



# The First Steps Are the Most Important

As a parent, you know your child best, but it can be hard to know what to expect in terms of development. First Steps is Indiana's go-to resource to help you through the process.

## What Is First Steps?

First Steps is Indiana's early intervention program that provides services to children from birth to their third birthday who have developmental delays or disabilities. We bring families together with a local network of professionals to provide a variety of services in the child's natural environment.

We have personnel all across Indiana and provide services to your child wherever it's most convenient, many times in-home.

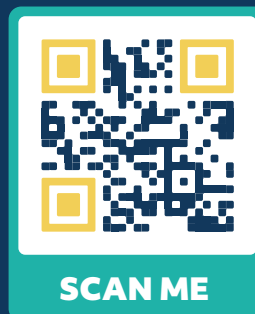
## Take Action

First Steps can help you ensure that your child is meeting milestones for his or her age. Not sure what to look for when it comes to playing, learning, speaking, hearing and more? Look to us.

Talk to your child's doctor regularly about his/her growth, and First Steps will be here to support you should you need it.

## Important Milestones for Your Child

Almost everything your child does can offer a sign of development. Here are some highlights of CDC milestones to be aware of during the first year of development. Get the full milestones by scanning this QR code on your mobile device.



### 1-2 Months

- Turns head in direction that cheek is touched
- Able to suck and/or swallow easily
- Startles easily in response to loud noise
- Gaining in length and weight
- Pays attention to someone's face in direct line of sight

### 3-4 Months

- Makes sounds other than crying
- Holds a rattle and smiles
- Rolls from stomach to back
- Turns head toward bright light and color
- Shows gains in height and weight

### 4-6 Months

- Reaches for and grasps objects
- Moves toys from hand to hand
- Smiles in response to others
- Rolls from stomach to back and back to stomach
- Balances while sitting for a few seconds

### 6-9 Months

- Creeps or crawls forward on tummy by moving arms and legs
- Babbles and laughs out loud, plays pat-a-cake and peek-a-boo
- Sits independently
- Turns head to locate sounds
- Shows gains in height and weight

### 9-12 Months

- Pulls to a stand
- Picks up small objects
- Crawls on hands and knees, walks with both hands held
- Imitates simple sounds, waves "bye-bye"

## Don't Wait.

Take advantage of the information and guidance First Steps can provide **today**.

The American Academy of Pediatrics recommends\* that children be screened for general development using standardized, validated tools at 9, 18 or 30 months and for autism at 18 and 24 months or whenever a parent or provider has a concern.

\*<https://pediatrics.aappublications.org/content/145/1/e20193449>

