



YOUR CHILD STEP-BY-STEP

Your child's early development is a journey. Here are some key signs along the road to being Ready By 5!

0-6 MONTHS

Copies sounds

Sits without support

Likes to play with others

Responds to own name

Babbles (ah, eh, oh)

6-12 MONTHS

Responds to simple words

Pulls up to stand

Shakes head for "no," waves "bye bye"

Says "mama" and "dada"

12-18 MONTHS

Points to things and people

Enjoys pretend play and simple games

Walks alone
Says several words

Knows some everyday items, like cup & keys

18 MONTHS- 2 YEARS

Likes being with other children

Says simple sentences

Kicks a ball
Follows simple instructions

Points to items when they're named

For more information, please visit
Norfolk.gov/ReadyBy5

Information provided by the Centers for Disease Control and Prevention



YOUR ROLE STEP-BY-STEP

SUPPORTING YOUR BABY

0-6 MONTHS

- TALK** to your baby
 - ANSWER** and **REPEAT** sounds your baby makes
 - READ** to your baby
 - SING, PLAY MUSIC**
 - PRAISE** your baby
 - CUDDLE** and **HOLD** your baby
 - PLAY** with your baby
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SUPPORTING YOUR TODDLER

6 MONTHS-2 YEARS

- READ** to your toddler daily. Let your child hold the book and turn the pages
 - TALK** to your toddler and add to words she starts
 - PLAY** matching games with shapes and colors
 - Let him **TOUCH, EXPLORE,** and **TRY** new things
 - LET** her **DRESS** and **FEED** herself
 - PRAISE** wanted behaviors
 - TAKE** him for a **WALK** or **RIDE**
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Parenting is hard work!
Take care of yourself.

Made possible by Norfolk Ready By 5 and
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