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# Child Development: Is My Child Meeting Developmental Milestones?

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In this workshop we will learn about resources to help you monitor your child's development, as well as fun activities to help your child meet developmental milestones!

# 90%

of a child's brain  
development  
happens  
before age 5

*Source: Harvard Center for the Developing Child*



■ **90% Brain  
development  
before age 5**

■ **10% Brain  
development  
after age 5**



# Every child has a unique path.

Developmental milestones are the typical skills that children develop in playing, learning, speaking, behaving and moving at specific ages. These milestones have windows of development that most children follow.



# What should my child be doing?



The term “*developmental milestones*” refers to things most children can do by a certain age, like smiling for the first time, taking their first step, or waving “bye bye.” You see milestones every day when playing, talking, and interacting with your children. Every child is different and all children develop at their own pace. Some will reach milestones slightly late or early. However, if you track your child’s development, it can provide clues about how your child is developing. This shows areas where they are excelling and areas in which they may need additional support.

Source: <https://childcareanswers.org/resources/developmental-milestones/>



# Resources to Support Your Child's Development

These free materials can be ordered from the CDC website, or you may start at *Act Early Indiana* which has Indiana specific resources: <https://www.actearlyindiana.org>





# Tracking milestones helps to...

Understand your child's developmental progress  
Identify moments to delight in your child's growth  
Determine if your child needs extra support with a certain skill



# CDC Milestones by Age:

## 2 Months

### **Social and Emotional**

Begins to smile at people

Can briefly calm herself (may bring hands to mouth and suck on hand)

Tries to look at parent

### **Language/Communication**

Coos, makes gurgling sounds

Turns head toward sounds

### **Cognitive (learning, thinking, problem-solving)**

Pays attention to faces

Begins to follow things with eyes and recognize people at a distance

Begins to act bored (cries, fussy) if activity doesn't change

### **Movement/Physical Development**

Can hold head up and begins to push up when lying on tummy

Makes smoother movements with arms and legs





# CDC Milestones by Age:

## 4 Months

### **Social and Emotional**

Smiles spontaneously, especially at people

Likes to play with people and might cry when playing stops

Copies some movements and facial expressions, like smiling or frowning

### **Language/Communication**

Begins to babble

Babbles with expression and copies sounds he hears

Cries in different ways to show hunger, pain, or being tired

### **Cognitive (learning, thinking, problem-solving)**

Lets you know if he is happy or sad

Responds to affection

Reaches for toy with one hand

Uses hands and eyes together, such as seeing a toy and reaching for it

Follows moving things with eyes from side to side

Watches faces closely

Recognizes familiar people and things at a distance

### **Movement/Physical Development**

Holds head steady, unsupported

Pushes down on legs when feet are on a hard surface

May be able to roll over from tummy to back

Can hold a toy and shake it and swing at dangling toys

Brings hands to mouth

When lying on stomach, pushes up to elbows



# CDC Milestones by Age:

## 6 Months

### **Social and Emotional**

Knows familiar faces and begins to know if someone is a stranger  
Likes to play with others, especially parents  
Responds to other people's emotions and often seems happy  
Likes to look at self in a mirror

### **Language/Communication**

Responds to sounds by making sounds  
Strings vowels together when babbling ("ah," "eh," "oh") and likes taking turns with parent while making sounds  
Responds to own name  
Makes sounds to show joy and displeasure  
Begins to say consonant sounds (jabbering with "m," "b")

### **Cognitive (learning, thinking, problem-solving)**

Looks around at things nearby  
Brings things to mouth  
Shows curiosity about things and tries to get things that are out of reach  
Begins to pass things from one hand to the other

### **Movement/Physical Development**

Rolls over in both directions (front to back, back to front)  
Begins to sit without support  
When standing, supports weight on legs and might bounce  
Rocks back and forth, sometimes crawling backward before moving forward





# CDC Milestones by Age:

## 9 Months

### **Social and Emotional**

May be afraid of strangers

May be clingy with familiar adults

Has favorite toys

### **Language/Communication**

Understands “no”

Makes a lot of different sounds like “mamamama” and “bababababa”

Copies sounds and gestures of others

Uses fingers to point at things

### **Cognitive (learning, thinking, problem-solving)**

Watches the path of something as it falls

Looks for things she sees you hide

Plays peek-a-boo

Puts things in his mouth

Moves things smoothly from one hand to the other

Picks up things like cereal o’s between thumb and index finger

### **Movement/Physical Development**

Stands, holding on

Can get into sitting position

Sits without support

Pulls to stand

Crawls



# CDC Milestones by Age: 12 Months, Part 1

## **Social and 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





# CDC Milestones by Age:

## 12 Months, Part 2

### **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



# CDC Milestones by Age: 18 Months, Part 1

## **Social and Emotional**

Likes to hand things to others as play

May have temper tantrums

May be afraid of strangers

Shows affection to familiar people

Plays simple pretend, such as feeding a doll

May cling to caregivers in new situations

Points to show others something interesting

Explores alone but with parent close by

## **Language/Communication**

Says several single words

Says and shakes head “no”

Points to show someone what he wants





# CDC Milestones by Age:

## 18 Months, Part 2

### **Cognitive (learning, thinking, problem-solving)**

Knows what ordinary things are for; for example, telephone, brush, spoon

Points to get the attention of others

Shows interest in a doll or stuffed animal by pretending to feed

Points to one body part

Scribbles on his own

Can follow 1-step verbal commands without any gestures; for example, sits when you say “sit down”

### **Movement/Physical Development**

Walks alone

May walk up steps and run

Pulls toys while walking

Can help undress herself

Drinks from a cup

Eats with a spoon



# CDC Milestones by Age:

## 2 Years, Part 1

### **Social and 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





# CDC Milestones by Age:

## 2 Years, Part 2

### **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



# CDC Milestones by Age:

## 3 Years, Part 1

### **Social and Emotional**

Copies adults and friends

Shows affection for friends without prompting

Takes turns in games

Shows concern for 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



# CDC Milestones by Age:

## 3 Years, Part 2

### **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
- Eats with a spoon





# CDC Milestones by Age: 4 Years, Part 1

## **Social and 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



# CDC Milestones by Age:

## 4 Years, Part 2

### **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



# CDC Milestones by Age: 5 Years, Part 1

## **Social and 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





# CDC Milestones by Age: 5 Years, Part 2

## **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

Walks up and down stairs, one foot on each step

Eats with a spoon



# Developmental Milestone Sources:

<https://childcareanswers.org/resources/developmental-milestones/>

<https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



## If you're concerned - act early!

If your child is not meeting milestones or if you have concerns about his or her development, talk to your child's doctor, visit the CDC's "If You're Concerned" web page or call 1-800-CDC-INFO.

<https://www.cdc.gov/ncbddd/actearly/concerned.html>







# How can I help my child grow and develop?

Some positive parenting practices work well across diverse families and in diverse settings when providing the care that children need to be happy and healthy, and to grow and develop well.

Source: <https://www.cdc.gov/ncbddd/childdevelopment/facts.html>

# Responding to children in a predictable way





# Showing warmth and sensitivity





# Having routines and household rules



# Sharing books with children



# Supporting health and safety





# Using appropriate discipline without harshness



Additional parenting tips  
and activities specific to  
your child's age can be  
found here:

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/index.html>



# Questions?

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