



To schedule an appointment call  
(620) 326-8906 ext.  
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### What is Child Check?

Child check is a free developmental screening to check a child's learning, speaking, moving, seeing and hearing skills. Since all children develop differently parents may not know if their child is on the right track. If a child needs further evaluation, a referral will be made to the appropriate service.



Child checks are held once monthly in the Futures Resource Center (FRC) at 2414 North A street. They are by appointment only and services are free.



Futures Unlimited, Inc.  
2410 North A  
Wellington, KS 67152  
(620) 326-8906

in collaboration with  
*The Women of Wellington.*

# Child Checks

Is your child on target developmentally?



**FREE**  
**developmental**  
**screenings for**  
**ages 0-5**



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## Developmental Milestones

Listed below are some skills that are signs of typical development for children from birth to 5 years of age. Remember, each child is different and may learn and grow at a different pace. These differences may or may not be cause for concern. As a parent you are the most important observer of your child's growth and development.

### By 3 months

#### Thinking and Moving

Turn head from side to side when lying on his/her stomach  
Follow a moving object or person with his/her eyes  
Grasp rattle when given to him/her  
Wiggle and kick with arms and legs  
Turn head toward bright colors and lights  
Turn toward the sound of a human voice  
Respond to your shaking a rattle or ball

#### Talking and Playing

Make cooing, gurgling sounds  
Smile when smiled at  
Communicate hunger, fear, discomfort (through crying or facial expression)  
Usually quiet down at the sound of a soothing voice or when held  
Anticipate being lifted  
React to "peek-a-boo" games

### By 6 months

#### Thinking and Moving

Hold head steady when sitting with your help  
Reach for and grasp objects  
Help hold the bottle during feeding  
Explore by mouthing and banging objects  
Move toys from one hand to another  
Shake a rattle  
Pull up to a sitting position on his/her own if you grasp his/her hands  
Sit with only a little support  
Sit in a high chair  
Roll over  
Open his/her mouth for the spoon  
Imitate familiar actions you perform

#### Talking and Playing

Babble, making almost sing-song sounds  
Know familiar faces  
Laugh and squeal with delight  
Scream if annoyed  
Smile at his/herself in a mirror

### By 12 months

#### Thinking and Moving

Drink from a cup with help  
Grasp small objects by using his/her thumb and index or forefinger  
Use his/her first finger to poke or point  
Put small blocks in and take them out of a container  
Sit well without support  
Crawl on hands and knees  
Pull himself to stand or take steps holding onto furniture  
Cooperate with dressing by offering a foot or an arm  
Copy sounds and actions you make  
Look for an object she/he watched fall out of sight (such as a spoon that falls under the table)

#### Talking and Playing

Babble, but it sometimes "sounds like" talking  
Say his/her first word  
Recognize family members' names  
Raise his/her arms when she wants to be picked up  
Understand simple commands

### By 18 months

#### Thinking and Moving

Like to pull, push, and dump things  
Turn pages in a book  
Stack 2 blocks  
Walk without help  
Run stiffly, with eyes on the ground  
Identify an object in a picture book  
Put a round lid on a round pot  
Follow simple 1-step directions  
Solve problems by trial and error

#### Talking and Playing

Say 8-10 words you can understand  
Look at a person who is talking to him/her  
Use "hi," "bye" and "please," with reminders  
Ask for something by pointing or by using one word  
Become anxious when separated from parents

Bring toys to share with parent  
Act out a familiar activity in play  
Compete with other children for toys  
Recognize himself/herself in the mirror or in pictures  
Seem selfish at times

### By age 2

#### Thinking and Moving

Feed himself/herself with a spoon  
Put arms in sleeves with help  
Build a tower of 3-4 blocks  
Toss or roll a large ball  
Bend over to pick up a toy and not fall  
Walk up steps with help  
Take steps backward  
Like to take things apart  
Explore surroundings  
Point to 5-6 parts of a doll when asked

#### Talking and Playing

Have a vocabulary of several hundred words  
Use 2-3 word sentences  
Listen to short rhymes  
Like to imitate parents  
Sometimes get angry and have temper tantrums  
Comfort a distressed friend or parent

### By age 3

#### Thinking and Moving

Feed self with some spilling  
Wash and dry hands  
Take off simple clothes  
Mark purposefully with crayon  
Throw a ball over head  
Pedal a trike  
Look at books and turn pages  
Avoid some dangers such as hot  
Follow one-step directions  
Identify big and small

#### Talking and Playing

Imitate familiar household tasks  
Play next to other children and join in laughter  
Claim and defend possessions  
Make most sounds understandable  
Use 3 to 5 word sentences  
Answer simple "wh" questions  
Know first and last names

### By age 4

#### Thinking and Moving

Serve self food  
Brush teeth with help  
Put on simple clothes  
Copy lines, circles, and draw face  
Catch a bounced ball  
Swing unaided  
Point to and name objects in books  
Move around immediate neighborhood  
Follow two- and three-step familiar directions  
Sort by shape and color

#### Talking and Playing

Enjoy playing dress-up  
Share toys in play with others  
Follow simple rules  
May still make such common sounds errors as "r", "s", "l" and blends "sl", and "cr"  
Combine two or more sentences  
Ask "wh" questions  
Tell simple stories  
Know age and gender

### By age 5

#### Thinking and Moving

Use a fork and knife well  
Wash and dry face and brush teeth unaided  
Dress and undress unaided  
Draw simple figures  
Catch a tossed ball  
Jump over low objects  
Know simple songs or stories  
Cross the street safely  
Follow three-step unfamiliar instructions  
Name colors and numbers

#### Talking and Playing

Engage in complex pretend play  
Initiate play and play with others  
Resolve conflicts with peers  
Can be understood by strangers  
Use past and future tense in complex sentences  
Answer "wh" questions  
Enjoy riddles and jokes  
Know phone number and address

