

Using Checklists for Growth and Development

Babies with disabilities are more like babies without a disability than they are different.

Babies need to eat, to sleep, and to be comforted. Babies develop following a pattern.



Each child grows and develops differently from another child.

Checklists are meant to be a guide and to show the order in which babies develop skills. The first page of each *Great Beginnings* issue describes the skills you are likely to see next in this pattern of infant growth and development. Some children will take much longer to do some of the skills listed for each age group.

A premature baby may take longer to develop the characteristics listed on a developmental skills chart.

The time from birth until the baby was actually due to be born is spent developing in ways that are usually done in the womb.

To use a developmental chart, subtract the amount of time Baby was born prematurely from his actual age. For example, if Baby is 3 months old and he was born 2 months before the actual due date, then he may be doing more of the items on a checklist for a 1-month-old.

Look for the pattern of skills to develop.

Some parents have kept the issues of *Great Beginnings* in a file. As their baby accomplishes the skills on one checklist, they bring out the next issue of the series to help Baby develop the next set of skills.

All parents need some basic information.

Great Beginnings is designed with information important to all parents. You can find *Great Beginnings* on the web at <http://ag.udel.edu/extension/fam/gb/gb-list.htm>

Each issue has information about:

- infant and toddler health.
- infant and toddler safety.
- activities to help Baby develop new skills.
- normal daily routines and behaviors of infants and toddlers.
- responding to the upsetting behaviors of infants and toddlers.
- eating habits and nutritional needs of infants and toddlers.

- family relationships and managing the stress in families with young children.

Families and parents of young children are more alike one another than they are different.

Find us on the web at

<http://ag.udel.edu/extension/fam/>

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