

# the **early years** toolkit

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## Problems you may see and what to do

Please note - if a child loses a skill they had already developed, this is a cause for concern. You should refer them to their GP and to CYPIT.

To contact CYPIT for advice, please use the Telephone Advice Line.

(Details of telephone advice line needed here, including number and opening hours etc)



One month		
Observations	Action	See advice sheet:
Baby turns their head to the same side for the majority of their waking hours.	Follow advice sheet. If no improvement after one month, refer to CYPIT.	Tummy time >>
Head flattening on the back or one side of the baby's head. NB. Many babies have mis-shapen heads following delivery. This should correct itself as the baby develops.	Follow advice sheet. If no improvement after one month, refer to CYPIT.	Tummy time >>
Baby is born with one or both feet turned inwards.	If you can bring the foot into the correct position manually, refer to the advice sheet. If the foot is fixed and cannot be fully corrected manually, refer immediately to CYPIT.	Talipes or Club foot >>

## Section 4 : 1 problems at three months

Three months		
Observations	Action	See advice sheet:
Baby shows no attempt to keep their head upright when moved from a lying to a sitting position.	Refer to CYPIT.	
Baby turns their head to the same side for the majority of their waking hours.	Refer to CYPIT.	
Baby's arms and legs feel stiff when held, dressed, nappy changed or moved.	Refer to CYPIT.	
Baby dislikes being placed on their tummy.	Follow advice sheet. If no improvement after two months, refer to CYPIT.	Talipes or Club foot >>
Baby <b>always</b> becomes upset by changes in position e.g. lying down to being picked up.	Refer to the advice sheet.	Sensory processing >>
Baby is <b>always</b> distressed when feeding or straight afterwards. They may also vomit a lot or draws legs up as if in pain.	Contact the child's GP for advice.	
Baby is generally unresponsive to sound or may appear startled by a parent's sudden appearance at the side of their cot.	Contact GP and request referral for hearing assessment.	
Baby does not show defensive blink and does not follow adult movement with eyes.	Contact GP to request eye test.	

## Section 4 : 2 problems at six months

Six months		
Observations	Action	See advice sheet:
Baby cannot lift their head and prop up on forearms when placed on their tummy.	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Tummy time &gt;&gt;</a>
Baby cannot keep their head in the middle when lying on their back.	Refer to CYPIT.	
In lying or sitting, baby frequently holds their legs in a rigid/stiff position or in a very relaxed 'froglike' position.	Refer to CYPIT.	
Baby is unable to roll to either side.	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Helping a baby develop rolling and sitting &gt;&gt;</a>
Baby keeps hand(s) fisted and adult needs to prise them open.	Refer to CYPIT.	
Baby doesn't reach out for toys, objects or people.	Refer to CYPIT.	
Baby predominantly uses one side of their body to reach for toys.	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Using both hands together &gt;&gt;</a>
Baby does not respond to or make any sounds	Contact GP and request referral for hearing assessment. Refer to advice sheet.	<a href="#">Baby talk &gt;&gt;</a> <a href="#">Babble 1 &gt;&gt;</a>

## Section 4 : 3 problems at nine months

Nine months		
Observations	Action	See advice sheet:
Baby is unable to temporarily maintain a sitting position when placed on the floor.	Follow Advice sheet. If no improvement after one month, refer to CYPIT.	<a href="#">Helping a baby develop rolling and sitting &gt;&gt;</a>
Lying on their tummy, baby is unable to prop themselves on their arms to look around.	Refer to CYPIT.	
Baby is unable to hold toys to play or to transfer toys from one hand to the other.	Refer to CYPIT.	
Baby lifts their legs up when placed in a standing position.	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Helping a baby develop standing and stepping &gt;&gt;</a>
Baby dislikes physical play with an adult (e.g. being bounced / rough and tumble play).	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Rough and tumble play &gt;&gt;</a>
Baby has difficulty coping with solids e.g. gagging, choking on lumps.	Contact the child's GP or Health Visitor for advice and contact CYPIT if needed.	
Baby's babbling is monotone and not tuneful	Contact GP and request referral for hearing assessment.	
Baby is not yet babbling	Refer to advice sheet.	<a href="#">Baby talk &gt;&gt;</a> <a href="#">Babble 1 &gt;&gt;</a> <a href="#">Babble 2 &gt;&gt;</a>
Baby is gagging on a smooth puree (e.g. smooth yoghurt, custard)	Refer to CYPIT.	
Baby has difficulty coping with solids e.g. gagging, choking on lumps.	Refer to advice sheet and if this does not resolve by the age of 12 months, refer to CYPIT.	<a href="#">Coping with eating lumps &gt;&gt;</a>

## Section 4 : 4 problems at twelve months

Twelve months		
Observations	Action	See advice sheet:
Baby is unable to get from a lying to a sitting position.	Follow Advice sheet. If no improvement after one month, refer to CYPIT.	Helping a baby develop rolling and sitting >>
Baby has difficulty pulling into a standing position due to stiffness in their legs or tiptoeing persistently.	Refer to CYPIT.	
Baby is unable to use hands for finger foods or hold a beaker to lift to mouth.	Follow Advice Sheet. If no improvement after two months, refer to CYPIT.	Finger feeding >>
Baby is always distressed by or avoids messy activities (e.g. finger painting).	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	Sensory processing >>
Baby will not eat and/or dislikes certain food textures (e.g. lumps).	Follow Advice sheet. If no improvement after two months, refer to CYPIT.	Trying new foods >>
Baby resists and dislikes being cuddled.	Contact the child's GP or Health Visitor for advice and contact CYPIT if needed.	Sensory processing >>
Baby does not move around the room either by crawling or bottom shuffling to explore and play.	Refer to CYPIT.	

## Section 4 : 5 problems at 18 months

18 months		
Observations	Action	See advice sheet:
Child is unable to walk holding onto furniture.	Follow advice sheet If no improvement after two months, refer to CYPIT.	<a href="#">Helping a baby develop standing and stepping &gt;&gt;</a>
Child stands and walks on tiptoes.	Contact CYPIT for advice.	
Child is unable to assist with dressing (e.g. pushing their arm through a sleeve).	Follow advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Dressing skills &gt;&gt;</a>
Child becomes extremely distressed by certain self-care activities (e.g. textures of clothing, teeth brushing, hair brushing).	Follow advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Sensory processing &gt;&gt;</a>
Child becomes extremely distressed by loud noises such as thunder, sirens, vacuum cleaner, hairdryer.	Follow advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Sensory processing &gt;&gt;</a>
Child shows little or no interaction. Rarely responds to their name or to other single words. May not recognise familiar routines. Has little pretend play e.g. pretending to drink from a toy cup.	Follow advice sheets Check the child's hearing has been assessed. If no improvement after three months, contact CYPIT	<a href="#">Baby talk &gt;&gt;</a>  <a href="#">Basic communication strategies &gt;&gt;</a>
Not yet Babbling	Refer to CYPIT.	
Not yet using single words	Refer to advice sheet.	<a href="#">Toddler talk &gt;&gt;</a>

## Section 4 : 6 problems at two years

two years		
Observations	Action	See advice sheet:
Child is unable to walk independently.	Refer to CYPIT.	
Child is unable to stand from the floor without using furniture for support.	Refer to CYPIT.	
Child is repeatedly anxious when walking barefoot on certain surfaces (e.g. grass, sand).	Follow advice sheet. If no improvement after two months, refer to CYPIT.	<a href="#">Sensory processing &gt;&gt;</a>
Child refuses to try new foods. Becomes faddy at mealtimes.	Follow advice sheet. If no improvement after six months, refer to CYPIT.	<a href="#">Trying new foods &gt;&gt;</a>
Child has a dislike of large play equipment and soft play such as swings, slides, round-a-bouts, ball pools.	Contact CYPIT for advice. Follow advice sheet.	<a href="#">Sensory processing &gt;&gt;</a>
Child shows little or no interest in communication and interaction. Little pretend play, poor attention. Is not responding to simple instructions e.g. 'Where's your coat?'	Refer to CYPIT. Follow advice sheet.	<a href="#">Toddler talk &gt;&gt;</a>
Child shows pretend play and is able to concentrate for short spells but has few or no words. Responds to instructions such as 'give the apple to teddy'.	Follow advice sheets. If no improvement after two months, refer to CYPIT.	<a href="#">Toddler talk &gt;&gt;</a> <a href="#">Basic Communication Strategies &gt;&gt;</a>
Child is unable to pick up small objects between their thumb and index finger	Follow advice sheet.	<a href="#">Developing Hand Skills &gt;&gt;</a>

## Section 4 : 7 problems at two-and-a-half years

two-and-a-half years		
Observations	Action	See advice sheet:
Child is unable to squat to play and get back up again.	Refer to CYPIT.	
Child is unable to jump with two feet together from a low step.	Refer to CYPIT.	
Child is unable to use a spoon to feed themselves independently.	Follow advice sheet. If no improvement after three months, refer to CYPIT.	<a href="#">Developing cutlery skills &gt;&gt;</a>
Child shows little or no interest in interaction and communication, or has few or no words, or has limited understanding of simple instructions e.g. 'Give the ball to Daddy', or is unintelligible to mother/close family. Or has no word-joining e.g. 'Daddy gone', 'More Juice'	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Toddler talk &gt;&gt;</a> <a href="#">Basic Communication Strategies &gt;&gt;</a>
Child is showing features of stammering e.g. repeating parts of words several times, 'stretching' sounds in a word, having difficulty getting started with no sound coming out for a period of time.	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Stammering &gt;&gt;</a>



## Section 4 : 8 problems at three years

three years		
Observations	Action	See advice sheet:
Child is unable to pull pants up and down.	Follow advice sheets. If no improvement after four months, refer to CYPIT.	<a href="#">Dressing skills &gt;&gt;</a>
Child has difficulty with hand skills in comparison to peers of a similar age (e.g. threading, crayon skills).	Follow advice sheets. If no improvement after six months, refer to CYPIT.	<a href="#">Developing Hand Skills &gt;&gt;</a> <a href="#">Pre-writing Activities &gt;&gt;</a>
Child uses only one to two word combinations, or is echoing adult language or learnt phrases, or has word order which is unusual.	Follow advice sheet. If no improvement after three months, refer to CYPIT.	<a href="#">Pre-school talk &gt;&gt;</a>
Child shows limited understanding of spoken language e.g. following instructions or answering simple questions.	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Pre-school talk &gt;&gt;</a>
Child is unintelligible (unable to be understood) most of the time to family or pre-school setting.	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Helping Children with Unclear Speech &gt;&gt;</a>
Child shows early features of stammering – <a href="#">see details in section for age two-and-a-half.</a>	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Stammering &gt;&gt;</a>
Child shows no interest in playing with other children, becomes fixed on certain toys or objects or becomes distressed at a change in routine.	Refer to CYPIT.	

## Section 4 : 9 problems at three-and-a-half to four years

Three-and-a-half to four years		
Observations	Action	See advice sheet:
Child has difficulty with balance and gross motor skills compare to friends of the same age e.g. falls frequently, is unable to jump with two feet together.	Follow advice sheet If no improvement after four months, refer to CYPIT	<a href="#">Helping a child develop their balance &gt;&gt;</a>
Child has persistent difficulty with walking as far as peers and may complain of leg pain.	Contact CYPIT for advice	
Child is unable to attempt fastenings such as buttons and zips.	Follow advice sheets. If no improvement after six months, refer to CYPIT.	<a href="#">Fasteners &gt;&gt;</a> <a href="#">Developing hand skills &gt;&gt;</a>
Child is unable to use a fork and spoon together.	Follow advice sheets. If no improvement after six months, refer to CYPIT.	<a href="#">Developing cutlery skills &gt;&gt;</a>
Child is unable to pedal a tricycle.	Follow advice sheets. If no improvement after six months, contact CYPIT.	<a href="#">Learning to ride a tricycle &gt;&gt;</a>
Child is unable to hold a crayon/pencil to draw straight, vertical and circular lines.	Follow advice sheets. If no improvement after six months, contact CYPIT.	<a href="#">Pre-writing activities &gt;&gt;</a> <a href="#">Developing hand skills &gt;&gt;</a>
Child is not using simple sentences or may use unusual word order. Shows inability to take turns in a conversation. Utterances may be echoed or repetitive.	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Pre-school talk &gt;&gt;</a>
Child often can't understand everyday instructions. May have difficulty with interacting and playing with others.	Refer to CYPIT.	
Child's speech is difficult to understand or a limited range of sounds used.	Refer to CYPIT. Follow Advice Sheet.	<a href="#">Helping children with unclear speech &gt;&gt;</a>
Child has a dislike of large play equipment such as swings, slides etc.	Follow advice sheets. If no improvement after two months refer to CYPIT.	<a href="#">Sensory processing &gt;&gt;</a>
Child becomes extremely distressed by textures of clothing or messy play.	Follow advice sheets. If no improvement after two months refer to CYPIT.	<a href="#">Sensory processing &gt;&gt;</a>

<p>Child becomes extremely distressed by loud noises such as thunder, hair dryer, vacuum cleaner.</p>	<p>Follow advice sheets. If no improvement after two months refer to CYPIT.</p>	<p>Sensory processing &gt;&gt;</p>
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