



# DID YOU KNOW?

In the first years of life your baby needs opportunities to develop new skills to reach their full potential, however, sometimes your baby might need additional support or professional help

## Do you know when to ask for help?

You need to ask for help if:

### 1 0-6 months old:



- Your baby does not lift their head and neck when lying on their tummy
- Does not follow an object with their eyes
- Does not hold objects in their hands
- Your baby's body is stiff or rigid
- Does not make eye contact with you, cries a lot, even after all their basic needs have been met

### 2 6-9 months old:



- Your baby does not sit up, rock back and forth on their hands and knees, or turn around when lying down
- Does not pass objects from one hand to the other
- Does not make sounds, and seems uninterested in exploring their surroundings
- Does not use fingers to point to objects



### 3 9-12 months old:



- Your baby does not babble
- Does not crawl or try to stand up
- Has difficulty trying to grab small objects like a piece of cereal
- Does not mimic (waving bye-bye, following gaze)
- Does not respond to their name
- Does not seem interested in things happening around them

No one knows your baby better than you. You are their first teacher. You can help your baby learn new skills to support their healthy development.

Request a free developmental screen from Help Me Grow or from your pediatrician to:

- Know how your baby is growing and learning
- Get ideas about age-appropriate activities that promote child development
- Connect to community resources

It is recommended to complete the first screen when your baby is 3 months old.

At any age, talk to your pediatrician if you have concerns about your baby's development.

If you need help, contact a child development specialist for free at Help Me Grow Yolo.

Visit: [Helpmegrowca.org](http://Helpmegrowca.org) or [Helpmegrowyolo.org](http://Helpmegrowyolo.org)

844-410-4769

Toll free