



Department of
Health



with Kristen Gentry

CHILD DEVELOPMENT MODULE

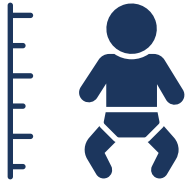
CHANT | Community Health Access & Navigation in TN

Made for TN Community Health Worker Association

Module Contents



Prenatal Development and the Health Milestones of Mom and Baby



Child Development | Birth - 5 Years Old



Resources for the Field



References Used to Create this Report



***CHILD CARE WAIT LISTS ARE
LONG; START SEEKING
CHILDCARE OPTIONS NOW***

First Trimester

Last Missed Period to
13 Weeks 6 Days

Second Trimester

14 Weeks 0 Days –
27 Weeks and 6 Days

Third Trimester

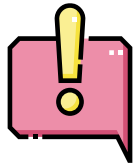
28 Weeks –
Delivery

First Trimester | Mom



MOM MAY EXPERIENCE

- Tiredness
- Tender, Swollen Breasts
- Morning Sickness
- Mood Swings
- Cravings
- Headache, Heartburn, Constipation



IMPORTANT | THINGS TO DO

- Make First Doctor Appointment
- Make a Dentist Appointment
- Take Prenatal Vitamin Daily
- Drink Water; Hydrate Often
- Rest as Often as Possible
- Schedule WIC Appointment*
- Listen to Your Body**



HELPFUL HINTS

- Eat Smaller, More Frequent Meals
- Stay Away from Greasy/Fried Food
- Sleep More Often
- Extreme Tiredness May Is Abnormal; Consult OB/GYN

***A HEALTHY MOM HELPS
MAKE A HEALTHY BABY!!!***

**WIC coverage begins prenatally and can continue until the child is age 5. Contact the Local Health Department to see if you qualify.*

***If you are feeling concerned/worried/nervous talk to your doctor*

First Trimester | Baby



WHAT'S BABY DOING?

- Baby grows to about 3 inches long
- Baby grows to weigh about 1 ounce, the size of a lime
- Cardiac motion begins; heart is not quite beating yet
- Eyes are almost fully developed but remain closed
- Baby's arms, hands, fingers, legs, feet and toes are fully formed



IMPORTANT | THINGS TO DO

- See OB/GYN as Directed
- Rest often
- Eat Healthy Foods
- Drink Water; Hydrate Often
- Take Prenatal Vitamins Daily

***TALK TO YOUR BABY,
THEY CAN HEAR YOU!!***

Sing, read, talk. Let your baby know you are there. Let them hear you. Let the bonding begin ☺

Second Trimester | Mom



MOM'S EXPERIENCE

- Belly and Breasts Grow Larger
- Average Weight Gain: 2 - 4 lbs/mo
- Leg Cramps at Night
- May Be Less Tired
- Sensitive Gums/Dental Issues
- Braxton Hicks Contractions Can Be Normal*



IMPORTANT | THINGS TO DO

- Attend All OB Appointments
- See Dentist
- Take Prenatal Vitamin Daily
- Drink Water; Hydrate Often
- Rest as Often as Possible
- Be as Physically Active as Your Body Allows



HELPFUL HINTS

- Start Seeking Child Care if You Plan to Return to Work

***BABY'S SEX WILL
BECOME DETERMINABLE***

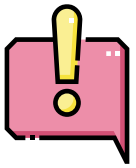
** Braxton Hicks contractions are normal but if prolonged would need to be reported to the OB/GYN.*

Second Trimester | Baby



WHAT'S BABY DOING?

- Baby continues to grow and gain weight
- Baby is strong enough to kick; mom can feel it
- Heart, lungs, and digestive system are growing
- Bones are growing and fingernails are forming
- Baby can open eyes and suck thumb
- Sex organs have formed



IMPORTANT | THINGS TO DO

- See OB/GYN as Directed
- Light Exercise
- Eat Healthy Foods
- Drink Water; Hydrate Often
- Take Prenatal Vitamins Daily



HELPFUL HINTS

- Start searching for pediatricians for your baby
- Educate yourself on breast and formula feeding

***TALK TO YOUR BABY,
THEY CAN HEAR YOU!!***

Third Trimester | Mom



MOM'S EXPERIENCE

- OB Visits Increase to Bi-Weekly then Weekly
- Backaches May Start
- Shortness of Breath or Easily Winded
- Heartburn, Frequent Urination, Hemorrhoids



IMPORTANT | THINGS TO DO

- Create Birthing Plan
- Create Bring Baby Home Plan
- Attend Birthing Classes
- Make Hospital Plan; Prep To Go Bag
- Take Prenatal Vitamin Daily
- Drink Water; Hydrate Often
- Rest Rest Rest
- Prepare Siblings for New Baby
- Continue to attend all OB Appointments



HELPFUL HINTS

- Testing for Gestational Diabetes: 24 - 28 weeks
- Birthing and Hospital plans include who will be there, medication consideration, breastfeeding vs formula feeding, etc.

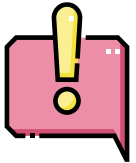
**REPORT ANY CONCERNS OR
ISSUES TO YOUR OB IMMEDIATELY**

Third Trimester | Baby



WHAT'S BABY DOING?

- Baby continues to grow and gain weight
- Lungs are developing; bones are hardening
- Layer of protective fat is starting to develop
- Baby's skin is covered with a creamy coating
- Immune system starting to develop disease protection
- Baby's movement may change

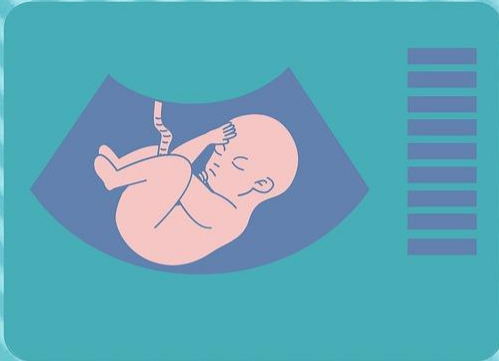


IMPORTANT | THINGS TO DO

- Decide on Baby's PCP; Visit Office
- Educate Yourself on Immunizations
- Make Circumcision Plan if Applicable
- Birth Plan Ready
- To Go Bag Ready

***CONTINUE TO SING, READ,
AND TALK TO YOUR BABY.
THEY CAN HEAR YOU!!***

PRENATAL CARE REMINDER



**POSTPARTUM
APPOINTMENTS
SHOULD HAPPEN AT
TWO and SIX WEEKS**

**PRENATAL CARE SHOULD
BEGIN IN FIRST TRIMESTER
AND CONTINUE
THROUGHOUT THE THIRD
TRIMESTER UNTIL
DELIVERY AND AFTER,
ATTENDING THE POST
PARTUM APPOINTMENTS**



Labor and Delivery



LABOR AND DELIVERY IS DIFFERENT FOR EVERYONE

- There are many decisions to make before the baby comes
- Having a birth plan is helpful
- Some women choose to use an epidural during delivery, others choose natural labor and delivery
- No decision is wrong
- Discuss concerns with OB/GYN or Midwife



**POSTPARTUM
APPOINTMENTS
SHOULD HAPPEN AT
TWO and SIX WEEKS**

problems due to pregnancy can happen up to a year after delivery

URGENT MATERNAL WARNING SIGNS



Headache that won't go away or gets worse over time



Dizziness or fainting



Thoughts about hurting yourself or your baby



Changes in your vision



Fever



Trouble breathing



Chest pain or fast-beating heart



Severe belly pain that doesn't go away



Severe nausea and throwing up (not like morning sickness)



Baby's movements stopping or slowing



Vaginal bleeding or fluid leaking during pregnancy



Vaginal bleeding or fluid leaking after pregnancy



Swelling, redness, or pain of your leg



Extreme swelling of your hands or face



Overwhelming tiredness



IF YOU HAVE ANY OF THESE SYMPTOMS DURING OR AFTER PREGNANCY, CONTACT YOUR HEALTH CARE PROVIDER AND GET HELP RIGHT AWAY. IF YOU CAN'T REACH YOUR PROVIDER, GO TO THE EMERGENCY ROOM.



REMEMBER TO SAY THAT YOU'RE PREGNANT OR HAVE BEEN PREGNANT WITHIN THE LAST YEAR.



Development | Birth - 2 Months

A NEW BABY CAN...

- See, Hear, Taste and Smell: These senses continue to grow and develop after birth. Infants can see best about 8 - 10 inches from their face. Talk closely with your baby so they can see your face 😊
- Will gain more control over their body
- Will become able to hold their heads up during tummy time
- Self soothe by sucking
- Smile by the end of this period
- Track objects with their eyes

ABCs OF SAFE SLEEP
BABIES SHOULD SLEEP ALONE,
ON THEIR BACK, IN A CRIB

CARE POINTS

- Head and neck need to be supported when being held
- Eating often, newborns may require only 2 - 3 ounces per feeding
- Baby should be eating about 4 - 5 ounces every 3 - 4 hours at the end of 2 months
- Average weight of a baby at 2 months old: 11 - 13 lbs
- BABIES ARE VERY SOCIAL, they love to be talked to and snuggled. A baby cannot be spoiled by too much holding/hugging/loving/touching - hold them, love them, spend time with them 😊

Things to Know | 2 Months



At this age a baby should be established with a PCP and should have had about 3 - 4 visits with them by the end of the 2nd month



Routines of eating, sleeping, playing etc. might be in place at this time and babies cues are getting easier to understand



When baby is born contact WIC to add baby to the WIC package if you are receiving that benefit - the local health department can help with this and offers breastfeeding peer support as well



Baby should be starting to open their hands more (when they are first born newborns tend to squeeze their hands into fists), placing soft toys in their hands will help with them opening them more freely



Please see attached resource for immunization schedule for infants and children

Things to Know | 2 Months Continued



Baby only needs formula or breastmilk; solid foods should not be introduced until the 6th month



Baby has more refined movements of their arms and legs



Baby may try to look at their caregiver



Baby should be cooing and gurgling and turn their head towards sound



DEVELOPMENTAL CONCERNS CONTACT THE PEDIATRICIAN

A PCP will assess to see if a referral is needed

There are many programs available that support parents in helping children to reach their developmental milestones

Things to Know | 4 Months

4 MONTHS CAN...

- Baby will smile more often especially with people they are familiar with
- May mimic some facial expressions
- Babbling should increase
- Baby reaches for things with one hand
- Expresses emotions; may cry if an activity or play stops
- Likes to play
- Head is steady, without support
- Should push feet down when held in a standing position
- Baby may roll over from tummy to back

**PRACTICE SERVE & RETURN
BABIES INTERACT WITH CAREGIVER
& CAREGIVER RESPONDS BACK
THIS IS A BACK & FORTH INTERACTION**

Things to Know | 4 Months Continued



May make sounds like “ooh” “ahhh”
Baby may start to chuckle/giggle
Baby may turn their head towards the sound of your voice



Baby should be seeing their PCP every other month at this age for immunizations and developmental checks and for sick visits if needed



Baby should be opening their mouth when a bottle or breast is shown to them



Teething may start: teething is a long process. It can start earlier and go on for weeks/months in infant development. Get your baby used to teeth cleaning by using a warm washcloth to massage their gums



Help baby's eyes develop by placing a toy in front of them, moving it up and down and back and forth - this helps with tracking and eye muscle development



At this age babies still
ONLY NEED FORMULA OR BREASTMILK - no solid foods yet

**ALL BABIES
DEVELOP DIFFERENTLY**
ANY DEVELOPMENTAL CONCERNS SHOULD
BE ADDRESSED WITH THE PEDIATRICIAN

Things to Know | 6 Months

6 MONTHS CAN...

- Baby should be looking around when they hear sounds
- Much better body control, keeping head straight when being held in a sitting position
- Baby can roll from tummy to back and may be able to roll from back to tummy
- Making more sounds
- May develop fear of strangers and cry
- Like to touch, chew, shake and twist toys
- Baby is very busy during this time, little scientists
- Baby likes to look at self in mirror (this is a good age to get a safety mirror for your baby to have on the floor and play with)
- Babies love other babies at this age

SOLIDS FOODS?!

ALWAYS CONSULT YOUR PEDIATRICIAN FIRST...

Solids can be introduced at the end of the 6th month. It is recommended when introducing new foods, it is done one food at a time over 3 - 4 days.

IE Baby tries green beans on Tuesday - no other new food should be introduced until Thursday, this allows time to monitor for possible food allergies

Things to Know | 6 Months Continued

CARE TIPS

- Take care of baby's teeth, do not allow baby to sleep with a bottle or bottle prop - both are bad for teeth development and are unsafe sleep concerns as well
- Everything goes into baby's mouth - make sure to check your home for safety
- Read to baby often, sing to them, remember "Serve and Return"
- Baby will be seen at PCP this month, baby should be screened at PCP at 2, 4, 6, 8, 12, 18 months, then annually to monitor for developmental concerns
- Floor play and tummy time will help baby develop and should occur often throughout the day

Things to Know | 9 Months

9 MONTHS CAN...

- Baby may start to creep and crawl during this time (Good idea to go through the home and complete a safety check - get right down on the floor at the baby's level to see what they can see)
- May sit without support
- Baby can feed themselves, it will be messy but they are learning as they go 😊
- Making more sounds
- Like to grab, shake, bang, manipulate toys and still EVERYTHING GOES IN THEIR MOUTHS
- May develop fear of strangers that was not present before - help your baby feel safe but letting them know who is a friend
- Baby should be eating about 30 ounces of breastmilk or formula a day, and may eat infant cereal, pureed vegetables and pureed fruits (2 - 4 tablespoons per day)
- Introduce finger foods, often people use Cheerios as baby's first finger foods

Things to Know | 9 Months Continued

- Baby expresses emotions and seeks comfort
- Baby remembers events
- Baby will look when you call their name
- Looks for objects when dropped out of sight
- Can get into the sitting position by themselves
- Uses fingers to “rake” food towards them
- Play with a spoon or cup, it is a good idea to allow baby to have both at meal time even though they may not be good at using them yet
- Using blocks to build at this age assist with eye/hand coordination
- Baby tries to figure things out on their own and may be frustrated with you if you try to assist them
- Baby putting 2 sounds together - dada, mama, etc.
- As food is introduced please remember: **Babies do not need any seasoning on any of their food-if you are giving baby food from a family dinner remember to take baby’s food out before seasoning**

**PEDIATRICIAN
SHOULD CONDUCT
DEVELOPMENTAL
ASSESSMENT &
WELL CHILD CHECK**

Things to Know | 1 Year

FIRST YEAR CAN...

- May be crawling all over and starting to creep, some may even have started walking by their 1st birthday, those that are able to walk may still prefer to crawl - as it gets them there quicker
- Baby is able to understand simple sentences and can say no and shake their head no, able to repeat some
- Developing “concrete permanence,” children are starting to understand that if they do not see something that it is not gone forever
- Gender identity starts to develop
- Include finger foods with meals, they may not be able to use a spoon yet but finger foods allow your baby to feed themselves
- Can climb stairs or even out of the playpen or crib, if left along unsupervised; watch closely, they are fast and fearless!!!
- Memory has increased
- Feel and show love to familiar people
- Definitive about likes and dislikes

Things to Know | 1 Year Continued

- May be able to open things
- Pointing at things with index finger
- Drinks from a cup without a lid if you hold it
- Pulls up to stand and walks along the furniture
- Nursery rhyme games are able to be played, ex: Pat-A-Cake
- May start waving bye-bye
- May call parents by special name (mama, dada, etc.)
- Juice is not needed at any age by anyone but if baby has juice they should not receive anymore than 4 ounces per day of real, 100% fruit juice
- It is important at every age, including infancy to limit screen time, babies especially learn by talking, playing and interacting with others
- At the PCP visit this month the baby should receive another developmental assessment.

Baby should transition off of the bottle at 12 months and also stop formula (unless otherwise ordered by the PCP), whole milk should be introduced at this time. PCP and WIC will give guidance on how best to start this process and why it is important

Things to Know | 15 Months

15 MONTHS CAN...

- Baby shows love and affection
- Temper tantrums may start, they really like things their way all of the time
- Learning simple words
- Child is able to respond to their name being called
- Child is able to express needs
- May repeat words as they are exposed to them
- Child is learning rules - what they can and cannot do
- Copying you and peers is a way they learn
- Containers are fun toys to play with, children enjoy emptying, filling and dumping containers
- It is important at this age and every age to focus on what your child is able to do and build upon those skills
- Should be able to throw a small ball overhand
- Build towers with blocks or other toys
- Good time to introduce the toddler to writing, crayons and paper
- Sharing is not a skill that gets much practice at this age but is a good skill to start showing children
- At this age a child should be able to look at a familiar object you name

Things to Know | 18 Months

18 MONTHS CAN...

- Understand more words than they can say
- Is able to run but still clumsy
- Hand dominance develops
- Is able to follow directions, sometimes 😊
- Should be able to say about 10 words, and is copying words, songs, sounds they hear
- Can assist with getting dressed, pushes arms through sleeves and legs through pants
- Is able to drink from a cup, but may still spill
- Can look at a book with caregiver
- Routine, structure, limits, and rules are important for toddler to thrive and grow

PCP should complete a developmental assessment at this well child visit; immunizations will be due at this visit as well

Things to Know | 2 Years

2 YEARS CAN...

- Toddler stage has begun 😊
- Reacts to emotions, recognizes sadness and happiness and responds
- Is able to point to items when asked where something is
- 2 - 3 words sentences
- Is learning to use switches, knobs, buttons, zippers etc. - increasing fine motor skills
- Eats with a spoon on their own
- Eye hand coordination increases
- Keep routine, it helps toddlers to know what to expect
- Educate on body parts; might be able to point to 2 - 3 body parts when asked

- Sharing is difficult and child may still prefer to play alone - but is starting to be interested in playing with other children
- Play is how children learn and this only increases as child gets older
- At this age toddler should be able to say about 20 words and can sometimes ask for things by name
- NO is a common response to questions, directions, etc. at this age

POTTY TRAINING

may start around this time, some children start later and others start earlier. Again ALL children develop differently, talk to the PCP about when to start this process and what signs a child may show when they are ready to start potty training

Things to Know | 30 Months

30 MONTHS CAN...

- Should be able to say about 50 words and at the end of this period may be able to say over 1,000 words
- May use words like: I, me, we
- May be able to take some clothes off by themselves - like sweatpants or a jacket
- Can turn the pages of a book one at a time
- Can jump off the ground with both feet
- Recognizes peers and starts to develop friendships
- Is able to take turns when playing a game
- Can put puzzles together (3 - 6 pieces)
- Important to introduce lots of fruits and vegetables to diet
- Is able to tell you how they are feeling
- Is starting to understand cause and effect
- Gender differences are able to be recognized
- Children at this age often want to do or say more than they are able to and this can lead to frustration and temper tantrums
- Again – ROUTINE - children thrive on routine and knowing what to expect in their day, routine, routine, routine
- Caregivers may want to start to research Preschool options available to their toddler

Things to Know | 3 Years

3 YEARS CAN...

- Is able to talk back and forth, and asks questions: Who? What? Where? Why?
- Can report actions - when reading a book child may be able to say "running," "eating," etc. to describe action
- Speech is more clear and caregiver may be able to understand half of what their toddler is saying
- Is able to say their first name
- Understands danger
- May know colors
- All baby teeth should be in
- Can use all eating utensils now - including a fork

- Can run and jump well
- Start working with your child on multiple step instructions
- Limit screen time - less than one hour a day. Play, play, play, children learn best with play. Puzzles, nursery rhymes, building blocks, create a kitchen cabinet for them with pots, pans so they can "help" make dinner

HEALTHY EATING HABITS

introduction & inclusion of fruits/vegetables in their diets help to create healthy eating habits

Child will see their PCP for a developmental assessment, screen for autism, hearing test and follow up on any immunizations.

ROUTINE, routine, routine: helps children feel in control and helps them to know what to expect and increases their feelings of safety, trust

Things to Know | 4 Years

4 YEARS CAN...

- Child is now eligible for Head Start consideration - see resources for referral/program information
- Is able to pretend during play
- Adjusts behavior to surroundings
- Can name colors, body parts and is able to tell what comes next in a story they have heard before
- Is able to talk about their day and things that have happened
- Is able to dress themselves, sometimes 😊
It is a good idea at this age to pick clothing that is easy to put on and off, so the child learns how to dress themselves. They like to be independent at this age, picking clothes that are looser or easier to get on; this makes life easier for both parent and child

- Is able to play with children in larger groups
- Loves to learn
- Is able to understand numbers and what they mean, ex: 3 of something
- Longer attention span
- Can understand upwards of 1500 words

Well child check by PCP, another developmental assessment should be completed; talk with PCP about school readiness, immunizations needed for preschool/school and diet/nutrition.

ROUTINE, routine, routine - again children love routine and thrive best when they know what to expect throughout their day.

Things to Know | 5 Years

5 YEARS CAN...

- READY FOR SCHOOL????!!!!!!
- Child is able to follow rules and take turns while playing with peers
- Is able to assist with simple chores around the home
- Should be able to count to 10 and recognize some numbers
- Understands time better - today, yesterday, tomorrow
- Attention span has increased
- Should be able to write some letters and identify letters that are in their name
- Caregivers should register their child for Kindergarten, based on their birthday and readiness for school

- Curious about everything - many, many questions asked at this age
- Very energetic and coordination is growing
- Should know their name, address and phone number
- Attention span continues to increase

All children develop differently - some may learn things more quickly than others, parents usually know their children best- if there are any concerns with development the PCP should be made This is a big year for parents and children, the transition to school can be exciting but also scary for both.

Routine, routine, routine, this is important for all children at all ages!!!!!!

Resource



CHANT

<https://tinyurl.com/TN-CHANT>

**ALL ARE FREE
RESOURCES**



SAFE SLEEP

<https://tinyurl.com/TDH-SafeSleep>



HEAD START

<https://tinyurl.com/TDE-HeadStart>



KINDERGARTEN READINESS

<https://tinyurl.com/KG-Ready>

Resources



CDC IMMUNIZATION SCHEDULE

<https://tinyurl.com/CDC-ImmSched>

**ALL ARE FREE
RESOURCES**



JUST IN TIME PARENTING

<https://jitp.info>



WIC | WOMEN, INFANTS & CHILDREN

<https://tinyurl.com/TDH-WIC1>



KIDCENTRAL TENNESSEE

<https://www.kidcentraltn.com>

Resources continued



DEPARTMENT OF CHILDREN'S SERVICES

<https://www.tn.gov/dcs.html>

**ALL ARE FREE
RESOURCES**



TEIS | TENNESSEE EARLY INTERVENTION SYSTEM

<https://tinyurl.com/TDIDD-TEIS>



CDC DEVELOPMENTAL MILESTONES

<https://tinyurl.com/CDC-DevelopmentalMilestones>



EPSDT | WELL CHILD CHECK SCHEDULE

<https://tinyurl.com/TDH-EPSDT>



TENNCARE KIDS ROADMAP FOR WCC/IMMUNIZATIONS

<https://www.tn.gov/tenncare/tenncare-kids.html>

Citations

This entire presentation was
developed using data and information from:

Just in Time Parenting
prenatal through age 5

CDC Milestone moments

Don't wait. Acting early can make a real difference.

Please see attached resource list for website information

Questions? Kristen Gentry | Kristen.T.Gentry@tn.gov