



## They Grow So Fast

**When you look back at your little one's newborn photos, isn't it sometimes hard to believe they were ever that small?**

It's hard to imagine when they could only coo and smile — especially if they are now talking up a storm and running all over your home. Because your child is enrolled in a Step Up to Quality-rated child care center, preschool or home, they are probably reaching developmental milestones frequently.

Step Up to Quality is a program offered by the State of Nebraska's Departments of Education, and Health and Human Services. It helps child care providers ensure every aspect of their teaching reflects industry best practices. In other words, we help great child care providers become even better!

It's our fifth anniversary at Step Up to Quality, and we wanted to find a way to celebrate every child and not only their physical growth, but what they learn and the new skills they acquire along the way.

We're so proud to give you this growth chart to mark how tall your baby grows during the first five years of their life, but we've also left space for you to mark different ways they are growing intellectually. What new words are they saying? How are they helping around your home? What music do they like? What sport are they learning?

We would like to encourage you to mark these milestones with a handprint! You'll be amazed how your baby's hands continue to grow. We think using white non-toxic craft or tempera paint would be perfect for this growth chart. Simply unfold and hang your chart 11" from the ground and you are ready to start measuring. For younger children, you may use their documented measurements to mark their height on the chart.

We'd love to see how you're using your growth chart! Tag us on social media using the hashtags **#StepUpToQualityNE** or **#HighFiveforQuality**.

Stay connected to Step Up to Quality through our monthly newsletter — it's filled with expert parenting tips and activities you can do at home to boost your child's development. Visit our website at **StepUpToQuality.ne.gov** to sign up.

