

Healthy Milestones

Keeping Track of Your Child's Development



EXPERT ADVICE

Breastfeeding and Development

“ Nutrition from breastfeeding is important for infants as they meet developmental milestones. It has many proven advantages when it comes to cognitive development, and can actually increase the rate at which your child meets milestones. The bonding that comes with breastfeeding can also help children as they increase and practice new abilities. Research shows that exclusive breastfeeding for the first six months of life provides maximum benefits.”



Christine Sneed, IBCLC, CLE, CCCE, Latch Onto Lactation Education, Life Circle Women's Healthcare

Parenting has always been a bit of a mystery. No two children are the same. Even if you've raised one or two already, you can find that taking care of your next child is uncharted territory. Luckily, there are many milestones you can follow to understand your child's development and figure out if he or she is on the right track physically, emotionally, and cognitively.

Important indicators of development usually take place within certain time frames. While every child is different, here is a sketch of what you can expect your baby to do as he or she grows:

- **0-3 months** – stretch, kick, smile, interact with people, recognize familiar objects and faces
- **4-7 months** – sit on their own, play with others, explore with hands and mouth, express emotion

- **8-12 months** – crawl, act shy or anxious with strangers, imitate gestures, use objects correctly

- **2 years** – follow simple commands, say 50-100 words, say two-word sentences, recognize pictures in books

- **5 years** – hop, swing, draw geometric shapes and letters, eat with utensils, tell stories, understand time, agree to rules, sing, dance, act and form friendships

Remember, these timeframes do not apply to every child. Don't be alarmed if your child develops at a slightly different pace. But do see your pediatrician if you notice frequent unhappiness, fear, disinterest, aggression or helplessness. These behaviors may indicate a condition that requires some extra love and attention. ♥

Latch Onto Lactation Education

The Only Free-Standing Lactation Center

Open to All Breast Feeding Mothers

We're a Team!

We Work With Your Baby's Physician to Help Prevent and Solve Issues Associated with Breast Feeding

- * Latch Difficulties
- * Painful Nursing
- * Low Milk Production
- * Inadequate Weight Gain
- * Cleft Palate Issues
- * Nursing Multiples
- * Over Active Let Down
- * Thrush
- * Weight Checks Pre and Post
- * Returning to Work or School

Also Available:
At-Home Consultations
Classes & Support Groups

Now Covered by Health Insurance!



Krystale Wallace with her daughter Rosalyn

Contact Christine Sneed
International Board Certified Lactation Consultant, Certified Lactation Educator and Certified Childbirth Educator
Faculty Member of Childbirth and Postpartum Professional Association



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