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)
- Responds to simple words
- Pulls up to stand
- Says “mama” and “dada”

6-12 MONTHS
- Shakes head for “no,” waves “bye bye”
- Points to things and people
- Enjoys pretend play and simple games
- Walks alone
- Says several words
- Knows some everyday items, like cup & keys
- Points to items when they’re named

12-18 MONTHS
- Kicks a ball
- Follows simple instructions
- Likes being with other children
- Says simple sentences

18 MONTHS-2 YEARS
- For more information, please visit Norfolk.gov/ReadyBy5

Information provided by the Centers for Disease Control and Prevention
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

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

Parenting is hard work!
Take care of yourself.

Made possible by Norfolk Ready By 5 and the Mayor’s Commission on Poverty Reduction