



A Child's Developmental Milestones

0-6 months

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Listens attentively to sounds and voices (by 1 month) • Cries deliberately for assistance (by 1 month) • Coordinates eye movements (by 2 months) • Discovers hands and feet as extension of self (by 3 months) • Likes to repeat enjoyable acts (by 4 months) • Recognizes and responds to name (by 5 months) • Studies objects intently (by 6 months) 	<ul style="list-style-type: none"> • Makes some sounds other than crying (by 2 months) • Begins cooing one syllable (by 3 months) • Makes first consonant sounds (by 4 months) • Babbles spontaneously • Acquires sounds of native language (by 6 months) 	<ul style="list-style-type: none"> • Reacts to discomfort and pain • Recognizes parent's voice • Makes eye contact • Shows affection by looking, waving, kicking and smiling • Shows feelings of security when held or talked to • Expresses delight • May form attachment to one special object • Laughs when tickled • Builds trust when cries are answered • May begin to cling to primary caregiver 	<ul style="list-style-type: none"> • Usually responds to objects or faces as they move • Plays with fingers, hands and toes • Holds and manipulates objects; sucks on everything! • Reacts to sound of voices, rattle or bell • Vocalizes to him/herself, people and toys • Can raise him/herself up on forearms (while on tummy) and hold head up • Rolls from back to tummy (by 4-6 months) • Can smile at self in mirror (by 5 months) • Can grab at objects (by 6 months) 	<ul style="list-style-type: none"> • Talk with and hold baby. Give him/her interesting things to see. • Perform "the itsy bitsy spider" or other fun finger plays. • Provide safe, washable toys for children to look at and suck on. • Place toys near and above baby, encouraging him/her to roll over for a better view. • Play instruments in the classroom. Talk about the instrument. • Respond quickly to a child's cry. Children at this age need to know they can trust you. • Use wall and floor mirrors to point out the beautiful baby.



A Child's Developmental Milestones



6-12 months

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Anticipates events (by 7 months) • Finds hidden objects (by 10 months) • Can point to body parts • Puts nesting toys together correctly • Develops expectations about familiar events • Waves bye-bye 	<ul style="list-style-type: none"> • Puts together long series of syllables • Responds appropriately to a few specific words (by 9 months) • Speaks a few recognizable words • Produces gestures to communicate (by 7 months) • Learns how to take turns making sounds in "conversation" 	<ul style="list-style-type: none"> • Enjoys being with other children • Has an increased drive for independence • Expresses anger more dramatically • Has a fear of strangers • Is aware of social approval or disapproval • Performs for others • Has pride in personal accomplishments 	<ul style="list-style-type: none"> • Learns to crawl, stand up and walk • Sits without support (by 8 months) • Transfers toys from hand to hand • Sees almost everything with good vision • Begins to cruise and eventually walk • Develops eye-hand coordination 	<ul style="list-style-type: none"> • Provide safe and steady furniture. • Place interesting things in the environment so the children will want to get them. • Play a mimic game. Put a toy in one hand and then transfer it to the other. Encourage baby to do the same. • Hold baby's hands as he/she takes steps. Be sure to cheer! • Play social games such as peek-a-boo and pat-a-cake. It helps develop social, language and physical skills.



A Child's Developmental Milestones

12-18 months



Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Identifies family members in photographs • Enjoys cause and effect relationship • Is able to make choices between clear alternatives • Begins to solve problems • Remembers more 	<ul style="list-style-type: none"> • Has expressive vocabulary of 4-10 words (by 13-15 months) • Has expressive vocabulary of 10-20 words (by 18 months) • Can listen and respond to simple directions 	<ul style="list-style-type: none"> • Prefers to keep caregiver in sight while exploring environment • Demands personal attention • May reveal stubbornness • Unable to share • Responds to simple requests 	<ul style="list-style-type: none"> • Picks up small objects with pointer finger and thumb • Can build a tower of cubes • Can throw a ball • Walks well • Turns pages in a book • Can walk while holding an object 	<ul style="list-style-type: none"> • Put small pieces of soft food on baby's high chair so he/she can practice picking up food. • Stick with daily routines to help children develop a sense of order. • Display toys clearly on low shelves. • Talk with the children. Read to them. • Gather family photos and create a classroom photo album. Talk about the pictures. • Use age-appropriate gross motor equipment, soft blocks, soft balls and beanbags in your classroom.



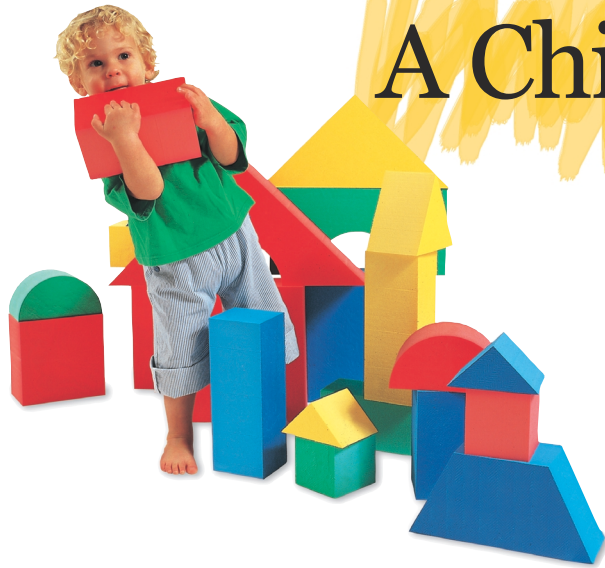
A Child's Developmental Milestones

18-24 months



Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Sorts shapes and colors • Mimics adult behavior • Points to and names objects • Refers to self by name • Learns by helping • Learns concepts such as size, shape and weight as he/she moves and plays with objects in the environment. 	<ul style="list-style-type: none"> • Has expressive vocabulary of 20-25 words • Uses 2-word phrases to communicate • Uses gestures to communicate • Begins using courtesy words (please, thank you) occasionally 	<ul style="list-style-type: none"> • Is possessive • Begins to show empathy • Reveals a sense of trust • Begins to play next to children • Shows emotions of pride and embarrassment • May dawdle • Engages in imaginative play • Tests limits of behavior • Performs for an audience 	<ul style="list-style-type: none"> • Can draw scribbles • Kicks backward and forward • Stands on a balance beam • Walks up stairs with help • Runs well • Enjoys riding small-wheeled riding toys • Drinks from a straw 	<ul style="list-style-type: none"> • Let them help you prepare a snack or other task. • Try to expand their language. If a toddler says, "ball" say "Yes, this is a big, red ball!" • Stock art area with lots of crayons and paper. Encourage table drawing as well as easel drawing. • Have more than one of everything. Sharing is difficult at this age. • Encourage children to show off their skills. Include a big round of applause!





A Child's Developmental Milestones

2-3 years

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Comprehends size • Beginning to understand time sequences (e.g. before lunch) • Matches shapes and colors • Counts and manipulates objects • Is beginning to think about consequences • Is able to concentrate for longer periods of time 	<ul style="list-style-type: none"> • Combines words to form short sentences • Uses plurals • Answers routine questions • Provides appropriate answers • Comprehends some pronouns • Follows two step directions 	<ul style="list-style-type: none"> • Has a strong sense of ownership • May begin cooperative play • May show need for security object • Is becoming more independent 	<ul style="list-style-type: none"> • Walks backwards • Can balance on one foot (by 3 years) • Strings large beads • Holds scissors correctly • Zips and snaps • Learns to use the potty • Walks up and down stairs independently 	<ul style="list-style-type: none"> • Provide dolls and simple props like cups and plates to encourage imagination and role play. • Stringing activities are great at this age! • Play games that require balancing. • Practice cutting with scissors on a one-on-one basis. • Help them snap and zip their own coats.



4-5 years

A Child's Developmental Milestones

Cognitive Milestones	Language Milestones	Social/Emotional Milestones	Physical Milestones	Recommended Activities
<ul style="list-style-type: none"> • Comprehends special concepts (e.g. around, in front, high, next to) • Rote counts up to 20 • Can complete a 6-8 piece puzzle • Begins to understand time concepts • Understands simple math concepts • Recalls main details of a story 	<ul style="list-style-type: none"> • Uses possessives • Uses double negatives • Joins sentences • Can answer how, who, when questions • Follows up to 4 step directions • Uses third person • Tells simple jokes • Has a 2000 word vocabulary 	<ul style="list-style-type: none"> • Enjoys being with other children • Has an increased drive for independence • Expresses anger more dramatically • Is aware of social approval or disapproval • Performs for others • Has pride in personal accomplishments • Develops sex role identification • Begins taking turns and negotiating 	<ul style="list-style-type: none"> • Can hop on one foot, skip and jump • Can catch a ball with both hands • Can catch a beanbag • Dresses and undresses him/herself • Can copy a simple design • Uses scissors to cut a straight line 	<ul style="list-style-type: none"> • During circle time, engage children in conversation with you and each other. • Encourage dramatic play with puppets, dress up clothes, etc. • Tell children when things will happen. Give them warnings before time is up. • Add show and share time to weekly activities. • Add puzzles to manipulative area. Help them when they first try a new puzzle. • Develop a math area complete with cash register, money, sorting toys and calculators. • Provide books that encourage positive gender associations, rather than gender bias.

