



## Watch Me Grow Series Developmental Checklist

### Share My Discovery As I:

|   | Attempts | Practicing | Accomplished | Mastered |
|---|----------|------------|--------------|----------|
| Drop things on purpose.   |          |            |              |          |
| Look for things that have been dropped.                             |          |            |              |          |
| Observe the effects of throwing, dropping and banging objects.      |          |            |              |          |
| Search for interesting objects.                                     |          |            |              |          |
| Closely examine small objects and details.                          |          |            |              |          |
| Explore things by putting them in my mouth.                         |          |            |              |          |
| Uncover hidden objects.   |          |            |              |          |
| Begin to tell the difference between familiar and unfamiliar faces. |          |            |              |          |
| Listen to sounds.   |          |            |              |          |
| Enjoy social interaction.   |          |            |              |          |
| Show excitement and frustration.                                    |          |            |              |          |
| Become uneasy around strangers.                                     |          |            |              |          |
| Eat some solid table foods.   |          |            |              |          |
| Copy familiar actions.  |          |            |              |          |
| Reacts to name.   |          |            |              |          |
| Sit with support.   |          |            |              |          |
| Roll-scoot-drag.  |          |            |              |          |
| Stand while holding onto object.                                    |          |            |              |          |
| Grasp and explore objects.  |          |            |              |          |
| Transfer objects from one hand to another.                          |          |            |              |          |
| Bang, drop, shake and throw objects.                                |          |            |              |          |
| Hold a bottle.  |          |            |              |          |
| Rock on hands and knees.  |          |            |              |          |
| Vocalize simple syllables.  |          |            |              |          |
| Listen closely to your voice.                                       |          |            |              |          |
| Enjoy squealing and making other sounds.                            |          |            |              |          |
| Play Peek-a-Boo.  |          |            |              |          |
| Say "mama" or "dada".   |          |            |              |          |
| Grasp object with thumb and finger.                                 |          |            |              |          |



## ✓ Reality Check: Parenting Myths vs. Parenting Reality

**Myth:** He/she is only a baby; he/she can't or shouldn't get into many things.

**Reality:** It may surprise you to discover a child doesn't have to sit or walk to be able to get into "everything." In reality, an infant's desire to learn through exploration is as basic as the need to eat, sleep and be comforted. Finding a balance between the need to explore and the need to limit becomes a constant parental challenge. You want to encourage your infant's learning but it is common to get irritated when you have to pick up the magazines for the tenth time and seem to be using "No, No" constantly throughout the day.

Instead of using the constant verbal "No, No" approach, try babyproofing your home. This means putting things you don't want your infant to have in places where he/she cannot reach. Babyproofing is a positive concept which concentrates on setting up a home that allows an infant to safely explore and learn. To babyproof your home you need to make two lists; one list consisting of absolutes to keep out of reach for safety reasons (poisons, medicines, cleaning agents, etc.) and another list of things that are nuisance items (TV control, newspapers, magazines, stereos, etc.). Keeping these things out of an infant's reach makes life safer and happier for the infant as well as calmer for the parent. Remember to keep toys and simple books available to keep your infant interested and encouraged in the continual process of learning.



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