

## What Is Early Intervention?

**E**arly Intervention is the process of anticipating, identifying and responding to concerns about a child's development to minimize potential adverse effects and maximize healthy development. While all infants and toddlers learn at their own pace, some may need extra help to develop certain skills.

## How Can Baby Watch Help?

**B**aby Watch Early Intervention services are provided by 15 programs statewide. The early intervention team, which includes parents, will develop a plan to identify the services and supports needed by the child and family. Services are individualized to meet specific needs and may include:

- Special instruction
- Parent/family training and support
- Physical/occupational therapy
- Speech-language services
- Hearing and/or vision services
- Nutritional services
- Nursing



## Who Is Eligible for Services?

**E**arly Intervention provides support and services to families with children birth to age three who have developmental delays, disabilities, or diagnosed conditions such as Down Syndrome or Spina Bifida.

Caring professionals provide a full evaluation and assessment of a child's current development and health, including a hearing and vision screening, at no cost.

Baby Watch respects the routines of families. Services are provided wherever a child spends their day. This may be at home, a child care setting, or community program.

## Who Do I Call?

**A**nyone can refer a child for evaluation including parents, doctors, social workers, etc. Call your local program (see back page) or Baby Watch at:

**(801) 584-8226**  
**(800) 961-4226**

## Visit [utahbabywatch.org](http://utahbabywatch.org) to learn more about:

- Program services near you
- How to refer a child for evaluation
- How early intervention works in Utah
- Resources for parents and families

## Developmental Milestones

### 1-2 months: *Does your baby...?*

- Pay attention to faces
- Respond to sounds
- Follow objects with eyes
- Begin to smile at people
- Make sounds, coos and gurgles
- Lift head when lying on tummy
- Hold head up for brief periods

### 3-4 months: *Does your baby...?*

- Smile spontaneously, especially at people
- Enjoy playing with people and responding to affection
- Copy some movements and facial expressions
- Babble and copy sounds they hear
- Cry in different ways to show hunger, pain, or being tired
- Follow moving things with eyes from side to side
- Recognize familiar people and things at a distance
- Explore toys with hands and mouth
- Reach for and bat at objects
- Hold head steady when unsupported

### 5-6 months: *Does your baby...?*

- Respond to other people's emotions
- Make sounds to show joy or displeasure
- Imitate sounds
- Look in the direction the parent is looking
- Reach and grasp object and put in mouth
- Pass toys from hand to hand
- Play with feet and bring them to mouth
- Try to get objects that are out of reach
- Roll over in both directions
- Sit and stand with support

## Developmental Milestones cont.

### 7-8 months: *Does your baby...?*

- Respond to their name
- Respond to other people's expressions
- Stop crying when you talk to them
- Look for things they see you hide
- Look intently at pictures in a book
- Babble a string of sounds (i.e., mamama, bababa)
- Copy sounds and gestures of others
- Sit without support and play with toys
- Get in and out of sitting
- Start to crawl

### 9-10 months: *Does your baby...?*

- Show fear of strangers
- Have favorite things and people
- Show objects to you
- Enjoy games like peek-a-boo/pat-a-cake
- Listen when spoken to
- Recognize common words
- Explore objects in different ways like shaking, banging, throwing
- Give you object you request with a gesture
- Pull up, stand, get down from furniture
- Crawl well on hands and knees

### 11-12 months: *Does your baby...?*

- Wave bye-bye
- Point to objects and events they observe
- Look, reach or gesture to get an object
- Use one or two words
- Make likes and dislikes known
- Drink from a cup
- Pick up small objects
- Walk holding onto furniture
- Climb on furniture or stairs

## Utah Early Intervention Programs

**Central Utah Health Dept. EI** ..... 435-896-5451  
(Juab, Millard, Sanpete, Sevier, Piute, Wayne Counties)

**Davis School District Early Childhood Program** ..... 801-402-5408  
(Davis County)

**DDI Vantage** ..... 801-266-3939  
(Granite, Murray, Salt Lake School Districts; Tooele and Duchesne Counties)

**Jordan Child Development Center** 801-567-8510  
(Jordan and Canyons School Districts)

**Kids On The Move** ..... 801-221-9930  
(Alpine School District)

**Kids Who Count** ..... 801-423-3000  
(Nebo School District)

**PrimeTime 4 Kids** ..... 435-789-5409  
(Uintah and Daggett Counties)

**Provo Early Intervention** ..... 801-852-4525  
(Provo School District)

**Root for Kids**..... 435-673-5353  
(The Learning Center for Families, Washington County)

**San Juan School District EI** ..... 435-678-1222  
(San Juan County)

**South East Utah EI** ..... 435-637-3950  
(Carbon, Emery, and Grand Counties)

**Southern Utah University EI** ..... 435-586-6070  
(Beaver, Iron, Garfield, and Kane Counties)

**Summit County EI** ..... 435-333-1520  
(Summit and Wasatch Counties)

**Up to 3 Early Intervention** ..... 435-797-3727  
(Cache, Rich, and Box Elder Counties)

**Weber-Morgan Early Intervention** 801-476-5460  
(Weber and Morgan Counties)

**USDB Statewide Parent Infant Program (PIP)**  
Blind/Visually Impaired.....801-629-4749  
Deaf/Hard of Hearing .....801-629-4768

## Baby Watch Early Intervention Program



**For Infants and Toddlers  
Ages Birth to Three  
with Disabilities or  
Developmental Delays**

