoids danger, likes being a helper, says sentences with four or more words

Our Story

The Pamper My Baby program was created after Chasing 7 Dreams founder, Tenika Doyle, experienced a late diagnosis of Autism with her son. As an excited new mother, she was only partially aware of the symptoms of Autism and unfamiliar with how to access available resources. She followed the advice of others and waited for her son to “move at his own pace,” even though he was not meeting his age-appropriate developmental milestones.

Pamper My Baby was created to help parents and caregivers understand the important developmental milestones their child should be reaching. If a child is not meeting these milestones, the program teaches families why early intervention matters and shows them how to get the services they need to avoid a delayed diagnosis.

Contact Us

www.Chasing7Dreams.org

pmb@Chasing7Dreams.org

877-774-7978

6371 Haven Ave #3-178
Rancho Cucamonga, CA 91737



Pamper My Baby Program

Empowering Parents Through
Education to Advocate for
their Child's Healthy
Development

www.Chasing7Dreams.org
Vendor #PJ6210

What is Pamper My Baby?

Pamper My Baby is a workshop led by trained healthcare, advocacy, and support professionals that helps parents and caregivers of babies 0 to 48 months make sure their child reaches healthy and timely developmental milestones.



Our purpose is to provide support, education, resources, and advocacy for healthy child development, promoting a child's social, emotional, physical and cognitive growth.



Parent Check-In

One-hour virtual zoom call for parents and caregivers who attend a PMB workshop.

Chat with a License Therapist (LMFT) and our Chasing 7 Dreams Parent Advocate, share your experience, and meet other PMB parents.



Workshops

Educational workshops about healthy child development and the importance of early intervention. New parents learn how their child is growing and developing, how to support and speak up for their child's needs, and how to access helpful resources and services.

Speakers

Board-Certified Behavior Analyst (BCBA)
Speech Pathologist
Occupational Therapist
Nutritionist
Licensed Marriage and Family Therapist (LMFT)
Local Service Providers

Resources

FREE Diapers
FREE Developmental Toys
Access to Professionals
Access to Parent Advocate
Parent Support Network