

Talking with the doctor about your child



You Know Your Child Best

- Every child is different.
- You are the expert.
- You know how your child responds to you and others, listens and understands, babbles and talks, and uses her hands and feet.

Talk With The Doctor About Your Child

- This will help the doctor understand how your child is doing.
- Families have different ideas about how children develop. Share what you think with your child's doctor.
- Ask your child's doctor what you can do to help your child grow and develop. The doctor may give you ideas about what you can do.
- Discuss your concerns at scheduled visits. Schedule a special appointment if you still have concerns.

Talk With The Doctor About Your Child's Development

Newborn to 2 month olds can:

- Smile
- Coo
- Suck and swallow
- Raise head and chest when on tummy



Try this

- Cuddle your baby when he cries
- Talk and sing to your baby
- Tell stories and read to your baby
- Encourage play with toys



3 to 6 month olds can:

- Babble and make sounds
- Smile
- Turn toward sounds
- Transfer a toy from hand to hand
- Roll over (4 months)
- Sit without support (6 months)

Try this

- Read and share picture books with your baby
- Talk and sing to your baby
- Establish a bedtime routine
- Play games like Peek-a-Boo

7 to 9 month olds can:

- Make sounds like “mama” and “dada”
- Respond to her own name
- Eat pureed foods
- Crawl

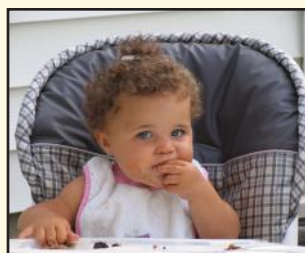
Try this

- Read to and share picture books with your baby
- Talk and sing with your baby
- Establish a bedtime routine
- Play games like Pat-a-Cake



10 to 12 month olds can:

- Say 1-3 words in addition to “mama” and “dada”
- Play Peek-a-Boo or Pat-a-Cake
- Bang two toys together
- Take a few steps alone
- Feed herself using fingers



Try this

- Read and share picture books with your child
- Talk about what you and your child are doing and seeing together
- Put your baby's sounds and actions into words
- Continue a bedtime routine
- Praise your child for good behavior



13 to 15 month olds can:

- Say 3-5 words in addition to “mama” and “dada”
- Point to one or more body parts
- Drink from a cup
- Walk well alone

Try this

- Talk and read to your toddler
- Sing and play
- Encourage your toddler to imitate words

- Continue a bedtime routine
- Encourage your toddler to play with other children

16 to 23 month olds can:

- Say 15-50 words
- Understand simple instructions (like “come to mama”)
- Show affection, give kisses
- Walk quickly or run
- Use a spoon

Try this

- Read and talk to your toddler
- Sing and play
- Ask your toddler questions
- Praise your toddler for good behavior
- Provide choices whenever possible



2 year olds can:

- Combine 2 words
- Follow a two-step command
- Make lines with a crayon
- Run and kick a ball
- Change activities with little frustration

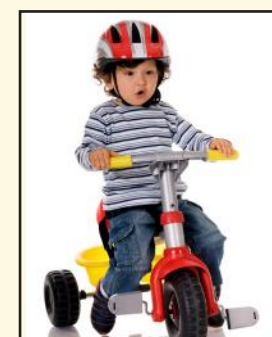


Try this

- Read and share books, encourage your child to point out letters and words, describe pictures, tell you the story
- Talk and sing songs with your child
- Turn your child's words into phrases and sentences
- Praise your child for good behavior
- Provide choices whenever possible
- Continue a bedtime routine
- Plan ahead to prevent upsets and give your child a 5 minute notice before leaving or changing activities

3 year olds can:

- Use 3 word phrases
- Ride a tricycle
- Copy a circle
- Get dressed with your help



4 year olds can:

- Use sentences with 4 or more words
- Draw a person with several body parts
- Give his first and last name
- Hop and jump on one foot

Try this

- Read and share books, encourage your child to point out letters and words, describe pictures, tell you the story
- Ask your child questions that give her an opportunity to share ideas
- Provide opportunities for play with other children
- Provide choices whenever possible
- Praise your child when he helps
- Encourage your child to talk about friends and school

Prepare For Your Appointment

Use these questions to help you talk about development with your child's doctor.

Use the space provided to make notes or write down your own questions before you see the doctor.

2 and 4 Month Visits

- How does your baby respond when talked to?
- When does your baby make sounds?
- What sounds does your baby make?
- When does your baby smile?
- How does your baby move? (Does he hold his head up? Kick his arms and legs? Roll?)

• Your questions:

6 and 9 Month Visits

- What sounds does your baby make?
- How does your baby move? (Does she sit up? Roll? Crawl?)
- How does your baby pick up things?
- How does your baby ask for what he wants? (Does he point? Grunt? Cry?)
- How does your baby respond to you? (Does she look toward you? Notice you when you speak?)
- What does your baby eat?

• Your questions:

12 and 15 Month Visits

- Count the number of words your child uses (in any language).
- How does your child ask for what he wants? (Does he point? Grunt? Cry? Say the word?)
- Does your child walk?
- How does your child respond to you (Does she look at you? Play with you? Try to talk to you?)
- How does your child play with you?
- Does your child drink from a cup?

• Your questions:

18 Month Visit

- Count the number of words your child uses (in any language).
- How does your child ask for what he wants? (Does he point? Grunt? Cry? Say words?)
- Does your child run?
- How does your child play with other children?
- Does your child repeat the same odd actions or movements over and over again?
- **Your questions:**

24 Month Visit

- Count the number of words your child uses (in any language).
- Does your child combine 2 words when talking?
- How does your child react when you say “no” to something she wants?
- How does your child play with other children?
- Does your child repeat the same odd actions or movements over and over again?
- **Your questions:**

36 Month Visit

- Does your child use simple sentences?
- Can other people understand most of what your child says?
- How does your child react when you say “no” to something he wants?
- Can your child kick a ball?
- How does your child play with other children?
- **Your questions:**

48 Month Visit

- How many words does your child use in a sentence?
- Can other people understand everything your child says?
- What can your child draw?
- How does your child play with other children?
- **Your questions:**

What To Do

When You Have a Concern . . .

Share Your Concerns

- Be ready, and share your thoughts and concerns with your child's doctor.
- Let the doctor know at the start of the visit that you have a concern or question about your child.
- Your child's doctor may have suggestions about what to do next. He or she may send you to another doctor or suggest activities to help your child.

Ask Questions

- What can I do to help my child's development?
- What developmental changes can I look for?
- Who else can I talk to about my concerns?
- When should I make another appointment?

Keep Good Records

- Keep all of your child's records organized and in one place. A binder or folder works well.
- Keep notes from all conversations with the doctor about your child's development.
- Write down days and times that you talk with your child's doctor or any professional about your concerns.

What To Do

If You Need More Help . . .

Your first call should be to your child's doctor

In addition, there are resources in your community to answer questions about your child's development.

Early Start: (800) 515-2229

- If your child is younger than 36 months, the doctor may refer you to Early Start, a program that supports the learning and development of young children.
- Any parent with a concern about their child's development can call to refer their child. You do not need a doctor's referral.

School District

- If your child is 3 years or older, contact your local school or school district. Ask for an assessment for your child.

Community Resources: 211

- Call 2-1-1 for information about community resources, including services for children birth to 5 years of age.



PHFE WIC Program
1-888-942-2229

www.phfewic.org

www.WICOnlineEducation.org

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