

# Grow with Me

ages 0–12









# Tips and Resources for Supporting your Child's Development

ages 0–12





# Developmental Milestones

Understanding the developmental milestones that children encounter from infancy through early adolescence is a vital aspect of parenting. These milestones encompass a wide range of skills and abilities, including physical, cognitive, social, and emotional aspects of growth.



## 0-1 Years

### Emotional/Social Changes

- In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them.
- During this stage, babies also are developing bonds of love and trust with their parents and others as part of social and emotional development.

### Thinking and Learning

- Learning language is more than making sounds (“babble”), or saying “ma-ma” and “da-da”.
- Listening, understanding, and knowing the names of people and things are all a part of language development.

## 1-2 Years

### Emotional/Social Changes

- Skills such as taking a first step, smiling for the first time, and waving “bye-bye”.
- During the second year, toddlers are moving around more, and are aware of themselves and their surroundings.

### Thinking and Learning

- During this stage, toddlers will show greater independence; begin to show defiant behavior; recognize themselves in pictures or a mirror; and imitate the behavior of others, especially adults and older children.
- Should be able to recognize the names of familiar people and objects, form simple phrases and sentences, and follow simple instructions and directions.

## 2-3 Years

### Emotional/Social Changes

- Skills such as taking turns, playing make believe, and kicking a ball.
- Able to express a wide range of emotions.
- Toddlers will experience huge thinking, learning, social, and emotional changes that will help them to explore their new world and make sense of it.

### Thinking and Learning

- Should be able to follow two- or three-step directions, sort objects by shape and color, and imitate the actions of adults and playmates.

## 3-5 Years

### Emotional/Social Changes

- Skills such as naming colors, showing affection, and hopping on one foot.
- Will want to explore and ask about the things around them even more.
- Become more independent and begin to focus more on adults and children outside of the family.

### Thinking and Learning

- Should be able to ride a tricycle, use safety scissors, notice a difference between girls and boys, help to dress and undress themselves, play with other children, recall part of a story, and sing a song.

## 6-8 Years

### Emotional/Social Changes

- Show more independence from parents and family.
- Start to think about the future.
- Understand more about his or her place in the world.
- Pay more attention to friendships and teamwork.
- Want to be liked and accepted by friends.

### Thinking and Learning

- Show rapid development of mental skills.
- Have less focus on oneself and more concern for others.
- Learn better ways to describe experiences and talk about thoughts and feelings.

## 9-11 Years

### Emotional/Social Changes

- Face more academic challenges at school.
- Become more independent from the family.
- Begin to see the point of view of others more clearly.
- Have an increased attention span.

### Thinking and Learning

- Show rapid development of mental skills.
- Have less focus on oneself and more concern for others.
- Learn better ways to describe experiences and talk about thoughts and feelings.

- ! This is an important time for children to gain a sense of responsibility along with their growing independence. Also, physical changes of puberty might be showing by now, especially for girls. Another big change children need to prepare for during this time is starting middle or junior high school.

## 12+ Years

### Emotional/Social Changes

- Show more concern about body image, looks, and clothes.
- Focus on themselves; going back and forth between high expectations and lack of confidence.
- Experience more moodiness.
- Show more interest in and influence by peer group.
- Express less affection toward parents; sometimes might seem rude or short-tempered.
- Feel stress from more challenging schoolwork.
- Develop eating problems.
- Feel a lot of sadness or depression, which can lead to poor grades at school, alcohol or drug use, unsafe sex, and other problems.

### Thinking and Learning

- Have more ability for complex thought.
- Be better able to express feelings through talking.
- Develop a stronger sense of right and wrong.
- ! This is a time of many physical, mental, emotional, and social changes. At this age, teens make more of their own choices about friends, sports, studying, and school. They become more independent, with their own personality and interests, although parents are still very important.



# Important Visits

Visiting your NOAH Care Team is just as important to do when your child is well as it is when he or she is sick. Well-Child Visits help your NOAH providers identify any potential health issues and are necessary for preventive care like growth rate and immunizations.

## Birth

### Immunizations

- ✓ **HepB**  
Hepatitis B

## 2 Months

### Immunizations

- ✓ **DTaP**  
Diphtheria, Pertussis, and Tetanus
- ✓ **PCV**  
Pneumococcal Disease
- ✓ **Hib**  
Haemophilus Influenzae Type B
- ✓ **Rota**  
Rotavirus
- ✓ **HepB**  
Hepatitis B
- ✓ **IPV**  
Polio

## 4 Years

### Well-Child Visit

### Immunizations

- ✓ **DTaP**  
Diphtheria, Pertussis, and Tetanus
- ✓ **MMR**  
Measles, Mumps, and Rubella
- ✓ **IPV**  
Polio
- ✓ **Varicella**

## 3 Years

### Well-Child Visit

**Vision checkup recommended between ages 3-5**  
**1x/year from now on**

## 5 Years

### Well-Child Visit

#### Child and Adolescent Vaccine Assessment Tool

Answer seven quick questions to learn which vaccines your child may need.



## 6-10 Years

### Well-Child Visit

## 11 Years

### Well-Child Visit

### Immunizations

- ✓ **Tdap**  
Tetanus, Diphtheria, Pertussis
- ✓ **HPV**  
Human Papillomavirus
- ✓ **MCV4**  
Meningococcal



## 4 Months

### Immunizations

- ✓ **DTaP**  
Diphtheria, Pertussis, and Tetanus
- ✓ **Hib**  
Haemophilus Influenzae Type B
- ✓ **IPV**  
Polio
- ✓ **PCV**  
Pneumococcal Disease
- ✓ **Rota**  
Rotavirus

## 6 Months

### Immunizations

- ✓ **Flu (Influenza) Vaccine 1x/year from now on**
- ✓ **DTaP**  
Diphtheria, Pertussis, and Tetanus
- ✓ **Hib**  
Haemophilus Influenzae Type B
- ✓ **IPV**  
Polio
- ✓ **PCV**  
Pneumococcal Disease
- ✓ **Rota**  
Rotavirus

## 9 Months

### Autism and Developmental Screenings Immunizations

- ✓ **Any catch-up immunizations**

## 30 Months

### Developmental Screening

## 24 Months

### Well-Child Visit 1x/year from now on

### Autism, Anemia, and Lead Screenings

### Immunizations

- ✓ **HepA**  
Hepatitis A  
(if not received at 18 months)

## 12 Months

### Dental Checkup recommended by age 1 2x/year from now on

### Anemia and Lead Screenings

### Immunizations

- ✓ **MMR**  
Measles, Mumps, and Rubella
- ✓ **HepA**  
Hepatitis A
- ✓ **Varicella**

## 12 Years

### Well-Child Visit

### Immunizations

- ✓ **Tdap**  
Tetanus, Diphtheria, Pertussis
- ✓ **HPV**  
Human Papillomavirus  
(if not given at 11 years)
- ✓ **MCV4**  
Meningococcal

## 18 Months

### Autism and Developmental Screenings Immunizations

- ✓ **HepA**  
Hepatitis A

## 15 Months

### Immunizations

- ✓ **DTaP**  
Diphtheria, Pertussis, and Tetanus
  - ✓ **Hib**  
Haemophilus Influenzae Type B
  - ✓ **PCV**  
Pneumococcal Disease
- Note:** This particular dose of PCV and HIB can be given at 12 or 15 months.

# Behavioral Challenges

Children experience a range of emotions and express themselves in many different ways. It's normal for children to show defiance or sometimes lose control of their emotions while their social and emotional skills are developing.



## What causes challenging behavior?

As your child gets older, they become more aware of what behavior you expect of them and will be better able to control their behavior. School-aged children begin to understand empathy and are much better at planning and making decisions about their behavior than toddlers or preschoolers, because they begin to understand that their actions have consequences.

Challenging behavior is often due to your child not yet having the social and emotional skills they need to behave the way you would like them to. There are a number of other things that may affect your child's ability to control their reactions, emotions or behaviors, including:

- Being unwell
- Not enough sleep and being tired
- Too much screen time
- Poor diet and feeling hungry
- A change in family circumstances or routine
- Change of environment (e.g. starting a new school)
- Being bullied or having problems at school
- The development of mental health issues (e.g. anxiety, depression)

## How to deal with challenging behaviors

While dealing your child's ongoing negative behavior can be very stressful, constantly responding to negative behaviors can teach a child that this is a good way to get your attention. Effective ways to discourage challenging behaviors in your child include:

- ✓ **Ignoring** – For minor attention-seeking behaviors, it is best to ignore the behavior (e.g. turn away from your child and respond only when they stop doing it).
- ✓ **Offer choice** – Allow your child to make decisions by offering choices and teach them to consider consequences of the choices they make (e.g. "You can put the game away or give it to me").
- ✓ **Encouraging empathy** – Point out how your child's behavior is making another person feel (e.g. sad, hurt) and ask your child how they would feel if someone did the same to them.
- ✓ **Positive reinforcement** – Reward good behaviors often and focus on positive aspects of your child's behavior, rather than directing attention to negative behaviors.
- ✓ **Set boundaries and consequences** – Set clear rules and involve your child in this process.



Sometimes, severe and persistent challenging behavior can be a sign of a developmental condition or a more serious social or emotional problem. Your NOAH Care Team can investigate this and refer you to a specialist if needed.



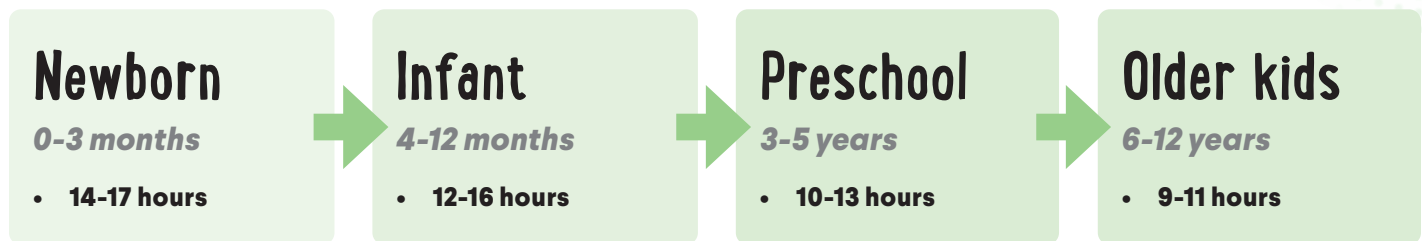
# Healthy Sleep Habits



Sleep is  
critical  
to prevent:

- Attention or Behavior Problems
- Type 2 Diabetes
- Obesity
- Poor Mental Health
- Injuries

## Sleep Recommendations



As their brains develop, **children need more sleep** than adults to do their best in school and to stay alert during the day.

When establishing a new or revised sleep schedule, be sure to start slow. Most kids will not be able to suddenly switch from being night owls to morning birds. A slow transition over a few weeks is best. Move bedtime by 15 minutes each day until they are getting the amount of sleep they need.

## Tips for Good Sleep

- ✓ **Keep a clock** in your child's bedroom so that they know what time they should go to sleep and what time they should wake up.
- ✓ **Avoid using electronics** for at least one hour before bed, and never allow electronics in bed. The light from the screens on TVs, tablets, and phones tricks our brains into thinking it is daytime and keeps us from a good night's sleep. It's good for everyone to turn off screens starting two hours before bedtime.
- ✓ Instead of electronics, establish a **relaxing bedtime routine**. This could involve reading, stretching, or meditation. Routines will train the body that it is bedtime and can decrease anxiety around bedtime in kids and adults. Make the environment as relaxing as possible.
- ✓ Keep the schedule, even on weekends. **Parents and caregivers should all be on the same page** with the sleep schedule. Children over the age of 5 should be informed on what that plan is as well.



# Managing Screen Time

With screens virtually everywhere, monitoring a child's screen time can be challenging. To complicate matters, some screen time can be educational and support children's social development. So how do you manage your child's screen time?

## Screen Time Limits



### Under 18 months

There should be no screens other than a video call with loved ones.



### Under 2 years

Limit screen time to no more than 1 hour a day of high-quality programs like Sesame Street.



### Older kids

It all depends on the kid and what they are doing on the screens. But experts agree, limit screen time to accommodate other activities like spending time with friends or family, exercise, or sports.



## Screen Time Alternatives

Turing off screens can make kids disappointed and even irritable at first, but it is good in the long run. Allowing children to be bored is actually very good for their development.

**Chores** – Studies show that children who do chores (as young as 3 years old) have higher self-esteem, are more responsible, and deal with frustrations better. So, make sure they clean their room, make their bed, and more.

**Read** – Kids should either read if they can or be read to for at least 20 minutes every day.

**Exercise** – Everyone should get active. It might need to be inside or early in the morning because of the heat, but get 30 minutes to an hour of sports, exercise, or other activities every day.

**Creativity** – Make something or get creative. Help cook or bake, draw or paint, make music, or any number of other activities.

Remember that it is also important for parents and other family members to set an example. If older siblings or parents are always on their phone, younger kids will want to do the same. Try to change up screen time in your home together and everyone will benefit!



# Taking Care of Your Teeth

## Brushing Your Teeth

- 🦷 Brush your teeth twice each day.
- 🦷 Use a small, soft toothbrush so you can get in those hard to reach areas.
- 🦷 Point the bristles towards your gums and move your toothbrush in small circles, ten times on every two teeth.
- 🦷 Don't forget to brush the outside, the inside, and the tops of your teeth.
- 🦷 Be gentle!
- 🦷 Be sure to brush your tongue too!
- 🦷 Brush your child's teeth twice daily with fluoride toothpaste. For children under two, consult with your dentist about when to start using fluoride toothpaste.

Between the ages of zero to twelve years, many changes occur in your child's mouth, along with their normal growth and development. Your child's first dental visit should be scheduled by their first birthday or after their first tooth appears. As they begin to get their adult teeth, X-rays play an important role in helping your dentist see if all the adult teeth are growing in the jaw. To make sure your child's teeth are clean and healthy, routine check-ups are important.

## Flossing Your Teeth

- 🦷 Floss at least once each day to scrape the plaque from the space BETWEEN your teeth.
- 🦷 Gently insert floss between teeth (starting with the middle teeth and working your way back).
- 🦷 Slide the floss up and down along the side of each tooth and gently under the gum line.
- 🦷 Continue until the spaces between all your teeth have been flossed!
- 🦷 Limit sugary snacks.

### More Tooth Brushing Tips



# Diet and Exercise



## Exercise

Regular physical activity in children and adolescents promotes health and fitness. It is important to provide young people opportunities and encouragement to participate in physical activities that are appropriate for their age, are enjoyable, and offer variety.

## Types of Activity

**Aerobic activities** are those in which young people rhythmically move their large muscles for a sustained period of time. Reference activity level chart on page 10 for more ideas.

**Muscle strengthening activities** may take the form of unstructured play or be more organized and structured. Reference activity level chart on page 10 for more ideas.

**Bone-strengthening activities** produce a force on the bones of the body that promotes bone growth and strength. This force is commonly produced by impact with the ground. Reference activity level chart on page 10 for more ideas.

## Diet

Healthy eating in childhood and adolescence is important for proper growth and development and to prevent various health conditions. Consuming a healthy eating pattern that accounts for all foods and beverages within an appropriate calorie level is recommended. A healthy eating pattern includes:

- ✓ A variety of vegetables from all of the subgroups – dark green, red and orange, legumes (beans and peas), starchy, and others.
- ✓ Fruits, especially whole fruits.
- ✓ Grains, at least half of which are whole grains.
- ✓ Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages.
- ✓ A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products.
- ✓ Oils

## A healthy eating pattern limits:

- Saturated fats and trans fats, added sugars, and sodium.
- Remember, moderation is key.



⬆ **Portion Size Tips**



# Physical Activity Chart

Examples of Aerobic, Muscle, and Bone Strengthening Activities



## Moderate-vigorous intensity aerobic activities (Ages 0-5)

Games such as tag or follow the leader

Playing on a playground

Tricycle or bicycle riding

Walking, running, skipping, jumping, dancing

Swimming

Games that require catching, throwing, and kicking

Gymnastics or tumbling

## Moderate-vigorous intensity aerobic activities (Ages 6-12)

Brisk walking

Ice skating

Active recreation, such as hiking, riding a scooter without a motor

Games that require catching and throwing, such as baseball and softball



## Vigorous-intensity aerobic (Ages 6-12)

Running

Roller skating

Active games involving running and chasing, such as tag or flag football

Jumping rope

Cross-country skiing

Sports such as soccer, basketball, swimming, tennis

Martial arts

Vigorous dancing

## Muscle strengthening (Ages 0-5)

Games such as tug-of-war

Climbing on playground equipment

Gymnastics

## Muscle strengthening (Ages 6-12)

Games such as capture the flag

Resistance exercises using body weight or resistance bands

Rope or tree climbing

Weightlifting (with supervision)

Some forms of yoga

## Bone strengthening (Ages 0-5)

Hopping, skipping, jumping

Jumping rope

Running

Gymnastics

## Bone strengthening (Ages 6-12)


Relay races

Rock climbing

Playing frisby

Sports that involve jumping or rapid change in direction





*Accuracy is important!*

## Growth

### How tall is your child?

- Have your child remove their shoes, bulky clothing, and any hair ornaments that might interfere with the measurement.
- Take the height measurement on flooring that is not carpeted and against a flat surface such as a wall with no base trim.
- Your child should stand with feet flat, together, and against the wall. Make sure legs are straight, arms are at sides, and shoulders are level.
- Make sure your child is looking straight ahead and that his or her line of sight is parallel with the floor.
- Take the measurement while your child stands with his or her head, shoulders, buttocks, and heels touching the wall. Depending on the overall body shape, all points may not touch the wall.
- Use a flat sturdy object, like a hard cover book or a ruler to make a straight line from the highest point of your child's head to the wall.
- Lightly mark on the underside of the sturdy object where it meets the wall. Then, use a measuring tape to measure from the base of the floor to the marked measurement on the wall.

### How much does your child weigh?

- Use a digital scale (typically available online or at big box stores for under \$20). Avoid using bathroom scales that are spring-loaded.
- Place the scale on firm flooring (such as tile or wood) rather than carpet.
- Have your child remove his or her shoes and any heavy clothing (such as sweaters).
- Have your child stand still with both feet in the center of the scale.

### What is BMI?

BMI or Body Mass Index screens for potential weight and health-related issues. BMI is interpreted differently for children even though it is calculated with the same formula. Due to changes in weight and height with age, as well as their relation to body fatness, BMI levels among children are expressed as percentiles relative to other children of the same sex and age. If you are concerned about your child's BMI, ask your NOAH Care Team.

#### Child and Teen BMI Calculator (CDC)





# Recipes

Try out these kid-friendly recipes that are simple to make and require minimal ingredients. For more meal inspiration, download our NOAH Mouth Healthy Cookbook for free! ➔



## Vegetable Dip

This dip packs lots of flavor, goes great with different types of vegetables, and can be a versatile addition to enhance other dishes as well.

### Ingredients:

- ½ cup mayonnaise
- 1 tsp onion powder
- ½ cup low-fat plain yogurt
- 1 dash pepper
- 1 tsp garlic salt
- 1 dash Italian seasoning, or more to taste

### Directions

1. Combine the yogurt and mayonnaise.
2. Add seasonings and whisk together until evenly blended.
3. Add more seasoning to taste.
4. Cover and chill in the refrigerator for 2 hours before serving.
5. Serve with cut vegetables like carrots, celery, broccoli, and bell peppers.



## Piña Colada Smoothie

This tropical treat is packed with vitamin C, calcium, and potassium to help strengthen teeth and keep gums healthy.

### Ingredients:

- ½ medium ripe frozen banana
- ⅔ cup ice
- ¾ cup almond or coconut milk
- 1 tbsp shredded coconut
- ½ cup frozen pineapple

### Directions

1. Put all ingredients except coconut in the blender.
2. Blend until smooth.
3. Mix in coconut and pour over a glass of ice.
4. Enjoy!



👉 Watch Us Make It



# NOAH Resources

## Medical

Providers dedicated to working with children ages 0-18 offer pediatric services including:

- ✓ Immunizations
- ✓ Same-day appointments
- ✓ Illness or injury
- ✓ Referrals
- ✓ Lab services
- ✓ Wellness and preventative visits

## Dental

Dentists, hygienists, and dental assistants offer dental services at selected health centers. Treatments include:

- ✓ Exams and X-rays
- ✓ Cleaning
- ✓ Sealants and fluoride

## Nutrition

Registered dietitians help establish healthy eating habits as well as provide nutritional guidance and education for patients with conditions including:

- ✓ Diabetes
- ✓ Weight management
- ✓ Food allergies

## Counseling and Psychiatry

Providers assess and diagnose behavioral health conditions in patients of all ages and help execute treatment plans. Commonly treated conditions include:

- ✓ Attention Deficit Hyperactivity Disorder (ADHD)
- ✓ Post-Traumatic Stress Disorder (PTSD)
- ✓ Anxiety and depression
- ✓ Bipolar disorder



**Cholla Health Center**  
8705 E. McDowell Road  
Scottsdale, AZ 85257



**Copperwood Health Center I and II**  
I. 11851 N. 51st Avenue, Ste B-110  
Glendale, AZ 85304  
II. 11851 N. 51st Avenue, Ste F-140  
Glendale, AZ 85304



**Desert Mission Health Center**  
9015 N. Third Street  
Phoenix, AZ 85020



**Midtown Health Center**  
4131 N. 24th Street, Ste B-102  
Phoenix, AZ 85016



**Palomino Health Center**  
16251 N. Cave Creek Road  
Phoenix, AZ 85032



**Venado Valley Health Center**  
20440 N. 27th Avenue  
Phoenix, AZ 85027

## Community Resources

Community resources specialists support individuals and families with health and community resources including enrollment assistance for:

- ✓ AHCCCS and KidsCare
- ✓ SNAP/EBT (Food Stamps)
- ✓ Health Insurance Marketplace
- ✓ Sliding Fee Scale for uninsured patients
- ✓ Transportation Assistance
- ✓ Cash Assistance (TANF)



## Notes



*Neighborhood Outreach Access to Health*

 **480-882-4545** |  **noahhelps.org**

     **@noahhelps**

