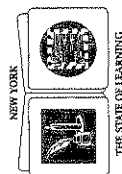


HOW I GROW

Birth Through Five

A Guidebook for Parents



The University of the State of New York
THE STATE EDUCATION DEPARTMENT
Office of Vocational and Educational Services
for Individuals with Disabilities
Albany, New York 12234

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HOW I GROW

BIRTH THROUGH FIVE

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Revised 1997

CONGRATULATIONS NEW PARENTS!

The first few years of life are extremely important to the future growth and development of your child. You as parents are most responsible for guiding your child through these years.

We hope that by learning what your child will be doing at different ages you will become a better informed parent, able to take pleasure in your child's growth, yet alert to any possible problems in development.

Place a photo
of your baby here

Name
Date of Birth
Weight
Length

In this guidebook you will find a timetable for your child's growth. It is important to look for these "developmental milestones" and keep a record of when they happen. Please remember, no two children are exactly alike. Your child has his own special "growing-up plan," and he may reach certain stages earlier and other stages later than they have been listed.

We suggest that you hang this guidebook on the wall and keep it up to date. By recording at what age your child first does certain things, you will come to better understand his timetable, and if he ever needs help, this record may be useful to your doctor or clinic. We suggest that you also complete the dental and immunization charts contained in the guidebook.

This guidebook also includes some ideas of things you can do with your child. While these are just a sampling of activities, they are fun and have been a part of good parenting through the years. You will notice that we have also included some "safety tips" that will help you keep your child safe while he grows.

Trust your instincts and feelings as you watch your child grow. Remember, it never hurts to ask questions! Your doctor can answer any questions you may have about your child's growth. In addition, VESID supports a network of fifteen Early Childhood Direction Centers, also known as ECDCs, located throughout the State. Their listing is included in the back of this guidebook. ECDCs are designed to provide neutral information and assistance to parents who are concerned with their child's development. You can call the ECDC nearest your home if you have a question; an ECDC staff member will listen to your concerns and discuss resources available in your community. ECDC staff can provide information about the following types of services:

- evaluation and assessment services
 - infant and toddler services
 - early intervention services
 - preschool programs
 - special education services
 - transportation
 - medical, educational and social services
 - child care and Headstart services
 - financial assistance, including questions on insurance and Social Security Income (SSI)
 - health services, such as therapy and nursing
 - respite and recreation programs
 - parent education programs and support groups
- ECDC staff can link you and your child to services and will follow-up with you until your child reaches age five.

THE NEWBORN (BIRTH TO FOUR WEEKS)

Your newborn will spend much of the first month sleeping, eating and needing to be comforted. She will know that she is being comforted by the way you handle her. Be gentle with your infant whenever you pick her up or put her down. Remember, an infant's neck muscles are very weak at first, so be sure to support her head.

Feeding time is a great time for talking to your infant. Occasionally, switch your infant from one arm to the other.

Your infant should be sucking and swallowing well. For safety's sake, don't leave her with a bottle. After each feeding gently burp her, and if you lay her down, place her on her side or back to prevent choking.

The most important need of a newborn is to know she is cared for and loved. You will not spoil her by meeting her needs. Go to her when she cries. That cry is her language. Does she need to be fed, changed, or held? She needs your love and attention in order to grow strong and healthy.

REFLEXES OF THE NEWBORN

Just as you laugh when tickled or blink when you sneeze, your infant has certain "reflex" movements, too. In most cases, the reflexes pictured below will appear during the first two months and then gradually disappear between three and six months.

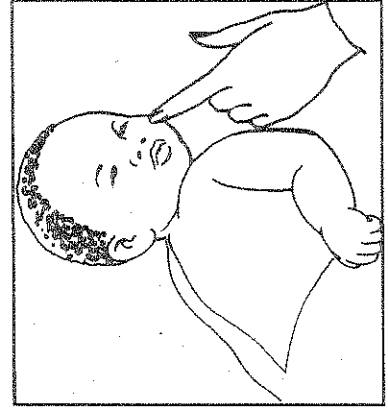
Also, please be aware that premature and delayed infants may reach certain stages later than they are listed.



Infant will squeeze your finger if you put it in her palm.



Common resting and sleeping position of infant.



Infant will turn her head toward your finger if her cheek is touched.

Age Your Child
First Did This
(MONTHS)

1-3 MONTHS

HOW YOUR CHILD WILL GROW

Lifts head up briefly when on belly

Reacts to sudden movement or noises

Makes sounds such as "cooing"

Follows moving objects with eyes

Appears to stare at times

Smiles when played with

Grasps small object if placed in hand

Other things you have noticed

THINGS YOU CAN DO WITH YOUR CHILD

Place your infant on his belly at times when he's awake.

Watch and see if your infant reacts to sounds.

Speak to him in a pleasant voice.

Hang a mobile two feet in front of your infant.

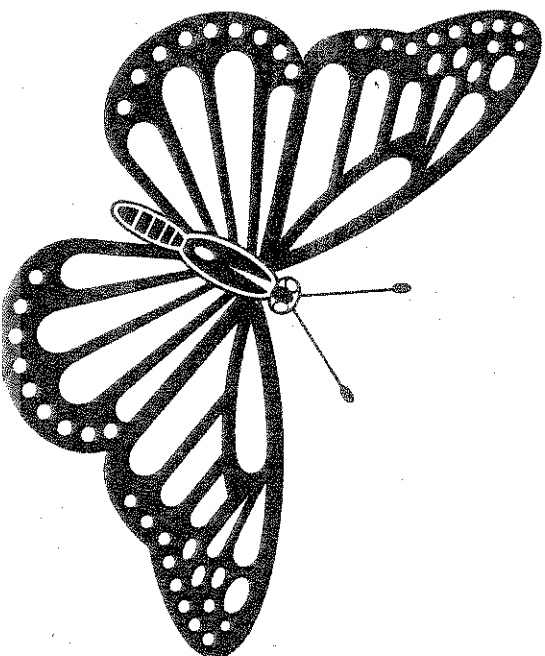
Move him from room to room.

Let him watch people and activities.

Smile and talk softly while holding and touching your infant.

Your infant needs as much contact with you as possible.

Place a small rattle in your infant's hand.

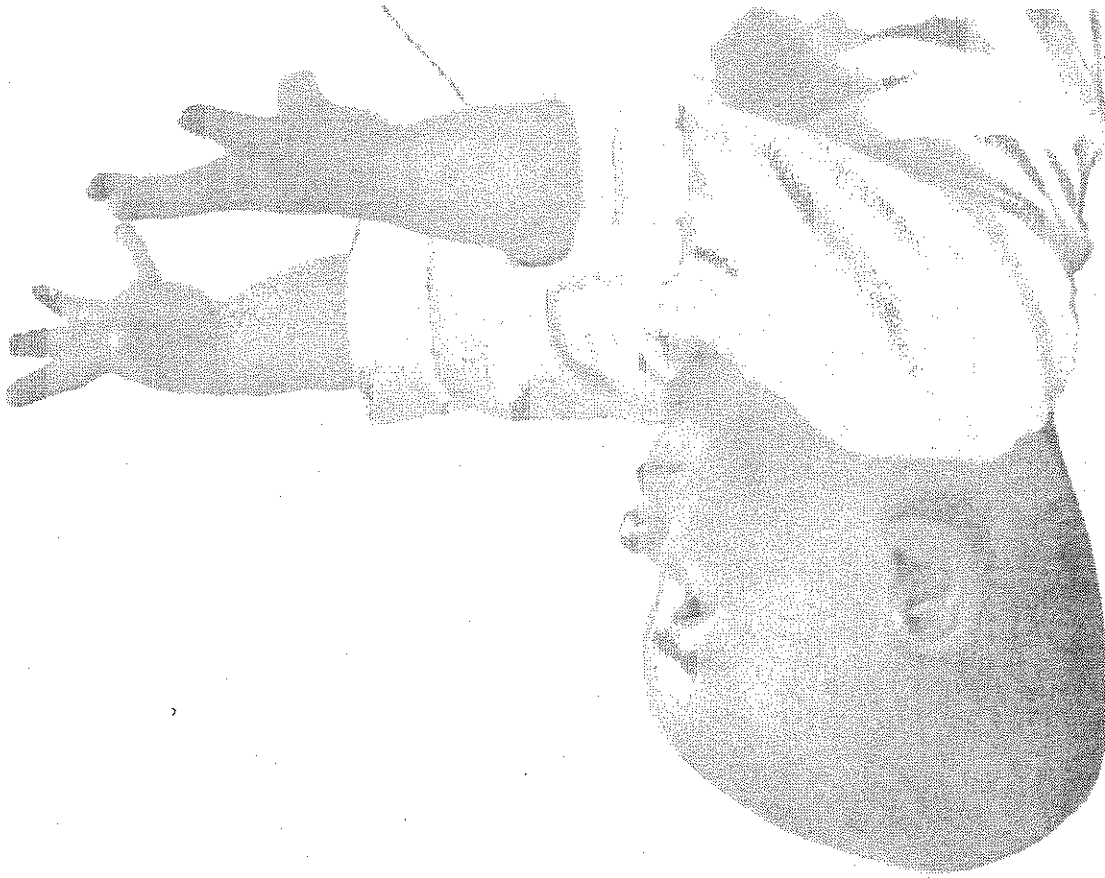




We hope that in these first months you and your infant have been getting to know each other.

Does he seem to be calm, active or just in-between?

Watching him as he starts to grow and learning how he does things are the first steps toward good parenting. Remember, you are the key observer of your infant. Enjoy his growth. However, if you have any questions about his development, please do not hesitate to check with your doctor and/or Early Childhood Direction Center.



SAFETY TIPS

Your infant should always be in an infant car seat when in a car or taxi.

Toys should be simple and unbreakable with no small parts.

Exposure to cigarette smoke can affect your infant's health.

Age Your Child
First Did This
(MONTHS)

3-6 MONTHS

HOW YOUR CHILD WILL GROW

Lifts head and chest when on belly
Tries to roll over

Sits with some support

Kicks legs and moves arms actively when on back; looks at hands and fingers and sometimes folds hands on chest

Tries to reach and hold objects

Seems to know familiar objects and is happy to see them; for example, parents' faces, bottle, toys and mirror

Makes babbling sounds such as "ee, ih, uh"
Sometimes laughs or chuckles

Turns head toward sounds such as bell, voice, music

Other things you have noticed

THINGS YOU CAN DO WITH YOUR CHILD

Place your infant in different positions in crib.

Hold her in a sitting position on occasion.

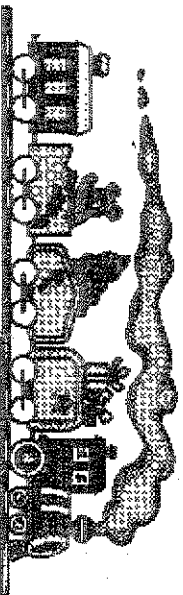
Turn your infant on her back. Do not keep her tightly covered.
Allow movement for exercise.

Give your infant a few small safe objects to play with, such as a rattle.

Hold her in front of a mirror.

Praise your infant, show pleasure at her first sounds and repeat them back.

Sing and speak to your infant. Play music for your infant. Look at your infant when speaking to her.



It is very likely that by the end of six months your infant will be very active. This is a happy time for her. You can share in her happiness by gently holding, talking to and touching your infant.

Have you been keeping the chart up to date?
Do you have any questions?

By the way, you should be concerned if:

- (1) Your infant suddenly stops "babbling" or has never made sounds at all, or
- (2) Your infant is unable to focus on objects or has roving eye movements

In either case, you should call your doctor.



SAFETY TIPS

Always make sure your infant is not left alone on a bed or table as she may quickly roll off.

Do not hold your infant when handling hot liquids and be careful with cigarette ashes.

Never leave your infant unattended in a sink or tub of water.

Age Your Child
First Did This
(MONTHS)

6-9 MONTHS

HOW YOUR CHILD WILL GROW

Sits by self when placed

Rolls from stomach to back, and back to stomach

Begins to creep on belly; may rock back and forth on knees

Reaches, holds and puts objects in mouth; feeds self cracker; may pass objects from one hand to the other

Naps about one to four hours a day

Makes sounds such as, "baba, gugu, didi"

Uses crying to show different needs for example, hunger, anger, discomfort

Knows strangers from family; cries when parent goes away

Begins to play simple games

Looks at person speaking; may respond to own name

THINGS YOU CAN DO WITH YOUR CHILD

Help your baby to a sitting position.

Place your baby in a playpen or on a blanket on the floor.

Give him safe play areas. Prevent accidents by "child proofing" your home. Your baby is very active now.

Introduce finger foods such as crackers, toast and small pieces of bananas. Watch what your baby puts in his mouth.

Provide a quiet place for him to sleep.

Talk to your baby about what you are doing and name objects and foods.

Try to understand what your baby is crying about.

It is very important to spend as much time as you can touching, talking to and playing with your baby. Let him stay near you and get accustomed to new people a little at a time.

Play peekaboo, clap hands, and help your baby play with his toys.

Expose your baby to many different sounds. Noise-making and musical toys are a good idea at this age.

You will notice that your baby may get upset if a new person comes into the home. This is a stage that he needs to go through. Comfort your baby and allow him to get used to different people in his own way. During this time, or in other stressful situations, you can help your baby if you remain calm and patient.



SAFETY TIPS

Check your home for accident hazards, poisons, medicines, sharp objects and table edges.

Be careful when handling your baby. It is dangerous for him to be jerked or shaken.

Use plastic plug covers on electrical outlets.

Plastic wrappers, plastic bags and balloons should be kept out of reach.

Be aware of materials containing lead (e.g. paint chips, mini-blinds, soil or dirt) as your baby is becoming more active.

When riding in a vehicle, place your baby securely in a rear-facing car seat in the BACK SEAT.

9-12 MONTHS

HOW YOUR CHILD WILL GROW

Pulls self to sitting and/or standing positions for short periods of time

Creeps or crawls; perhaps backwards at first

Hand Skills — Picks things up with thumb and forefinger and looks closely at objects; may place objects in and out of containers; can stack two blocks

Understands some simple words such as "Mommy," "Daddy," "Dog," "Bye-bye"; knows own name

Pays attention to simple commands such as "No" and "Give it to me"

Copies sounds such as clicking and coughing, and words such as "Mama" and "Dada"

Plays with family members

Gives affection and love

THINGS YOU CAN DO WITH YOUR CHILD

Provide a safe area where your baby can practice these new skills, and help her to do so.

Give her a safe area in which to move around and exercise.

Play is important now. Give your baby small, safe objects such as cups, blocks and lids. Provide your baby with containers and pots and pans. Be patient, she needs to practice picking up and dropping things. Let your baby use the hand she prefers.

Tell your baby the names of many things such as people, animals, colors and parts of the body.

Ask your baby to hand you objects and praise her for doing it.

Provide sounds and simple words that she can mimic. Look at simple picture books with your baby and point to objects.

Avoid baby talk. Use simple words and short sentences.

Continue parent-child games. Roll a big ball with your baby.

Provide your baby with a lot of love and attention; always respond to her gift of love.



This is the beginning of your baby's active, exploring and discovering stage. Prepare yourself and your home. Keep cleaning products, glass, and small objects that your baby can swallow, out of reach. You can make it safe, but make it fun, too! Curiosity is a necessary tool for all learning. Make sure you provide your baby with many opportunities to learn and grow.

When you pick up your baby, if she seems very limp or stiff, you should bring this to your doctor's attention.

SAFETY TIPS

As your baby starts to pull to stand, she may be in danger of pulling down lamps and other objects on a table. Dangling electrical cords are also a hazard.

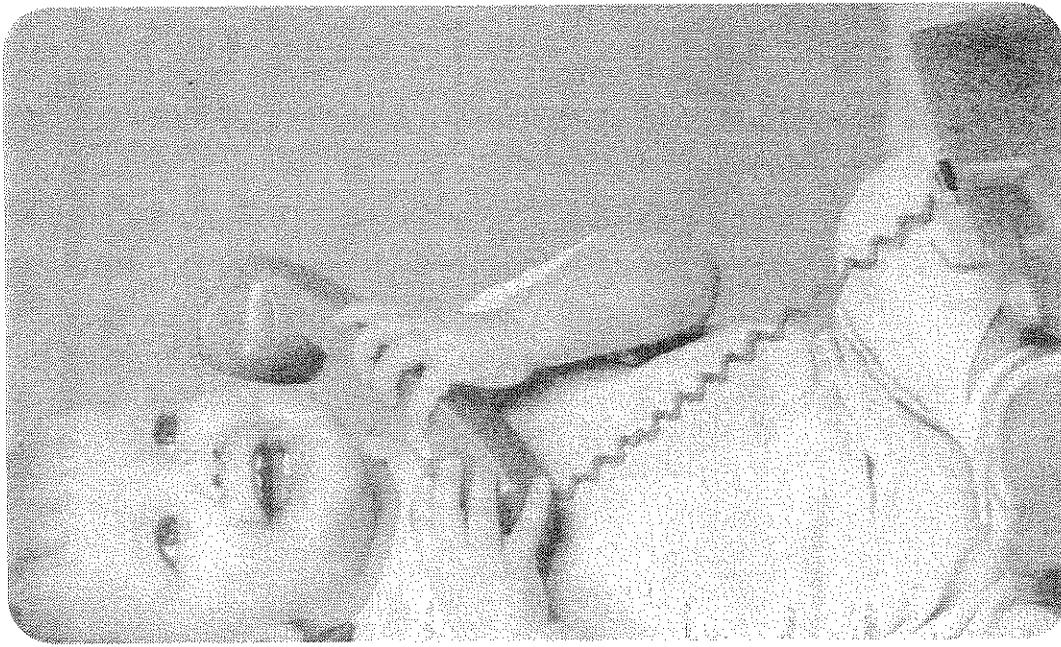
Use safety gates at stairwells.

Install safety devices on windows, screens and cabinet doors.

A toddler car seat will be needed when a baby is over 20 lbs.

Do not give your baby foods like raisins, peanuts, popcorn, frozen corn, peas or beans, raw carrots, apples or celery. Your baby may choke on small, hard foods.

Beginning at this age, babies should receive a blood lead test regularly through age 6.



12-15 MONTHS

HOW YOUR CHILD WILL GROW

Begins to walk by himself; may walk by holding onto furniture at first; may begin to climb

Hand Skills — Begins self-feeding (lifts cup with two hands and drinks; starts using a spoon); turns pages two or three at a time; tries to build and stack objects

Language — Talks nonsense words; voice goes up and down as if speaking (jargonizing); can usually say two or more words besides "Mama" and "Dada"

Understands more of what is being said to him; comes when called by name; starts to be aware of "do's and don'ts" around the house

Plays by himself, but also likes to be with other children and adults

THINGS YOU CAN DO WITH YOUR CHILD

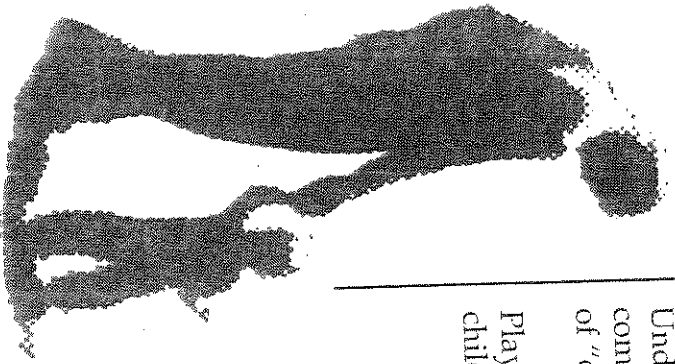
Provide safe places for your baby to practice walking. Praise him for his efforts. Walk hand in hand with your baby. Watch him in case he falls. Let your baby practice climbing at playgrounds, in the backyard and on furniture, but watch your baby and try to prevent falls from happening.

Provide baby size cups and spoons for your baby. Be patient, your baby will be messy. Give your baby some cloth or cardboard books. Give your baby objects to stack such as blocks and plastic cups.

Talk about the day's activities, household objects, toys and people.

Give only one simple direction at a time. Teach your baby the "shoulds" and "should nots" for his safety and pleasure.

Spend some special time with your baby.



Is your baby making lots of new sounds now? Has he tried to walk yet? Can he feed himself and is he chewing and swallowing well?

We certainly hope your baby is developing these skills. By the way, in some cases a baby who is growing very well may leave out one milestone or may not follow our chart exactly. For example, a baby could begin to walk without ever creeping. However, if you look back now and notice that your baby has not been doing many of the things that we have listed in the chart, you may want to take your baby for a check-up and call the Early Childhood Direction Center.



SAFETY TIPS

Poison proof your home. Do not leave medicines on tables or dresser tops. Use safety caps on medicines. Be sure to have the telephone number of the Poison Control Center handy.

When your baby is outside he should always be closely supervised.

Never leave a baby unsupervised in or near a pool, bathtub, bucket of water, ditch, well or the bathroom.

Electric tools, firearms and matches should be locked up out of reach.

15-18 MONTHS

HOW YOUR CHILD WILL GROW

Walks by herself; can often walk upstairs with help and creep backwards downstairs; can throw a ball without falling

Hand Skills — Likes block building (can pile three-four blocks); scribbles with crayons; can push and pull toys

Language — Imitates simple words (may use many words); can point to simple pictures such as dog, baby, and car; can imitate two word combinations

Naps one to three hours in the afternoon

Imitates simple actions such as cleaning and reading; begins to ask parent for help when needed; enjoys being with other children and adults

THINGS YOU CAN DO WITH YOUR CHILD

Take your toddler on walks. Allow your toddler to walk bare-foot indoors. Play ball with your toddler.

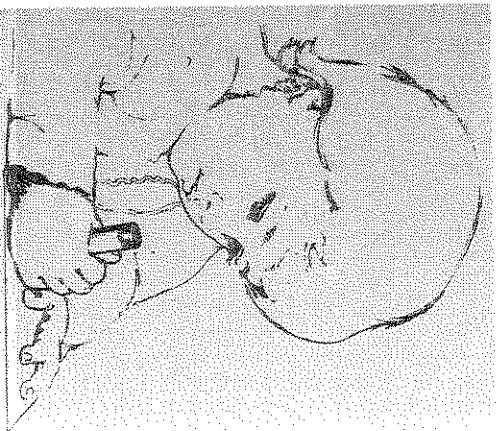
Give your toddler toys and blocks to play with. Color with your toddler. Fat crayons are easier for little hands.

Read out loud to your toddler. Let her point to known objects. Listen and pay attention to your toddler.

Provide a quiet, comfortable area to rest.

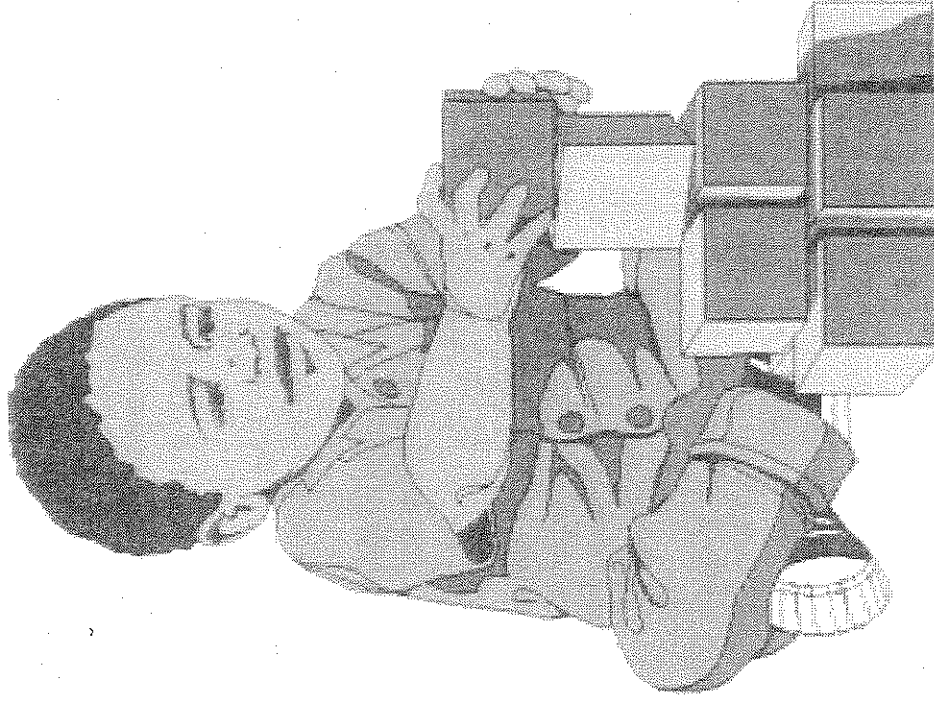
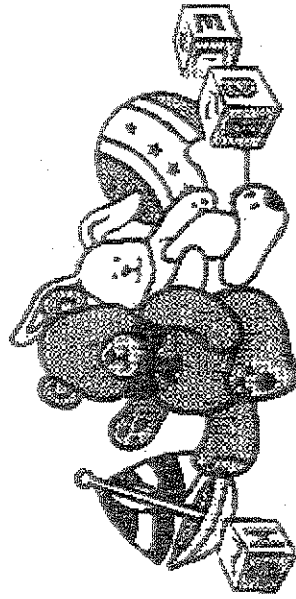
Praise your toddler if she tells you she is wet.

Let your toddler help you with everyday chores.



Get ready, get set, go! You and your toddler can now become good partners. She wants to play and work right alongside you.

Your little one is learning by imitating what you do. She will watch you carefully and try hard to copy your actions. Be patient; she needs to practice these new activities.



SAFETY TIPS

Prevent burns and scalds - keep hot liquids out of reach. Panhandles should be turned toward the back of the stove. Be careful when ironing and keep your toddler away from stoves, heaters, radiators and fireplaces.

Avoid foods such as gum, bacon, nuts and popcorn.

Always use non-toxic crayons and paints.

18-24 MONTHS

HOW YOUR CHILD WILL GROW

Walks well; may begin to run; can climb stairs and onto adult chairs; throws a ball overhand

Hand Skills — Can put squares and circles into puzzles; likes to explore and examine all sorts of objects

Language — Uses many words to tell you about specific objects, persons or actions; combines two or more different words such as "Play ball," "Me want cookie"

Knows self in mirror or picture. Uses words such as "I," "Me" and "Your"

Often says "No" to bedtime, certain foods and simple requests

May show some interest in using the toilet

Likes to move to music; play periods are longer; will play next to, but not usually with other children

THINGS YOU CAN DO WITH YOUR CHILD

Take your child on walks. Go to the playground and play catch with him.

Give him simple puzzles and other objects and show him how to use them.

Talk about the activities that he is involved with. Name foods, toys and household objects for your child to say. Sometimes ask your child to name objects for you.

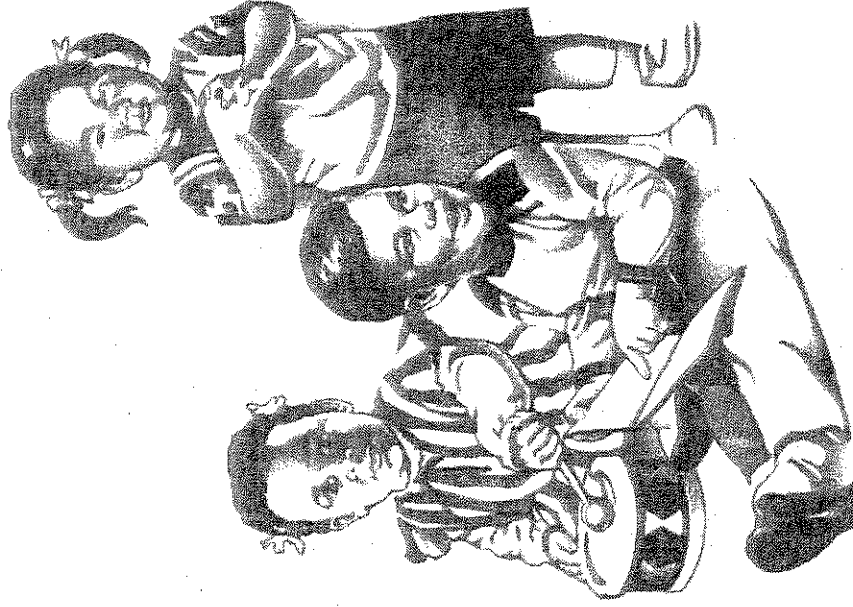
Make sure your child has some things of his own and places to put them.

Allow your child to make choices whenever possible, for example say, "Do you want an apple or an orange?"

Praise dryness and the use of the bathroom. Don't punish your child for any toilet accidents.

Provide music for your child and help with simple dance-like movements. Let your child be around other children. Play with your child using different toys.

Your child will be very active now. You may not be used to all his energy and movement. These few months will take much patience and understanding on your part. He will come to you with lots of questions; he wants to learn so much. You are your child's first teacher. Please remember, your child will be growing in his own special way. Your child will usually enjoy moving to music. However, if he rocks back and forth, spins, walks on his toes and/or bangs his head, we suggest that you discuss this with your doctor.



SAFETY TIPS

All play outside should be supervised.

Never leave a child unattended in a car or alone at home.

24-30 MONTHS

HOW YOUR CHILD WILL GROW

Jumps; runs; kicks a ball; walks up and down stairs

Hand Skills — Turns pages one at a time; can help to dress and undress herself; turns door knob and unscrews lids; can feed herself well with a spoon

Language Skills — Can speak in short sentences; begins to name objects in books; uses many new words; able to express needs; relies less on gestures

Understanding — Can pay attention to activities for longer periods of time; knows some colors; points to four-five parts of the body; can say first name

Begins to ask to use the toilet during the day

Plays with other children, usually for short periods of time, with little sharing of toys

THINGS YOU CAN DO WITH YOUR CHILD

Encourage your child to play in a safe area.

Let your child look at books and magazines. Hang a full-length mirror at your child's height. Teach your child to dress herself; do not rush her. Praise her for good feeding skills.

Listen and talk with your child. Point to pictures in magazines and ask your child to tell you about them. Don't rush your child when she is speaking. Answer your child's questions simply and honestly.

Read simple stories to your child. Let your child use paints, clay and crayons. Have your child color simple pictures. Tell her to choose the crayon that is the same color as the object. Have your child touch her nose, mouth, ears and other parts of the body.

Praise her for using the toilet. During the day, try to use training pants instead of diapers. Remind your child to use the toilet especially after mealtime.

Provide time for your child to play with other children.

Because children during this stage have very definite opinions about things, it is often called "The Terrible Twos." Your child may often disagree with you. This is very common. She is not being bad. She is learning that her feelings count and that she is an important member of the family.



SAFETY TIPS

Parents should ensure that play areas both inside and outside the home are safe.
Limit television viewing and do not use TV as a substitute for interaction with your child.
Turn off the TV during meals.

30-36 MONTHS

HOW YOUR CHILD WILL GROW

Walks upstairs (one foot on a step); begins to balance on one foot; likes to ride a tricycle

Hand Skills — Puts shoes on (no lacing); begins to copy simple shapes; cuts with scissors; brushes teeth with some help

Language Skills — Says first and last name; knows whether he/she is a boy/girl; repeats some nursery rhymes; speech is clear

Understanding — Knows difference between "Big" and "Little." Follows two or three directions given at one time; begins to count

Naps start to disappear (may not nap every day)

Plays more often with other children (shares, tells stories, likes to play dress-up)

THINGS YOU CAN DO WITH YOUR CHILD

Take your child to parks and playgrounds. Point out things in nature such as flowers, birds and trees.

Praise your child for his efforts. Encourage him to use materials such as finger paints, blocks and simple puzzles. Children love to play with water.

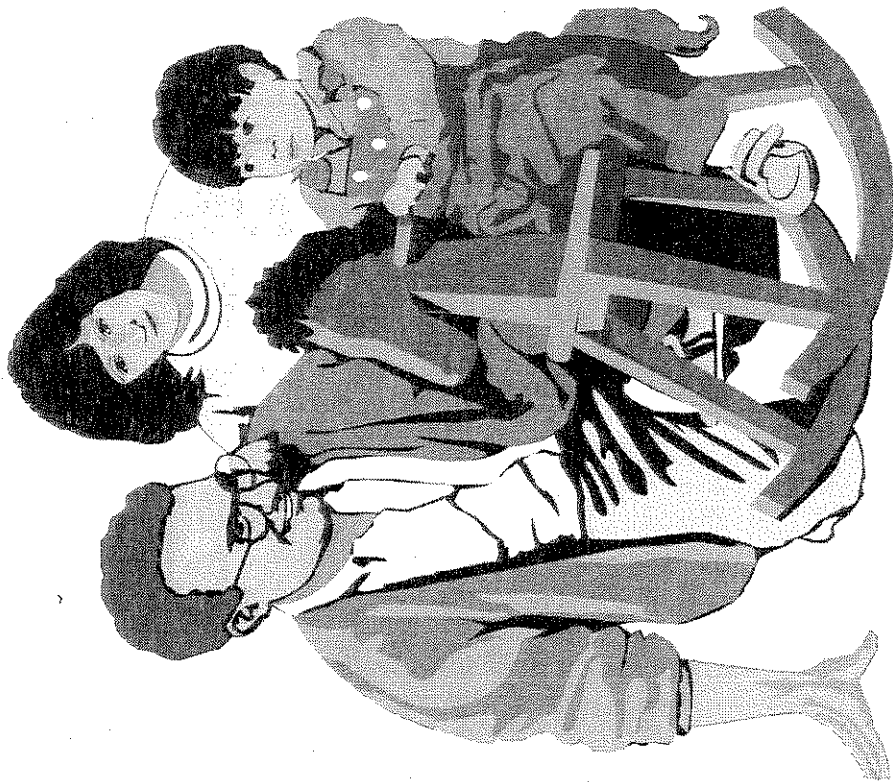
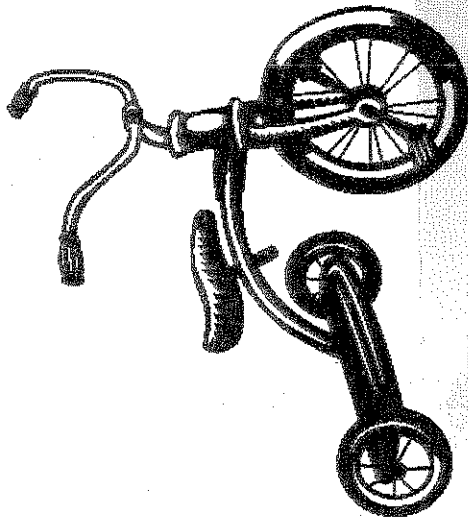
Let your child tell stories and explain pictures. It is "normal" for your child to want to look at and touch the parts of the body. Teach your child to say his name and to sing nursery rhymes.

When you play with your child, help him to understand numbers and ideas such as large-small, under-over, on-off and open-close.

Encourage napping when he seems tired.

Make sure your child has the chance to play with other children. Encourage his imagination. Provide old clothes for dress-up games.

Children grow and mature at different rates. They develop in their own ways. Some children are better at climbing and jumping, others are better at drawing and singing. Your child may not be athletically inclined. However, if you think he is very clumsy and awkward, and does not seem to enjoy any playground equipment, you may want to discuss this with your doctor.



SAFETY TIPS

Teach your child the danger of following a ball or a dog into the street. Your child must still be closely supervised when near a street. Teach him that the street can be dangerous.

A car seat must still be used; a seat belt can be used if a child weighs 40 lbs.

Your child should be sitting in the back seat of the car.

Bicycle helmets are required for all children under the age of 14.

Age Your Child
First Did This
(MONTHS)

3-4 YEARS

HOW YOUR CHILD WILL GROW

Walks and runs well; has good balance

Hand Skills — Catches a large ball; begins to copy some capital letters; draws circles, crosses and squares

Self-Help Skills — Washes and dries herself; brushes teeth; dresses and undresses herself (including buttons); tells you when she needs to use toilet

Language Skills — Talks about her experiences; makes up stories; asks many questions (why, what, where); names two-three colors

Understanding — Knows difference between part and whole, same and different; begins to understand ideas of past, present and future. May count from one-ten

Plays well with other children (takes turns, shares); interested in new experiences; more independent

THINGS YOU CAN DO WITH YOUR CHILD

Play games such as Giant Steps, Red Light-Green Light, and Hide-and-Seek.

Play ball with your child. Use follow-the-dot outlines for letters and shapes. Let her cut pictures from old magazines and newspapers.

Help your child when necessary, but allow your child to do as much as she can.

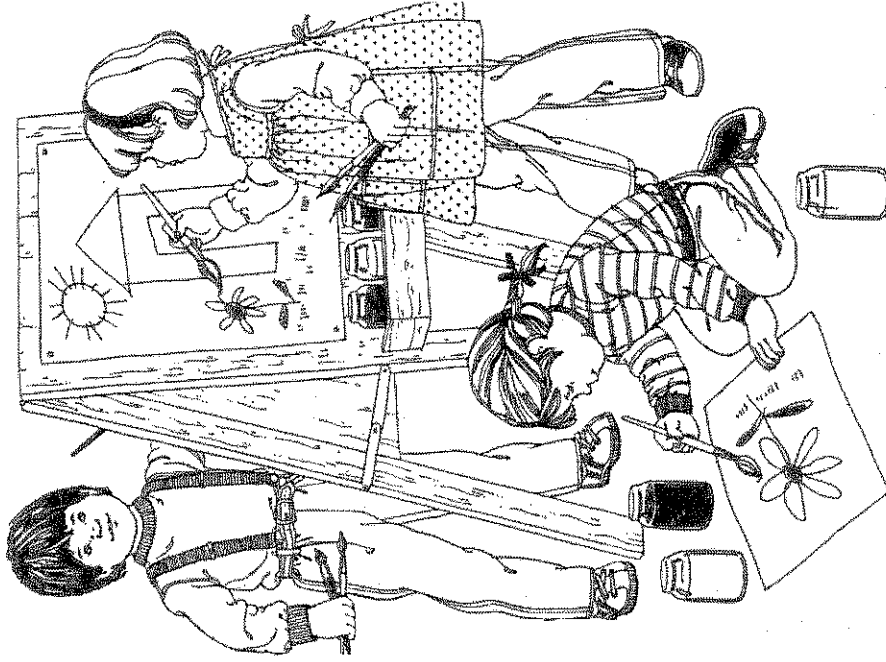
Encourage your child's questions and talk about her day. Be patient, she is learning and is curious.

Play guessing games; for example, ask her, "What is round, red and good to eat?"

Take your child to different places such as a museum, a bakery and a library. Talk about feelings with your child. Allow your child freedom, but keep a watchful eye.

Monsters, trains, Sesame Street, dreams and dinosaurs are a few of the thoughts that your child will want to share with you. Write her stories in a notebook; she will enjoy hearing them over the years.

In her rush to tell you about everything, she may stumble over words. This is very common. However, if you notice that she often cannot get her words out, you may want to discuss this with your doctor and/or call the Early Childhood Direction Center.



SAFETY TIPS

Your child should be taught not to go with strangers.

Children can learn their name, address and telephone number in case they become lost.

Children should be taught what to do in case of fire or other emergencies in the home.

4-5 YEARS

HOW YOUR CHILD WILL GROW

Skips; hops; swings; climbs; somersaults

Self-Help Skills — Dresses himself completely (laces shoes, combs hair); serves himself at the table; uses fork, spoon, and sometimes knife; almost always cares for his own toilet needs

Language — Uses full sentences; tells longer stories; says name and address

Understanding — More understanding of events in time such as "yesterday," "next summer," and "when you grow up"; knows about things used everyday in the home such as money, foods, appliances and furniture

Social Skills — Plays games with other children and can agree to rules; likes to sing, dance and act; shows more independence; interested in physical differences between boys and girls

THINGS YOU CAN DO WITH YOUR CHILD

Take your child to the park where he can swing and climb safely.

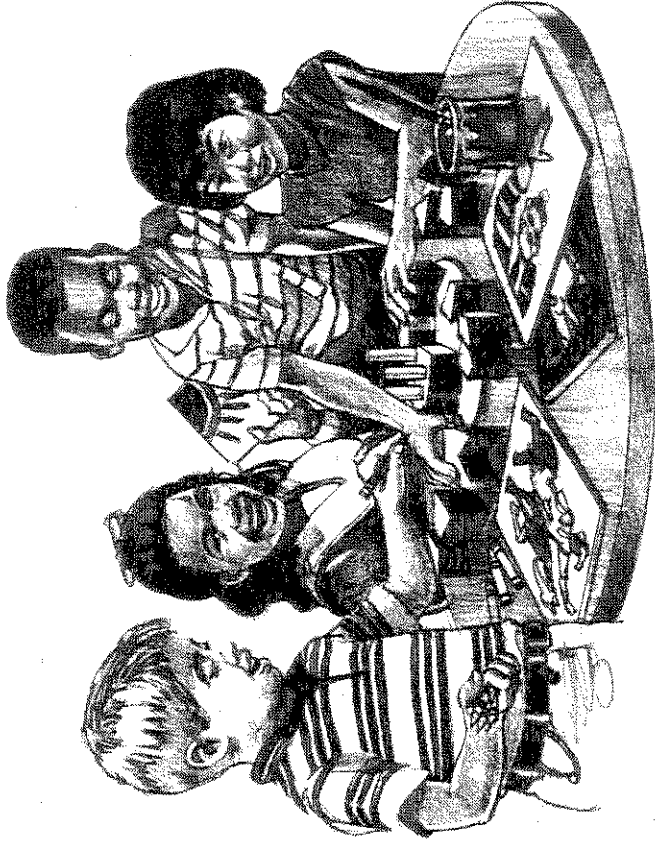
Encourage your child to care for himself and his home by giving him simple chores. Let your child help pick out his clothing.

Pay attention when your child speaks to you. Show interest in what he has to say.

Provide materials for drawing. Help your child to practice printing letters and numbers. It is quite normal for your child to print numbers and letters backwards at first. Tell your child as much about the world as you can.

Help him to learn how to get along with others and to give-and-take. Play games with your child and encourage him to make choices.

If you notice that your little shadow is no longer with you all the time, it is because he is now more interested in playing with other children. You may often be called upon to play the part of the referee because children of this age are just beginning to learn how to get along with each other. Try to listen to both sides and help them to understand your decision.



SAFETY TIPS

Children should know not to go with or accept anything from strangers and feel free to say no to them.

Children should not play, be alone or ride a bicycle in the street.

All children under the age of 12 should be secured in the back seat of a vehicle.



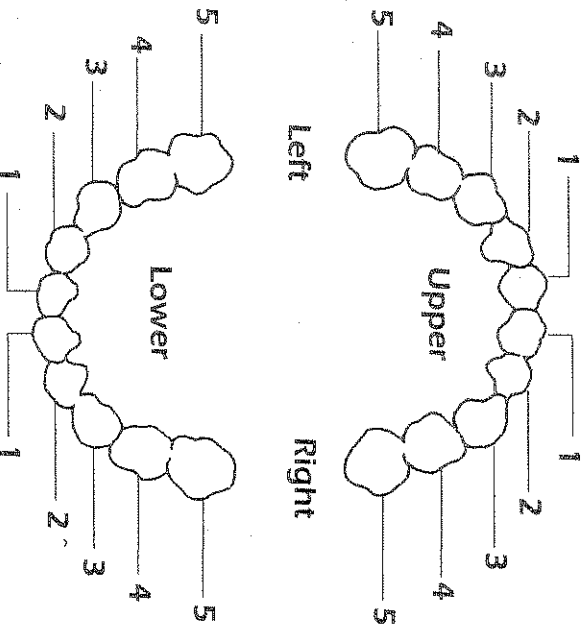
DENTAL INFORMATION

Proper care of your child's teeth is important for:

- Good Health Good Speech
- Good Looks Good Digestion

It begins even before the first tooth appears. Clean your infant's mouth with a soft cloth after feeding. The most important cleaning is before bedtime so that no foods remain in the mouth overnight. Infants who are allowed to nap or fall asleep while feeding (whether bottle-fed or breast-fed) have a much greater chance of developing cavities because the sweetened liquid pools around the teeth and gums.

When teeth begin to appear, clean your baby's teeth and gums at least twice daily and eventually teach your child to brush using



only a "pea-sized" amount of fluoride toothpaste. The chart below shows the average ages that your child's teeth may appear.

Encourage your child to handle a toothbrush and brush after meals. Limit the amount of snacking and foods that are high in sugar (soda, candy, sugar cereals).

Good nutrition and good dental habits should be started early.

The American Academy of Pediatric Dentistry recommends that parents take their children to the dentist shortly after the first tooth appears, usually between the ages of six months to one year. Your dentist can discuss professional cleaning and other preventive treatments with you.

Upper	Age	Date Tooth Appears
1. Central Incisor	8-10 months	_____
2. Lateral Incisor	8-10 months	_____
3. Canine	16-18 months	_____
4. First Molar	12-14 months	_____
5. Second Molar	20-24 months	_____
Lower		
1. Central Incisor	6-8 months	_____
2. Lateral Incisor	6-8 months	_____
3. Canine	16-18 months	_____
4. First Molar	12-14 months	_____
5. Second Molar	20-24 months	_____

CHILDHOOD IMMUNIZATION CHECKLIST

Childhood diseases are preventable. They can be prevented with a complete series of immunizations given at the earliest recommended age.

Bring your child's official immunization record to every visit with a health care provider.

Start at birth and continue to follow this schedule.

Contact your health care provider or the local health department for assistance in locating providers in your community who immunize. In New York City, call 1-800-325-CHILD (English); 1-800-945-NINO (Spanish); elsewhere in New York State 1-800-522-5006.

New York Recommended Childhood Vaccination Schedule

(Endorsed by NYS and NYC Departments of Health)

Immunizations should be received at the earliest recommended age

A check means your child is due for an immunization

Vaccine	Age	Birth	1 Month	2 Months	4 Months	6 Months	12 Months	15 Months	4-6 Years
Hepatitis B		<input checked="" type="checkbox"/> (Birth-2 mo.)	<input checked="" type="checkbox"/> (1-4 mo.)			<input checked="" type="checkbox"/> (6-18 mo.)			
Diphtheria and tetanus toxoids and (acellular) pertussis vaccine			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> (12-18 mo.)	<input checked="" type="checkbox"/>
Haemophilus influenzae type b			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/> (12-15 mo.)	
Polio			<input checked="" type="checkbox"/>		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> (6-18 mo.)			<input checked="" type="checkbox"/>
Measles-mumps-rubella							<input checked="" type="checkbox"/> (12-15 mo.)		<input checked="" type="checkbox"/>
Varicella-zoster							<input checked="" type="checkbox"/> (12-18 mo.)		

() Indicates range of recommended ages for vaccination.

RESOURCES

THE FOLLOWING RESOURCE WAS USED IN THE DEVELOPMENT
OF THE "SAFETY TIPS" FOR THE 1996 UPDATE OF THE GUIDEBOOK:

Guidelines for Health Supervision
The American Academy of Pediatrics, 1985

RECOMMENDED RESOURCES FOR ADDITIONAL INFORMATION:

- | | |
|--|---|
| Brazelton, T. Berry. <i>Touchpoints the Essential Reference - Your Child's Emotional and Behavioral Development</i> . Reading, Massachusetts: Addison Wesley, 1992 | Leach, Penelope. <i>Babyhood (second edition), Revised and Expanded</i> . New York: Alfred A. Knopf, 1995 |
| Eyre, Linda and Richard. <i>Teaching your Child Values</i> . New York: A Fireside Book, Simon & Schuster, 1993 | Paley, Judith. (Ed.). <i>The Disney Encyclopedia of Baby and Child Care</i> , Volumes I and II. New York: Hyperion, 1995. |
| Faber, Adele and Mazlish, Elaine. <i>How to Talk So Kids Will Listen & Listen So Kids Will Talk</i> . New York: Avon, 1980 | Spock, Benjamin, M.D. & Rothenberg, Michael B., M.D.. <i>Dr. Spock's Baby and Child Care (6th edition)</i> . New York: Pocket Books, 1992 |

Additional copies of this publication may be obtained by contacting the
New York State Education Department Publications Sales Desk at 518 474-3806

REMEMBER

It is our sincere hope that the information in this booklet has provided you with some guidelines for promoting your child's learning and growing experiences. Please keep in mind that the charts give average ages. Your child may develop somewhat slower or faster. If you notice that your child has a problem in any area, and that this problem continues over a period of time, please call the Early Childhood Direction Center and/or your doctor or clinic. Remember, you are the person closest to your child and in the best position to notice signs of possible problems. Seeking help and advice early in your child's life can make a difference in preventing or minimizing future difficulties.

IMPORTANT TELEPHONE NUMBERS

POLICE EMERGENCY

LOCAL HOSPITAL

YOUR DOCTOR

AMBULANCE

YOUR DENTIST

POISON CONTROL

FIRE DEPARTMENT



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ALBANY NY 12214-0345



NEW YORK STATE EARLY CHILDHOOD DIRECTION CENTERS

1. Early Childhood Direction Center
Children's Hospital of Buffalo
936 Delaware Avenue
Buffalo, NY 14209
716-878-7282 or
1-800-462-7653
2. Regional Early Childhood Direction Center
Box 671
601 Elmwood Avenue
Rochester, NY 14642
716-275-2263 or
1-800-462-4344
3. Early Childhood Direction Center
Syracuse University
805 So. Crouse Avenue
Syracuse, NY 13244-2280
315-443-4444 or
1-800-962-5488
4. Early Childhood Direction Center
Broome-Tioga BOCES
Endwell Support Center
1605 Davis Avenue
Endwell, NY 13760
607-786-8524 or
1-800-552-0150
5. Early Childhood Direction Center
Franklin-Essex-Hamilton BOCES
West Main Road, PO Box 28
Malone, NY 12953
518-483-6523
6. Early Childhood Direction Center
Albany-Schenectady-Schoharie BOCES
Maywood Elementary School
1979 Central Avenue
Albany, NY 12205
518-456-9071
7. Early Childhood Direction Center
25 Webster Street
Kingston, NY 12401
914-338-6755
8. Early Childhood Direction Center
St. Agnes Hospital CRC
305 North Street
White Plains, NY 10605
914-681-4656
9. Early Childhood Direction Center
Variety Pre-Schooler's Workshop
47 Humphrey Drive
Syosset, NY 11791
516-364-8580
10. Early Childhood Direction Center
Developmental Disabilities Institute
27 North Bicycle Path
Selden, NY 11784
516-696-2040
11. Early Childhood Direction Center
New York Hospital-N-507
525 East 68 Street
New York, NY 10021
212-746-6175
12. Early Childhood Direction Center
SHARE Center
160 Lawrence Avenue
Brooklyn, NY 11230
718-437-3794
13. Early Childhood Direction Center
United Cerebral Palsy of Queens
85-25 164th Street
Jamaica, NY 11432
718-380-3000, Ext. 465
14. Early Childhood Direction Center, c/o AHRC
2488 Grand Concourse, Rm. 337
Bronx, NY 10458
718-367-3775
15. Early Childhood Direction Center
Staten Island University Hospital
1 Edgewater Plaza, 6th Floor
Staten Island, NY 10305
718-226-4885

If you would like more information, please check off, detach and mail.

- I would like additional information about:
 - The Early Childhood Direction Center
 - Early Intervention
 - Preschool Special Education
 - Speech and Language
 - Child Development
 - Other Resources and Supports in my Community
- I would like to be contacted by my local Early Childhood Direction Center

Your Name _____
Address _____

Telephone # () _____
Please put the number of the ECDC nearest you (1-15) _____