



Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Explore objects by bringing them to my mouth.				
Respond to sounds and voices.				
Stare.				
Examine my surroundings.				
Reach and grab at objects.				
Bat with my hands and feet.				
Fall asleep by myself.				
Watch and follow moving objects.				
Desire attention and affection.				
Laugh and giggle.				
Interact with my family and friends.				
Anticipate comfort and stop crying when you approach or pick me up.				
Respond to familiar faces by smiling, vocalizing, moving my arms and legs, etc.				
Enjoy looking in the mirror.				
Roll from side to side.				
Lift my head and chest while on my stomach.				
Sit with some help.				
Examine toys with hands and fingers.				
Try to pull myself up to a standing position.				
Distinguish between familiar and unfamiliar voices.				
Listen to my own sounds.				
Locate sounds in my area.				
Gurgle and coo.				
Practice sounds when I am alone.				
Reach out when on my stomach.				
Hold something in either hand.				
Recognize familiar people.				

✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: You should enroll your infant in an exercise class or purchase equipment that will stimulate muscle development to build strong muscles.

Reality: Infants need space for muscle development, not expensive equipment or classes. Babies are born with a built in desire to move. This natural urge to be physically active stimulates their involvement in developing strong muscle tone.

Placing your child in an open space allows freedom to wiggle the arms and legs and roll from side to side. Placing your child on his stomach within reach of an attractive object encourages lifting the head and using his arms for support. Putting him on his back within kicking distance of a soft noisy object invites curious legs to investigate.

Providing a safe and healthy environment at home will encourage your infant to respond to his inner need to be physically active. Communicating words of praise and encouragement will help your infant feel good about his accomplishments and be motivated to push on.

Developmental Tip: Infant Safety

It is important to remember that the span of your infant's reach increases as he gains control over voluntary movement. The natural desire to explore everything within reach now includes everything he can roll over to or wiggle to grab.

Your child's improved ability to examine his environment calls for an increased alertness on your part to what can be a potential danger. It takes just a minute to roll across a double sized bed. An infant loves to explore with his mouth and is not picky about what he puts in it. His newly developed skill of grasping objects can easily be demonstrated as he is carried from place to place.

Being aware of your child's developing skills will help you think ahead and avoid dangerous situations.

Activity Center

Talking/Singing	Cars/Trucks
Rocking/Cuddling	Soft cuddly toys
Imitate baby's sounds	Boxes
Change scenery	Stacking rings
Books - hard/vinyl	Rug squares
Music - tapes/bells, chimes	Xylophone
Floor blanket or quilt	Water/Sand toys
Blocks	Musical toys
Bath Toys	Peek-a-boo
Toys with keys and buttons to press	Pat-a-cake
Recite simple nursery rhymes	Play keys

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