

What Help Is Available?

The New York State Early Intervention Program (EIP) provides services to eligible babies and toddlers under three years of age who are not developing like other children. You can refer your child for an evaluation. If your child qualifies for services, your local program will help you get them. There is no cost to families.

Services may include:

- Speech-language, physical, and occupational therapies
- Special instruction
- Audiology (hearing) and vision services
- Family support (social work, groups, training)

Which Children Need Early Help?

Any child under three years of age who may not be developing like other children due to a developmental delay, or a disability may need help.

Developmental Delay

A developmental delay means a child is behind in some area of development, such as growth, learning, thinking, or communicating.

Disability

A disability means that a child has a diagnosed physical or mental condition that affects their development.

New York State EIP services can be provided at home, at childcare, or anywhere your child spends their day.

This will help you and your family:

- Support and promote your child's growth
- Include your child in family and community activities

Look at the **“Checklist for Growing Children”** for signs that your baby or toddler may need extra help. If you have concerns about your baby's development, the earlier you get help the better!

Where Can Parents Get Help?

Contact the EIP in the county where you live to ask for help for your child.

health.ny.gov/EICounty

Call the New York State “Growing Up Healthy” 24-hour Hotline

at **1-800-522-5006** for the phone number of your county's EIP.

In New York City, call **311**.

Learn more about the New York State EIP by visiting our website at:

health.ny.gov/EIFamilies

Email: beipub@health.ny.gov

Phone: **518-473-7016**



Department
of Health

Early Help

makes a difference!



The Early Intervention Program

You know your child best. Do you have concerns about the way your baby or toddler plays, learns, speaks, acts, or moves? Getting help early makes a difference! Refer your child to the New York State Early Intervention Program (EIP).

Checklist for Growing Children

Developmental milestones are things most children can do by a certain age. Here's what most children do by this age:

Milestones at Age 2 months	Milestones at Age 4 months	Milestones at Age 6 months	Milestones at Age 9 months	Milestones at Age 12 months	Milestones at Age 15 months	Milestones at Age 18 months	Milestones at Age 24 months	Milestones at Age 30 months
<ul style="list-style-type: none"> <input type="checkbox"/> Calms down when spoken to or picked up <input type="checkbox"/> Looks at your face <input type="checkbox"/> Smiles when you talk to or smile at them <input type="checkbox"/> Makes sounds other than crying <input type="checkbox"/> Reacts to loud sounds <input type="checkbox"/> Watches you as you move <input type="checkbox"/> Looks at a toy for several seconds <input type="checkbox"/> Holds head up when on tummy <input type="checkbox"/> Moves both arms and both legs <input type="checkbox"/> Opens and closes hands 	<ul style="list-style-type: none"> <input type="checkbox"/> Chuckles (not yet a full laugh) when you try to make them laugh <input type="checkbox"/> Looks at you, moves, or makes sounds to get or keep your attention <input type="checkbox"/> Makes sounds like “oooo” and “aahh” (cooing) <input type="checkbox"/> Turns head towards the sound of your voice <input type="checkbox"/> Makes squealing noises <input type="checkbox"/> If hungry, opens mouth when they see breast or bottle <input type="checkbox"/> Looks at their hands with interest <input type="checkbox"/> Rolls over from stomach to back <input type="checkbox"/> Holds head steady without support when you are holding them <input type="checkbox"/> Holds a toy when you put it in their hand 	<ul style="list-style-type: none"> <input type="checkbox"/> Knows familiar people <input type="checkbox"/> Likes to look at self in a mirror <input type="checkbox"/> Turns toward the source of normal sound <input type="checkbox"/> Blows “raspberries” (sticks tongue out and blows) <input type="checkbox"/> Copies sounds you make <input type="checkbox"/> Bangs small objects on a surface <input type="checkbox"/> Reaches to grab a toy they want <input type="checkbox"/> Closes lips to show they do not want more food <input type="checkbox"/> Rolls over from back to stomach <input type="checkbox"/> Sits up briefly without support <input type="checkbox"/> Picks up small objects with whole hand <input type="checkbox"/> Passes a toy from one hand to the other 	<ul style="list-style-type: none"> <input type="checkbox"/> Shows several facial expressions, like happy, sad, angry, and surprised <input type="checkbox"/> Reacts when you leave (looks, reaches for you, or cries) <input type="checkbox"/> Looks when you call their name <input type="checkbox"/> Looks around when hearing things like, “Where is your blanket?” <input type="checkbox"/> Makes different sounds like “mamamama” and “bababababa” <input type="checkbox"/> Looks for objects when dropped out of sight (like their spoon or toy) <input type="checkbox"/> Plays peek-a-boo and pat-a-cake <input type="checkbox"/> Crawls on hands and knees <input type="checkbox"/> Sits without support <input type="checkbox"/> Transitions between sitting and standing <input type="checkbox"/> Lets go of objects intentionally <input type="checkbox"/> Uses fingers to “rake” food toward themselves 	<ul style="list-style-type: none"> <input type="checkbox"/> Understands “no” (pauses briefly or stops when you say it) <input type="checkbox"/> Waves bye-bye <input type="checkbox"/> Follows directions with gestures, such as motioning and saying, “Give me (object)” <input type="checkbox"/> Calls a parent “mama” or “dada” or another special name <input type="checkbox"/> Puts something in a container, like a block in a cup <input type="checkbox"/> Looks for things they see you hide, like a toy under a blanket <input type="checkbox"/> Stands without support <input type="checkbox"/> Walks, holds onto furniture (cruising) <input type="checkbox"/> Picks up food and eats it <input type="checkbox"/> Picks up small objects with pointer finger and thumb 	<ul style="list-style-type: none"> <input type="checkbox"/> Copies other children while playing, like taking toys out of a container when another child does <input type="checkbox"/> Drinks from a cup without a lid and may spill sometimes <input type="checkbox"/> Shows you affection (hugs, cuddles, or kisses you) <input type="checkbox"/> Points to ask for something or to get help <input type="checkbox"/> Uses 3 words other than names <input type="checkbox"/> Tries to use things the right way, like a phone, cup, or book <input type="checkbox"/> Looks around when you say things like, “Where’s your ball?” or “Where’s your blanket?” <input type="checkbox"/> Crawls up stairs <input type="checkbox"/> Squats to pick up objects <input type="checkbox"/> Uses fingers to feed themselves some food 	<ul style="list-style-type: none"> <input type="checkbox"/> Moves away from you, but looks to make sure you are close by <input type="checkbox"/> Points to show you something interesting <input type="checkbox"/> Helps you dress them, by pushing arm through sleeve or lifting their foot up <input type="checkbox"/> Can identify 2 body parts <input type="checkbox"/> Names at least 5 familiar objects <input type="checkbox"/> Copies you doing chores, like sweeping with a broom <input type="checkbox"/> Plays with toys in a simple way, like pushing a toy car <input type="checkbox"/> Can throw a small ball while standing <input type="checkbox"/> Walks up steps with 2 feet per step with their hand held <input type="checkbox"/> Walks backwards <input type="checkbox"/> Tries to use a spoon <input type="checkbox"/> Scribbles <input type="checkbox"/> Follows one-step directions without any gestures, like giving you the toy when you say “Give it to me” 	<ul style="list-style-type: none"> <input type="checkbox"/> Notices when others are hurt or upset, like pausing or looking sad when someone is crying <input type="checkbox"/> Looks at your face to see how to react in a new situation <input type="checkbox"/> Plays alongside other children <input type="checkbox"/> Says at least two words together, like “More milk.” <input type="checkbox"/> Tries to use switches, knobs, or buttons on a toy <input type="checkbox"/> Plays with more than one toy at the same time, like putting toy food on a toy plate (combines toys in play) <input type="checkbox"/> Runs <input type="checkbox"/> Walks (not climbs) up a few stairs with or without help <input type="checkbox"/> Kicks a ball <input type="checkbox"/> Eats with a spoon 	<ul style="list-style-type: none"> <input type="checkbox"/> Uses things to pretend, like feeding a block to a doll as if it were food <input type="checkbox"/> Takes off some clothes by themselves, like loose pants or an open jacket <input type="checkbox"/> Names things in a book when you point and ask, “What is this?” <input type="checkbox"/> Says two or more words together, with one action word, like “Doggie run” <input type="checkbox"/> Shows they know at least one color, like pointing to a red crayon when you ask, “Which one is red?” <input type="checkbox"/> Shows simple problem-solving skills, like standing on a small stool to reach something <input type="checkbox"/> Follows two-step instructions like “Put the toy down and close the door.” <input type="checkbox"/> Runs well without falling <input type="checkbox"/> Walks up steps using one foot, then the other <input type="checkbox"/> Uses hands to twist things, like turning doorknobs or unscrewing lids <input type="checkbox"/> Eats food with a fork <input type="checkbox"/> Grasps a crayon with thumb and fingers instead of fist <input type="checkbox"/> Says about 50 words

If your child is having trouble doing some of these things, it may put your mind at ease to talk to someone. Early help makes a difference! Talk with your doctor and call your local Early Intervention Program.

The written content in this chart was adapted from the following resources:
 1. The Centers for Disease Control and Prevention. (2023, June 6). CDC’s developmental milestones. Retrieved November 6, 2023, from <https://www.cdc.gov/ncbddd/actearly/milestones/index>
 2. Hagan JF, Shaw JS, Duncan PM, eds. Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents [pocket guide]. 4th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2017