

**Providing Nurse Home Visiting  
Across Oregon  
Because The First Years  
Last Forever!**

**What is the Babies First!  
Program?**

Babies First! is a program for families with babies and young children up to age 5.

The goal of Babies First! is to help families make sure that their babies are healthy as they grow and learn.



For more information, or to request this material in an alternate format please contact the Department of Human Services, Office of Family Health at 971-673-0269, or visit our web site at [www.oregon.gov/DHS/ph/](http://www.oregon.gov/DHS/ph/)

**Developmental Milestones**

**Birth to 3 months:** nurse or suck well enough to gain about an ounce per day; develop a regular sleep-wake time; wake time may involve periods of prolonged crying which is usually worst at 2 months and improves by 3 months of age, crying can be unpredictable and may not respond to soothing; startles to sounds and is comforted by the sound of a familiar voice

**3 months:** smiles back at parents/caregivers; lifts head and chest when on stomach; turns toward bright colors and lights, follows moving toys or faces; moves both eyes in same direction together; makes sounds like cooing, gurgling, babbling; may sleep through the night

**6 months:** babbles; turns in direction of their name being called; reaches for objects and picks them up; rolls over front to back and back to front; sits by leaning on hands; teeth start to appear

**9 months:** moves toys from hand to hand; reaches for small objects with thumb and fingers; copies sounds or gestures; understands common words such as "juice", "bye-bye"

**12 months:** sits without support; crawls, says 1 or 2 words; can drink from a cup with help; may pull to a standing position; enjoys peek-a-boo; able to stack two blocks; may be afraid of strangers

**18 months:** follows simple directions; walks without help; feeds themselves at times; steps off a low object and keeps balance; likes to look at pictures; can point to one body part, pulls off shoes and socks, continues language development; imitates words

**24 months:** uses 2 to 3 words together; identifies body parts by pointing; feeds self with spoon; build tower of 4 blocks; listens to simple stories and songs; shows affection and anger

**36 months:** Uses 3-5 word sentences; plays with other children; walks up steps, alternating feet; names at least one color correctly; answers simple questions; dresses self with help; puts on shoes; expresses emotions

**Babies First!**



**A Nurse For You  
and Your Baby!**



## Nurses visit you and your baby at home and can:

- ☺ Weigh your baby
- ☺ Help with breastfeeding
- ☺ Check to make sure your child is learning and growing, as they should
- ☺ Help you keep your child's teeth and smile healthy
- ☺ Offer information about what to expect as your child grows and develops
- ☺ Help you build a happy, loving, and fun relationship between you and your child
- ☺ Answer questions about keeping yourself and your child healthy and help you know when to see the doctor
- ☺ Help you recognize what your child is telling you before he/she can talk
- ☺ Help you make your home safe for your child
- ☺ Work with you to solve problems that affect your family's health
- ☺ Help you get health care and/or apply for the Oregon Health Plan
- ☺ Refer you to other services you might need

## Contact Information

To see if a nurse can come and visit you and your baby call:

*"Our public health nurse was excellent. She helped us so much. Always answered all of our questions and made us feel like if there was anything we ever needed she would do her best to help in any way. This is an awesome program! Thank you."*

*-Parent of a child visited by a Public Health Nurse from the Babies First! Program*

