

The birth of a child is an amazing yet challenging time for the child and parents. The first year of life is a vital time in establishing healthy bonds and attachment between you and your child. This bonding and secure attachment forms the foundation of your child's sense of safety and emotional well-being.



**80% of brain development happens in the first five years of life. It's an incredible time of growth and development.**

Developmental milestones are defined by things that 75% or more youth can do by a certain age. Delays in any area can be an indication of a problem. Typical developmental milestones:

### Birth-12 months

- Interact with parents socially
- Engage in eye contact
- Social smiling
- Language starts to develop: coo and babble
- By age 1, will be able to form one-word sentences

### 18 months-3 years

- Child may have an object or blanket for comfort
- Understand the word "no"
- Feel proud when they accomplish something
- Temper tantrums are more common

### 12-18 months

- Curious
- Have some temper tantrums
- Enjoy comfort from a parent or caregiver
- Begin to copy other children while playing
- Start to ask for things by pointing or to get help

### 3-5 years

- More independent
- Share with others
- More aware of their feelings
- Temper tantrums are more frequent and severe

**It's a good idea to let your pediatrician know if you notice the following:**

- **Birth to 12 months:** if your child is not making eye contact or not starting to develop language
- **12 to 18 months:** if it's difficult to comfort your child, your child avoids eye contact or has trouble connecting with you
- **18 months to 3 years:** if your child is not connecting with you, seems sad, bites or is destructive with toys
- **3 to 5 years:** if your child can't focus or finish tasks, is overly clingy, aggressive or has difficulty playing with others



**Great ways to connect with your child between birth to 5 years:**

- Hugging
- Cuddling
- Letting them know they're safe
- Connecting through daily activities such as mealtime, playtime and bedtime

Establishing healthy daily routines is an important way to help your child organize developmentally, decrease anxiety and have better emotional regulation. These activities are about regulation and repetition as well as building the relationship and connecting with your child. Make activities playful and enjoyable to keep the child engaged.

**Getting help early is better. Never worry alone. Consult your pediatrician.**

