



## Typical Developmental Milestones of Early Infancy

### **2 months:** What babies can do?

- Calm him/herself
- Begins to smile
- Tries to look at a parent
- Coos
- Turns head toward sounds
- Pays attention to faces
- Begins to follow things with eyes
- Hold head up and begin to push while lying on stomach

### **How can I help?**

- Cuddle, talk, and play with your baby
- Help your baby learn to calm him/herself
- Begin to help forming a routine for sleeping more at night and regular schedules
- Pat attention to your baby's dislikes
- Act excited and smile when your baby makes noise
- Talk, read, play peek-a-boo, and sing to your baby
- Place a baby-safe mirror in your baby's crib to start to look and focus on her/himself

### **4 months:** What babies can do?

- Smiles spontaneously
- Copies some movements (smiling or frowning)
- Babbles
- Copies sounds
- Cries in different ways to show hunger, pain, or being tired
- Recognizes familiar people

### **How I can help?**

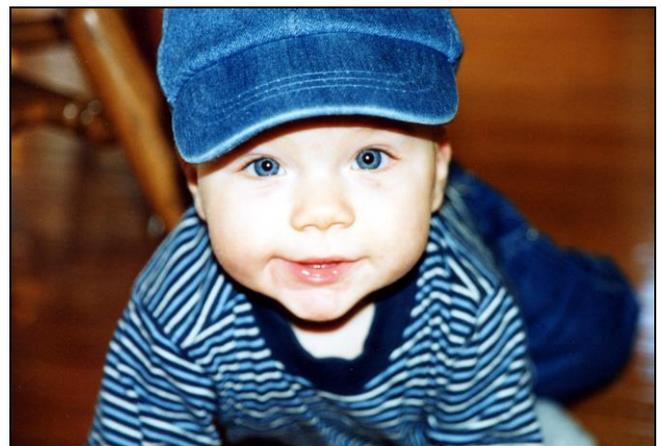
- Hold and talk to your baby in a cheerful voice
- Copy your baby's sounds
- Talk, read, play peek-a-boo, and sing to your baby
- Put toys and rattles in hands and near feet
- Hold your baby upright with feet on the floor
- Start routines for sleeping and feeding

### **6 months:** What babies can do?

- Knows familiar faces and like to play with parents
- Likes to look at self in the mirror
- Responds to sounds
- Talk, read, play peek-a-boo, and sing to your baby
- Strings vowels together and begins to say consonants
- Shows joy in making sounds
- Responds to own name
- Puts lots of things in the mouth
- Rolls over front to back and back to front
- Begins to sit

### **How I can help?**

- Play on the floor daily
- Learn your baby's moods
- Use reciprocal play-when baby smiles, you smile; when baby jabbles, you jabber
- Read books daily
- Point at what your baby looks at
- Read colorful picture books
- Point out new things to your baby
- Put toys just out of reach so baby needs to move to get them





## Typical Developmental Milestones of Later Infancy

### **9 months:** What babies can do?

- May be fearful of strangers and clingy with familiar adults
- Has favorite toys
- Understands “no”
- Makes mamamama and babababa sounds
- Copies sounds
- Follows object when it falls
- Plays peek-a-boo
- Stands, holding on
- Crawls
- Sits without support

### **How I can help?**

- Pay attention to new situations
- Stay close by as your baby moves for safety
- Play demonstrating taking turns
- Ask for behaviors you want to see, “Time to sit”
- Start cause and effect teaching with cars rolling, blocks in/out of a container
- Read, play peek-a-boo, and sing to your baby

### **12 months:** What your child can do?

- Cries when mom and dad leave
- Shows fear
- Hands a book when wants a story read
- Repeats sounds to get attention
- Plays peek-a-boo and pat-a-cake
- Shakes head no, waves bye-bye
- Says mama and dada
- Explores by shaking, banging, and throwing
- Pokes with index finger
- Starts to drink from a cup
- Cruising along the furniture
- Stands along, may take a few steps

### **How I can help?**

- Allow time for new care providers
- Use praise for good behavior
- Say no firmly and if needed time out for bad behavior (1 minute for each year of age)

- Read daily and have child turn pages
- Sing songs with actions like “itsy bitsy spider” and “wheels on the bus”
- Play with blocks and shape sorters
- Use crayons and paper to allow drawing

### **18 months:** What your child can do?

- Likes to hand objects to others in play
- May have temper tantrums and be afraid of strangers
- May cling to caregivers
- Says several single words
- Points to something he/she wants
- Knows ordinary objects (brush, spoon)
- Points to body parts
- Scribbles
- Follows one step commands
- Drinks from a cup
- Walk alone



### **How I can help?**

- Provide loving and safe environment that is predictable
- Praise good behaviors
- Encourage pretend play
- Read books with simple words
- Name pictures in books and body parts
- Play with blocks, balls, puzzles, books, and toys that help with problem solving skills
- Blow bubbles and ask your child to pop them



## Typical Developmental Milestones of Childhood

### Toddler/Early School Age:

#### **2 year-old:** What your child can do?

- Copies others
- Shows more independence
- Shows defiant behavior
- Says 2-4 words
- Knows familiar people and body parts
- Points to things in a book

#### **How I can help?**

- Encourage chores at home and praise being a good helper
- Allow play dates and collateral play or “playing next to but not with” other children
- Teach body parts, animals, and other common things
- Hide toys and encourage child to find them
- Read daily
- Help build puzzles
- Do art projects with crayons, paint, and paper and display them proudly
- Kick a ball with your child back and forth
- Take your child to nature trails and explore together

#### **3 year-old:** What your child can do?

- Copies adults
- Shows a wide range of emotions
- Takes turns in games
- Dresses and undresses self
- Understands possession or “mine”
- Separates easily with mom and dad
- Follows instructions for 2-3 steps
- Says first name, age, and sex
- Identifies a friend
- Can say 2-3 sentences
- Climbs well
- Pedals a tricycle
- Walks up and down stairs

#### **How I can help?**

- Encourage play groups
- Talk about emotions
- Read daily
- Provide a child activity box with paper, crayons, and coloring books
- Play counting and matching games
- Hold your child's hand going up and down stairs
- Play outside
- Walk in the park and on a trail
- Demonstrate safe bike use with a helmet





## Typical Developmental Milestones of Childhood

### **4 year-old:** What your child can do?

- Becomes more creative and make-believe play
- Enjoys playing with others than by him/herself
- Cooperates with other children
- Tells story and remembers parts of a story
- Sings a song “itsy bitsy spider” and “wheels on the bus”
- Knows pronouns (he/she)
- Says first and last name
- Names colors and some numbers
- Stand on one foot for 2 seconds
- Uses scissors

### **How I can help?**

- Play make-believe
- Give simple chores
- During play dates, let the kids solve problems. Offer help only if needed
- Provide toys fostering imagination like dress up, kitchen sets, blocks, legos
- Use good grammar
- Use words that say a sequence like “first,” “second,” and “finally”
- Teach outdoor games like tag, follow the leader, and duck duck goose
- Encourage movement using music and dance

### **5 year-old:** What your child can do?

- Wants to make and please friends
- More likely to agree to rules
- Likes to sing, dance, and act
- Aware of gender
- Understands what make-believe is
- Says name and address
- Counts 10 or more things
- Prints some letters and numbers
- Stands on one foot for 10 seconds
- Hops, can do somersault, swing, and climb
- Can use toilet on own
- Uses fork and spoon and sometimes table knife

### **How I can help?**

- Arrange play dates, trips to the part, and play groups
- Teach address and phone number
- Teach concepts of morning, afternoon, evening, today, tomorrow, and yesterday
- Keep art supplies (crayons, paper, paint, scissors, and paste available)
- Help your child on the monkey bars
- Help your child ride a bike with training wheels using a helmet

**Childhood:** Continue to encourage and foster activities that support independence, confidence, and explore learning in the school age years. This is an opportunity for regular socialization outside of the family and connections with a peer group to promote academic and social learning. Should any concerns arise, we encourage you to work with your child’s pediatrician, cardiology team (including our school liaison), and school system to maximize your child’s development.

**Adolescent:** Tremendous growth, development, and exploration of boundaries is explored in the world is common in adolescence. Moods and sleep patterns may change. Children are learning about expanding their horizons in education, personal relationships, expanding transportation options, and exploring other potentially health risky behaviors. As a parent this can be quite daunting and frightening to witness and observe. Providing a positive foundation with strong open-ended communications and flexibility to allow learning is key ensuring a healthy development.

**Disclaimer:** These general milestones are highlighted but the process is most important for your child. Every child’s timeline is different with or without Congenital Heart Disease (CHD). If your baby was preterm, the milestones should be assessed in terms of **months after the due date**, not the birthday. Common factors include: environment, social, emotional, physical, and health variables. The care / treatment required in a CHD diagnosis, can impact milestone achievement. Our goal is to engage and foster normal development and intervene early to minimize any delay in reaching these typical infant milestones. For specific questions, contact your pediatrician, cardiology team member, or early intervention team (PT, OT, Speech, or NICU-Cardiac Neurodevelopmental Support Program



## Top 10 Healthy Habits to Encourage at Any Age

1. **Immunizations:** Keep your immunizations up to date to prevent your child and others from serious diseases.
2. **Dental Care:** Keep your teeth healthy to promote good heart health by starting a regular brushing and flossing routine early in life. Cavities are preventable and reversible if treated. Be aware that children with congenital heart defects (CHD) are at higher risk for cavities and other dental issues which can increase the risk of heart related infection. Foster a lifelong habit early of brushing twice daily and scheduling routine cleaning.
  - a. Schedule your child for an appointment with a pediatric dentist at 6-12 months of age.
  - b. Always ask if your child should take antibiotics before seeing the dentist to protect against infection.
  - c. One option for dental care is Lurie Children's Hospital Dentists at 312-227-6056. The team has a longstanding history of providing complex care and understand the necessity of antibiotic prophylaxis and cardiac anesthesia.
3. **Healthy Lungs:** Eliminate second hand smoke for the health of your baby's heart and lungs.
4. **Nutrition:** Focus on heart-healthy nutritional habits early in life for your family (minimize fruit juice or soda, sugary sweets and maximize food choices with high protein, fruits, and vegetables). This forms a behavior that will last a lifetime.
5. **Family Time:** Focus on keep moving as a family on walks, hikes, bike rides, swimming, etc.
6. **Be Active:** Movement and activity is important for patients with single ventricle disease to keep the heart healthy. Thirty minutes of exercise five times a week is a healthy start. There are some activities like weight lifting and some contact sports that are restricted. Discuss with your cardiology team if there are any activity restrictions for your child.
7. **Talk Time:** Providing opportunities to discuss and talk openly about emotions, thoughts, and feelings without judgement.
8. **Puberty:** Ask about the safety of oral contraceptives (birth control pills) for your daughter when she grows older. Some types of birth control pills are unsafe for patients with CHD.
9. **Have a plan for risk taking behaviors:** Plan on talking to your child about how smoking, drugs and alcohol can harm their heart. Discussing this in a safe family environment encourages an action plan when risk taking behaviors present in life.
10. **Independence and ownership of health care:** Keep your child involved with their health care and asking questions. Talk to your child about their heart condition, their medicines, and help them understand and learn about their heart and how to keep it healthy. Before you know it, your child will soon be all grown up. By taking the time to create a lifelong environment or culture of health care learning, your child can achieve health care autonomy in adulthood.