



CHILDHOOD DEVELOPMENTAL MILESTONE

Checkpoints for children from birth through 5 years.

STEP 1. 0-15 MONTHS

Physical Development

- * Babies gain control over their heads and then their bodies
- * Rolling over, sitting, crawling, walking and moving with purpose occur
 - 1-4 months: Holds head up and steady when held up by your shoulder
 - 5-8 months: Uses arms to pull their body along on the floor
 - 5-8 months: Rolls from back to stomach
 - 6-8 months: Sits up with minimal support
 - 8-12 months: Crawls, easily switches from crawling to sitting and back again
 - 10-15 months: Pulls to stand on low edges and may "cruise" around the edge

Language Development

- * Babies are like sponges, soaking up all the talk around them
 - 1-4 months: Pays attention to what is happening around them by looking around the room when held up by your shoulder
 - 3-5 months: Makes babbling/cooing sounds or waves arms/legs when someone speaks to or smiles at them
 - 6-8 months: Looks toward the sound of a familiar voice calling from another room
 - 8-15 months: Follows a direction such as, "Please give me the cup."

Communication Development

- * Babies coo and babble, but the main way they communicate is by crying
 - 1-4 months: Fusses or cries to gain attention of familiar adults
 - 1-4 months: Snuggles and relaxes when rocked
 - 4-8 months: Understands emotions from your tone of voice
 - 8-13 months: Reaches to a familiar adult to be picked up when a stranger says hello
 - 8-15 months: Looks for reactions from caregivers before deciding if they should act hurt after falling down
 - 8-36 months: Actively clings, cries, or tries to follow when their parent starts to leave

Healthy early development depends on nurturing and dependable relationships

An infant's development is amazing! At the end of 12 months, your baby can be three times their birth weight and twice their birth length. Babies follow a similar path of development, yet each is unique.

Talking, singing, reading and interacting with your baby become critical to language development. Television and videos are not a substitute for face-to-face interaction with a loving caregiver.

Babies' cries can change when they are hungry, tired, wet, frightened or overwhelmed. Responding to crying and holding your baby often develops a sense of trust.

CHILDHOOD DEVELOPMENTAL MILESTONE CONTINUED

Checkpoints for children from birth through 5 years.

STEP 2. 16-36 MONTHS

Physical Development

* Crawling, dancing, rolling and running all contribute to a toddler's growth

- 12-18 months: Walking upright more often than crawling
- 18-24 months: Can squat down and stand up again with little difficulty
- 24-30 months: Enjoys climbing on furniture or small climbing structures
- 24-36 months: Throws a ball or rolls it back and forth with a partner
- 24-36 months: Runs with ease and can stop and start easily

Language Development

* Vocabulary will start to soar

* Toddlers are learning many new words and putting them together

- 15-18 months: Uses several single words such as "bye" or "nite-nite"
- 18-24 months: Points at several body parts when you name them
- 18-24 months: Points to appropriate pictures in a book when asked, "Where's the ___?"
- 24-32 months: Puts several words together such as "more cookies"
- 24-32 months: Uses personal pronouns such as "we," "they" and "us"
- 24-32 months: Starts asking questions about the story you are reading or the things they see as you go on walks together
- 30-36 months: Uses sentences that are three or four words long
- 30-36 months: Answers questions such as "What's this?" when reading books
- 30-42 months: Talks about something that happened and waits for your response

Communication/Problem Solving Development

* Although they often get frustrated, this is a temporary stage

- 12-18 months: Cries when another child takes a toy from them
- 18-24 months: Stacks a set of boxes, knocks them down, and then stacks them up again
- 18-24 months: Runs to get their favorite book for you to read at predictable times such as nap or bedtime
- 18-24 months: Looks worried or sad when another child is crying
- 24-36 months: Knows that the rectangle shape belongs in the rectangle-shaped hole in the box and turns it until it fits
- 24-36 months: Pats another child on the back and says, "it's all right," when the other child cries because their mommy just left
- 30-36 months: Calls for help, instead of hitting, after another child grabs a toy away from them

Toddlers are busy and eager explorers with small bodies and big feelings! They try to do things for themselves, but still need to be reassured by the adults in their lives. They are experiencing the world and trying to make sense of it all.

Toddlers start using words to interact with parents and other people in their lives. This stage is marked by the frequent use of favorite toddler words: "no," "mine" and "I do it!"

As toddlers improve their language development and better understand how things work, their frustrations melt away rather than lead to a meltdown. Toddlers are straightforward, concrete thinkers who truly believe a kiss and hug can make things all better.

By age 3, trends in the amount of talk, vocabulary growth and style of interaction are well established and suggest widening gaps

CHILDHOOD DEVELOPMENTAL MILESTONE CONTINUED

Checkpoints for children from birth through 5 years.

STEP 3. 3-4 YEARS

Physical Development

- 3-3.5 years: Alternates between a whole hand grasp and a thumb/fingertips grasp when using crayons or markers
- 3-3.5 years: Tries to zip-up their jacket and asks for help when the zipper gets stuck
- 3.5-4 years: Fits together pieces like large Legos or pop beads and/or can dress a doll

Language Development

- 3-3.5 years: Describes actions in a book when you ask, "What is happening?" or "What's the dog doing?"
- 3-3.5 years: Chooses an activity or place to play because a special friend is there
- 3-4 years: Speaks clearly enough that adults and children can usually understand what they are saying
- 3.5-4 years: Answers fairly complex questions, such as, "What is this?" or, "How did you do that?"

Communication Development

- 3-3.5 years: Shows curiosity about almost everything they sees
- 3-3.5 years: Pretends to be a parent by taking care of a doll
- 3-3.5 years: Uses a toy as a pretend telephone
- 3-3.5 years: Looks through a story book and giggles with a friend as they "retell" the story together
- 3-4 years: Responds accurately when asked to put their shoes in the closet or to cover their baby sibling with a blanket
- 3-4 years: Scribbles on paper and then tells you what they "wrote"
- 3-4 years: Holds books right side up and turns the pages starting at the front of the book
- 3-4 years: Asks questions in order to keep a conversation going
- 3.5-4.5 years: Trades a red marker on the table for the green marker that another child is using.
- 3.5-4 years: Joins in games of dramatic play with other children. For example, playing house and giving roles such as, "You be the mommy and I'll be the daddy."
- 3.5-4 years: Recognizes some letters, particularly those in their name

Children this age like to use their fingers to build with blocks, use crayons and do puzzles. Preschoolers learn concepts of reading, math, writing and science as part of their play and everyday routines! You will see a great growth in your child's language development, imagination and ability to play with other children.

At this age, kids are curious about the world and want to understand how everything works. They often ask questions and share their own stories and experiences. This stage often marks the development of imaginary play and role-playing when children create rich and involved fantasies.

Busy preschoolers have a growing interest in playing together with other children. All the time you spent encouraging your toddler to take turns now pays off!

Tell Me,
I'll Forget

Show Me,
I'll Remember

Involve Me,
I'll Understand

CHILDHOOD DEVELOPMENTAL MILESTONE CONTINUED

Checkpoints for children from birth through 5 years.

STEP 4. 5 YEARS/KINDERGARTEN

Language Development

- Follows 2-3 step directions such as, "Wash your hands, go get your lunch and wait by the door."
- Recognizes some letters, particularly the letters in their own name

Physical Development

- Holds a pencil with their thumb and forefinger instead of using a whole hand grasp to draw or write
- Show hand-eye coordination by buttoning their pants or cutting around a large picture with scissors

Communication/Problem Solving Development

- Asks questions about everything!
- Can count 10 or more objects, such as the steps leading up to their home
- Tells a story about a picture and asks an adult to write it down
- Is able to help solve simple problems with adult support
- Plays cooperatively with other children most of the time
- Uses words suggested by an adult to express feelings, such as "I don't like it when you push me" or "that makes me mad!"

Children who enter school with early skills, such as a basic knowledge of math and reading, are more likely to experience later academic success

Kindergarten is a big transition for children. The following information should help you and your child get ready for this exciting time in your lives and ensure school readiness.



ACHIEVE
#LIKEACANE

Hayward Community
School District