
New Jersey's Early Intervention System

Special Child Health Services serves as the single point of entry into the Early Intervention Program.

Evaluations are provided to concerned families at no cost. There is no need for a physician's referral or medical insurance.

If a child is found eligible for The Early Intervention Program, a plan is developed to help families meet their child's individual developmental needs.

Early Intervention Services are provided to children:

- *within the family's routine;*
- *within their natural environments (the home and the community);*
- *in settings in which children without disabilities participate;*
- *and with active participation of families.*

To contact a service coordinator:

Special Child Health Services

Cape May County Department of Health

4 Moore Road

Cape May Court House, NJ 08210

Phone: 609-465-1202

Fax: 609-463-3527

Email: tschlarp@co.cape-may.nj.us

Special Child Health Services
Cape May County Department of Health
4 Moore Road
Cape May Court House, NJ 08210



DEVELOPMENT: Your Baby's First Year



Special Child Health Services
Cape May County
*Serving the needs of children and
families in Cape May County*

Tel: 609-465-1202



Your Child's Development

Developmental milestones are the skills and abilities that children develop at certain ages.

Although all children are unique and will develop at their own pace, a child who is not achieving one or more of the major milestones may need some intervention.

Developmental delays can occur in the following areas:

- Adaptive / Self-help skills: dressing, feeding
- Cognitive: thinking / learning activities
- Communication: speech and language, understanding what is said, following directions, making needs known
- Gross Motor: large body movements, crawling, walking
- Fine Motor: small body movements, using hands for play
- Sensory: receiving / using information through touch, hearing, & sight
- Social and Emotional: interacting with children, adults and the environment

Included in this brochure is a checklist for you to look at your own child's development.

If you are concerned about how your child is developing, please discuss it with your health care provider or call the Special Child Health Services Unit in your county.

Your Baby's First Year of Development

By the end of month one, is your child doing the following?

- ◇ Lifting head for short periods of time
- ◇ Moving head a little from side to side
- ◇ Focusing on items 8 to 12 inches away
- ◇ Blinking at bright lights
- ◇ Sucking and swallowing without difficulty
- ◇ Moving arms and legs
- ◇ Responding to loud sounds or turning towards a familiar sound or voice

By the end of month two, is your child doing the following?

- ◇ Smiling
- ◇ Tracking objects with eyes
- ◇ Making noises other than crying

By the end of month three, is your child doing the following?

- ◇ Raising head and chest when put on tummy
- ◇ Opening and closing hands
- ◇ Reaching for dangling objects
- ◇ Grasping and shaking hand toys
- ◇ Beginning to imitate vowel sounds
- ◇ Bringing hands together
- ◇ Holding head up with better control

By the end of month four, is your child doing the following?

- ◇ Sitting with support
- ◇ Cooing, laughing, squealing
- ◇ When lying on tummy, holding head up and raising body using arms
- ◇ Starting to explore objects using mouth
- ◇ Sleeping for about 6 hours at night

By the end of month six, is your child doing the following?

- ◇ Keeping head level when pulled to sitting
- ◇ Making sounds such as dada, mama, baba
- ◇ Repeating babbling noises you make
- ◇ Beginning to roll from back to belly
- ◇ Grabbing objects
- ◇ Raking small items using whole hand

By the end of month nine, is your child doing the following?

- ◇ Beginning to feed self using hands
- ◇ Sitting independently
- ◇ Moving on belly backwards and forwards
- ◇ Using index finger to poke
- ◇ Looking for objects that are dropped
- ◇ Playing interactive games such as Peek-a-boo
- ◇ Transferring small objects from hand to hand
- ◇ Responding to own name
- ◇ Understanding a few words such as no-no and bye-bye

By the end of month twelve, is your child doing the following?

- ◇ Pulling to stand, cruising along furniture
 - ◇ Using thumb and index finger (pincer grasp) to pick up small objects
 - ◇ Banging two blocks together
 - ◇ Putting objects into containers and then taking them out
 - ◇ Pointing with index finger
 - ◇ Shaking head no and waving bye-bye
 - ◇ Using a vocabulary of 1–3 words besides mama and dada
 - ◇ Drinking from a cup
 - ◇ Attempting to use a spoon
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