

EARLY CHILDHOOD DEVELOPMENT MILESTONES

The first four years of a child's life are the most important period of development physically, emotionally, cognitively, socially and morally. This is a guide to what you might expect in their first four years - often called developmental 'milestones'.

EVERY CHILD DEVELOPS DIFFERENTLY

1-4



3 Months

- Turns head toward direction of sound
- Recognizes familiar faces and smiles back
- Follows moving objects
- Watches faces with interest
- Raises head and chest while lying on stomach
- Brings hand to mouth
- Takes interest in dangling object with hands
- Begins to babble and imitate some sounds



6 Months

- Responds to other people's emotions
- Enjoys social plays/games (especially peek-a-boo)
- Struggles for out of reach objects (uses voice to express pleasure and displeasure)
- Interested in mirror images
- Responds to their own name
- Babbles chain-of sounds (both both ways front to back, back to front)
- Sits with, and then without support on hands



1 Year

- Pulls up to stand, Walks falling onto furniture
- Tries to imitate during play (like waving when you wink or clapping when you clap)
- Explains objects, finds hidden objects and begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to records)
- Uses simple gestures like shaking head to say "NO" or waving to say "BYE BYE"
- May speak single words like "Mama" and "Dada"
- Cries when Mother or Father leaves
- Babbles with inflection (changes in tone)
- Uses exclamations, such as "uh - oh"
- Pokes index finger



2 Years

- Excited about the company of other children
- Begins to sort by shapes and colors, starts simple make-believe play
- Follows simple instructions, recognizes names of familiar people
- Walks without help, plays pretend (like talking on a toy phone)
- Points out at the objects, when you name it (like toy or photo)
- Imitates behavior of others, especially adults and older children
- Uses 2-4 word sentences
- Repeats word overheard in conversation
- Pulls toys behind him/her while walking



3 Years

- Imitates adults and playmates
- Shows affection for playmates/friends
- Sorts objects by shape and colors, and matches objects to pictures
- Plays make-believe with dolls, animals and people (like feeding a doll)
- Uses pronoun (I, you, me) and sometimes plural (too, turn, dig)
- Uses simple phrases or more sentences to communicate with others
- Understands concept of "mine" and "yours"
- Expresses wide range of emotions
- Walks up and down stairs, alternating foot (one foot per stair step)
- Runs easily and pedals bicycle
- Starts to make friends



4 Years

- Follows three-step commands like wash your hands, comb your hair
- Draws circles and squares
- Speaks in sentences of 3-5 words, Speaks clear enough for outsiders to understand
- Names some colors, understands counting
- Shares and take turns with other children
- Knows the difference between boys and girls
- Enjoys humor (like laugh at silly faces or voices)
- Brushes his/her teeth by self
- Dresses and undresses without help except for shoelaces
- Pretends by role playing
- Knows opposite (hot/cold, big/small)

Developmental Exerciselet

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