### Child Development and Health

#### Birth to 6 years

**Early Baby (0-2 months)**
- **Suctioning and Swallowing:** Able to suck and swallow.
- **Sleep:** Needs 16-18 hours sleep per day.
- **Activity:** Lying on back.

**Birth to 3 months**
- **Motor Development:** Can lift head and turn to side.
- **Mouth:** Sensory experiences.
- **Social Skills:** Interaction with familiar people.

**Birth to 4 months**
- **Motor Development:** Head control.
- **Sleep:** About 11-12 hours sleep per night.
- **Social Skills:** Interaction with strangers.

**Birth to 6 months**
- **Motor Development:** Pulls to standing and walks forward.
- **Sleep:** About 11-12 hours sleep per night.
- **Social Skills:** Interaction with peers.

**6-8 months**
- **Motor Development:** Pulls to standing and takes steps.
- **Sleep:** About 11-12 hours sleep per night.
- **Social Skills:** Interaction with peers.

**8-12 months**
- **Motor Development:** Rides bike.
- **Sleep:** About 11-12 hours sleep per night.
- **Social Skills:** Interaction with peers.

**Developmental Milestones**
- **Physical:** Motor skills, speech.
- **Social:** Interactions, language.
- **Emotional:** Self-regulation.

**Health and Safety**
- **Safety:** Avoid injuries.
- **Health:** Regular check-ups.

**Birth to 6 months**
- **Safety:** Avoid injuries.
- **Health:** Regular check-ups.

**6-12 months**
- **Safety:** Avoid injuries.
- **Health:** Regular check-ups.

**12-18 months**
- **Safety:** Avoid injuries.
- **Health:** Regular check-ups.

**2-3 years**
- **Safety:** Avoid injuries.
- **Health:** Regular check-ups.