

Is your child
developing
well?



HELLO PARENTS

After observing children for many years, doctors have identified developmental milestones which measure what a child generally achieves at a certain age.

This book lists down age-wise development milestones for you to understand how your child is developing. It also lists down activities you can do to aid your child's development.

Do remember, each child is different and develops at their own pace.

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YOUR CHILD AT 1 YEAR

WHAT MOST CHILDREN DO AT THIS AGE:



SOCIAL/EMOTIONAL

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as “peek-a-boo” and “pat-a-cake”



LANGUAGE/COMMUNICATION

- Responds to simple spoken requests
- Uses simple gestures, like shaking head “no” or waving “bye-bye”
- Makes sounds with changes in tone (sounds more like speech)
- Says “mama” and “dada” and exclamations like “uh-oh!”
- Tries to say words you say



COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it’s named
- Copies gestures
- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like “pick up the toy”



MOVEMENT/PHYSICAL DEVELOPMENT

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone

WHAT YOU CAN DO FOR YOUR 1-YEAR-OLD

1. Give your child time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your child.

2. In response to unwanted behaviors, say “no” firmly. Do not yell, spank, or give long explanations. A time out for 30 seconds to 1 minute might help redirect your child.

3. Give your child lots of hugs, kisses, and praise for good behavior.

4. Spend a lot more time encouraging wanted behaviors than punishing unwanted behaviors (4 times as much encouragement for wanted behaviors as redirection for unwanted behaviors).

5. Talk to your child about what you’re doing. For example, “Mommy is washing your hands with a washcloth.”

6. Read with your child every day. Have your child turn the pages. Take turns labeling pictures with your child.

7. Build on what your child says or tries to say, or what he points to. If he points to a truck and says “t” or “truck,” say, “Yes, that’s a big, blue truck.”

8. Give your child crayons and paper, and let your child draw freely. Show your child how to draw lines up and down and across the page. Praise your child when she tries to copy them.

9. Play with blocks, shape sorters, and other toys that encourage your child to use his hands.

10. Hide small toys and other things and have your child find them.

11. Ask your child to label body parts or things you see while driving in the car.

12. Sing songs with actions, like “The Itsy Bitsy Spider” and “Wheels on the Bus.” Help your child do the actions with you.

13. Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise.

14. Provide lots of safe places for your toddler to explore. (Toddler- proof your home. Lock away products for cleaning, laundry, lawn care, and car care. Use a safety gate and lock doors to the outside and the basement.)

15. Give your child push toys like a wagon or “kiddie push car.”



YOUR CHILD AT 2 YEARS

WHAT MOST CHILDREN DO AT THIS AGE:



SOCIAL/EMOTIONAL

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior (doing what he has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games



LANGUAGE/COMMUNICATION

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book



COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the closet."
- Names items in a picture book such as a cat, bird, or dog



MOVEMENT/PHYSICAL DEVELOPMENT

- Stands on tiptoe
- Kicks a ball
- Begins to run
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on
- Throws ball overhand
- Makes or copies straight lines and circles

WHAT YOU CAN DO FOR YOUR 2-YEAR-OLD

1. Encourage your child to help with simple chores at home, like sweeping and making dinner. Praise your child for being a good helper.

2. At this age, children still play next to (not with) each other and don't share well. For play dates, give the children lots of toys to play with. Watch the children closely and step in if they fight or argue.

3. Give your child attention and praise when he follows instructions. Limit attention for defiant behavior. Spend a lot more time praising good behaviors than punishing bad ones.

4. Teach your child to identify and say body parts, animals, and other common things.

5. Do not correct your child when he says words incorrectly. Rather, say it correctly. For example, "That is a ball."

6. Encourage your child to say a word instead of pointing. If your child can't say the whole word ("milk"), give her the first sound ("m") to help. Over time, you can prompt your child to say the whole sentence — "I want milk."

7. Hide your child's toys around the room and let him find them.

8. Help your child do puzzles with shapes, colors, or farm animals. Name each piece when your child puts it in place.

9. Encourage your child to play with blocks. Take turns building towers and knocking them down.

10. Do art projects with your child using crayons, paint, and paper. Describe what your child makes and hang it on the wall or refrigerator.

11. Ask your child to help you open doors and drawers and turn pages in a book or magazine.

12. Once your child walks well, ask her to carry small things for you.

13. Kick a ball back and forth with your child. When your child is good at that, encourage him to run and kick.

14. Take your child to the park to run and climb on equipment or walk on nature trails. Watch your child closely.



YOUR CHILD AT 3 YEARS

WHAT MOST CHILDREN DO AT THIS AGE:



SOCIAL/EMOTIONAL

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of “mine” and “his” or “hers”
- Shows a wide range of emotions
- Separates easily from mom and dad
- May get upset with major changes in routine
- Dresses and undresses self



LANGUAGE/COMMUNICATION

- Follows instructions with 2 or 3 steps
- Can name most familiar things
- Understands words like “in,” “on,” and “under”
- Says first name, age, and sex
- Names a friend
- Says words like “I,” “me,” “we,” and “you” and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using 2 to 3 sentences



COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)

- Can work toys with buttons, levers, and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Understands what “two” means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than 6 blocks
- Screws and unscrews jar lids or turns door handle



MOVEMENT/PHYSICAL DEVELOPMENT

- Climbs well
- Runs easily
- Pedals a tricycle (3-wheel bike)
- Walks up and down stairs, one foot on each step

WHAT YOU CAN DO FOR YOUR 3-YEAR-OLD

1. Go to play groups with your child or other places where there are other children, to encourage getting along with others.
2. Work with your child to solve the problem when he is upset.
3. Talk about your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
4. Set rules and limits for your child, and stick to them. If your child breaks a rule, give him a time out for 30 seconds to 1 minute in a chair or in his room. Praise your child for following the rules.
5. Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
6. Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
7. Give your child an "activity box" with paper, crayons, and coloring books. Color and draw lines and shapes with your child.
8. Play matching games. Ask your child to find objects in books or around the house that are the same.
9. Play counting games. Count body parts, stairs, and other things you use or see every day.
10. Hold your child's hand going up and down stairs. When she can go up and down easily, encourage her to use the railing.
11. Play outside with your child. Go to the park or hiking trail. Allow your child to play freely and without structured activities.



YOUR CHILD AT 4 YEARS

WHAT MOST CHILDREN DO AT THIS AGE:



SOCIAL/EMOTIONAL

- Enjoys doing new things
- Plays “Mom” and “Dad”
- Is more and more creative with make-believe play
- Would rather play with other children than by himself
- Cooperates with other children
- Often can’t tell what’s real and what’s make-believe
- Talks about what she likes and what she is interested in



LANGUAGE/COMMUNICATION

- Knows some basic rules of grammar, such as correctly using “he” and “she”
- Sings a song or says a poem from memory such as the “Itsy Bitsy Spider” or the “Wheels on the Bus”
- Tells stories
- Can say first and last name



COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)

- Names some colors and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of “same” and “different”
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what he thinks is going to happen next in a book



MOVEMENT/PHYSICAL DEVELOPMENT

- Hops and stands on one foot up to 2 seconds
- Catches a bounced ball most of the time
- Pours, cuts with supervision, and mashes own food

WHAT YOU CAN DO FOR YOUR 4-YEAR-OLD

1. Play make-believe with your child. Let her be the leader and copy what she is doing.
2. Suggest your child pretend play an upcoming event that might make him nervous, like going to preschool or staying overnight at a grandparent's house.
3. Give your child simple choices whenever you can. Let your child choose what to wear, play, or eat for a snack. Limit choices to 2 or 3.
4. During play dates, let your child solve her own problems with friends, but be nearby to help out if needed.
5. Encourage your child to use words, share toys, and take turns playing games of one another's choice.
6. Give your child toys to build imagination, like dress-up clothes, kitchen sets, and blocks.
7. Use good grammar when speaking to your child. Instead of "Mommy wants you to come here," say, "I want you to come here."
8. Use words like "first," "second," and "finally" when talking about everyday activities. This will help your child learn about sequence of events.
9. Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet, or from another adult.
10. When you read with your child, ask him to tell you what happened in the story as you go.
11. Say colors in books, pictures, and things at home. Count common items, like the number of snack crackers, stairs, or toy trains.
12. Teach your child to play outdoor games like tag, follow the leader, and duck, duck, goose.
13. Play your child's favorite music and dance with your child. Take turns copying each other's moves.



YOUR CHILD AT 5 YEARS

WHAT MOST CHILDREN DO AT THIS AGE:



SOCIAL/EMOTIONAL

- Wants to please friends
- Wants to be like friends
- More likely to agree with rules
- Likes to sing, dance, and act
- Is aware of gender
- Can tell what's real and what's make-believe
- Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])
- Is sometimes demanding and sometimes very cooperative



LANGUAGE/COMMUNICATION

- Speaks very clearly
- Tells a simple story using full sentences
- Uses future tense; for example, "Grandma will be here."
- Says name and address



COGNITIVE (LEARNING, THINKING, PROBLEM-SOLVING)

- Counts 10 or more things
- Can draw a person with at least 6 body parts
- Can print some letters or numbers
- Copies a triangle and other geometric shapes
- Knows about things used every day, like money and food



MOVEMENT/PHYSICAL DEVELOPMENT

- Stands on one foot for 10 seconds or longer
- Hops; may be able to skip
- Can do a somersault
- Uses a fork and spoon and sometimes a table knife
- Can use the toilet on her own
- Swings and climbs

WHAT YOU CAN DO FOR YOUR 5-YEAR-OLD

1. Continue to arrange play dates, trips to the park, or play groups. Give your child more freedom to choose activities to play with friends, and let your child work out problems on her own.

2. Your child might start to talk back or use profanity (swear words) as a way to feel independent. Do not give a lot of attention to this talk, other than a brief time out. Instead, praise your child when he asks for things nicely and calmly takes “no” for an answer.

3. This is a good time to talk to your child about safe touch. No one should touch “private parts” except doctors or nurses during an exam or parents when they are trying to keep the child clean.

4. Teach your child her address and phone number.

5. When reading to your child, ask him to predict what will happen next in the story.

6. Encourage your child to “read” by looking at the pictures and telling the story.

7. Teach your child time concepts like morning, afternoon, evening, today, tomorrow, and yesterday. Start teaching the days of the week.

8. Explore your child’s interests in your community. For example, if your child loves animals, visit the zoo or petting farm. Go to the library or look on the Internet to learn about these topics.

9. Keep a handy box of crayons, paper, paint, child scissors, and paste. Encourage your child to draw and make art projects with different supplies.

10. Play with toys that encourage your child to put things together.

11. Teach your child how to pump her legs back and forth on a swing.

12. Help your child climb on the monkey bars.

13. Go on walks with your child, do a scavenger hunt in your neighborhood or park, help him ride a bike with training wheels (wearing a helmet).



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