

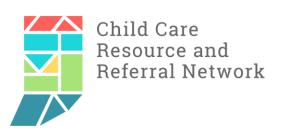
Child Development: Is My Child Meeting Developmental Milestones?

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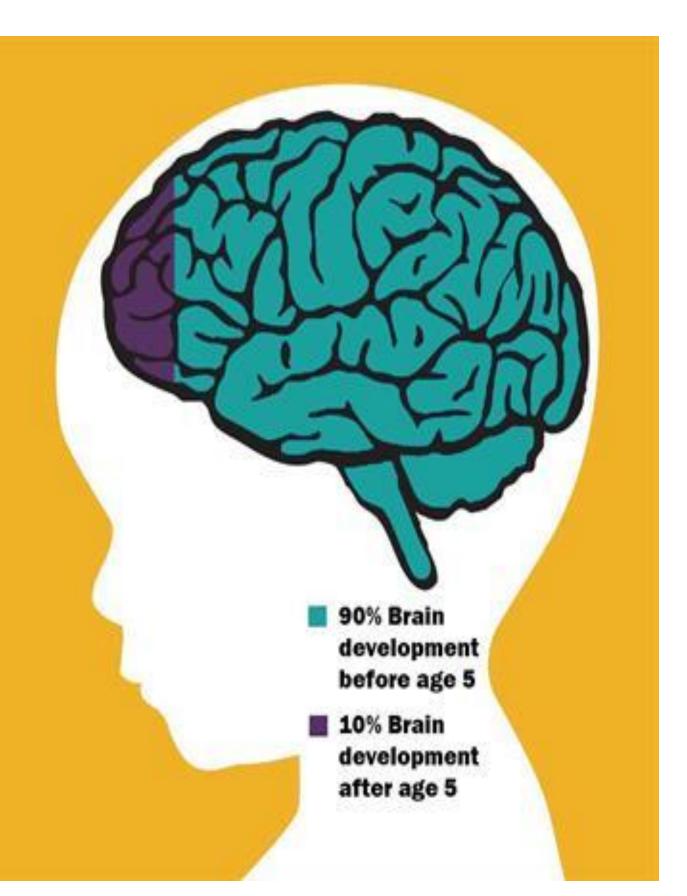


In this workshop we will learn about resources to help you monitor your child's development, as well as fun activities to help your child meet developmental milestones!

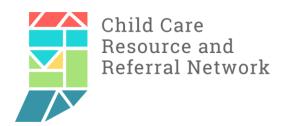




Source: Harvard Center for the Developing Child



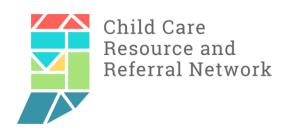
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Every child has a unique path.

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.



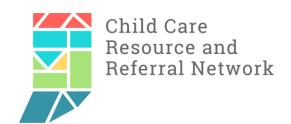




What should my child be doing?

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











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

Starts to copy some capital letters

Plays board or card games

Uses scissors

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

Eats with a spoon

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





Developmental Milestone Sources:

https://childcareanswers.org/resources/developm
ental-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.
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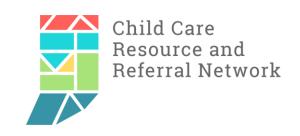




How can I help my child grow and develop?

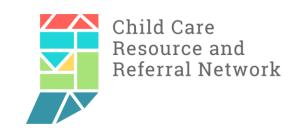
Some positive parenting practices work well across diverse families and in diverse settings when providing the care that children need to be happy and healthy, and to grow and develop well.

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



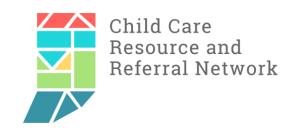
Responding to children in a predictable way





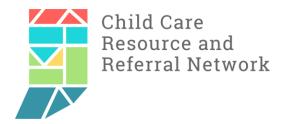
Showing warmth and sensitivity



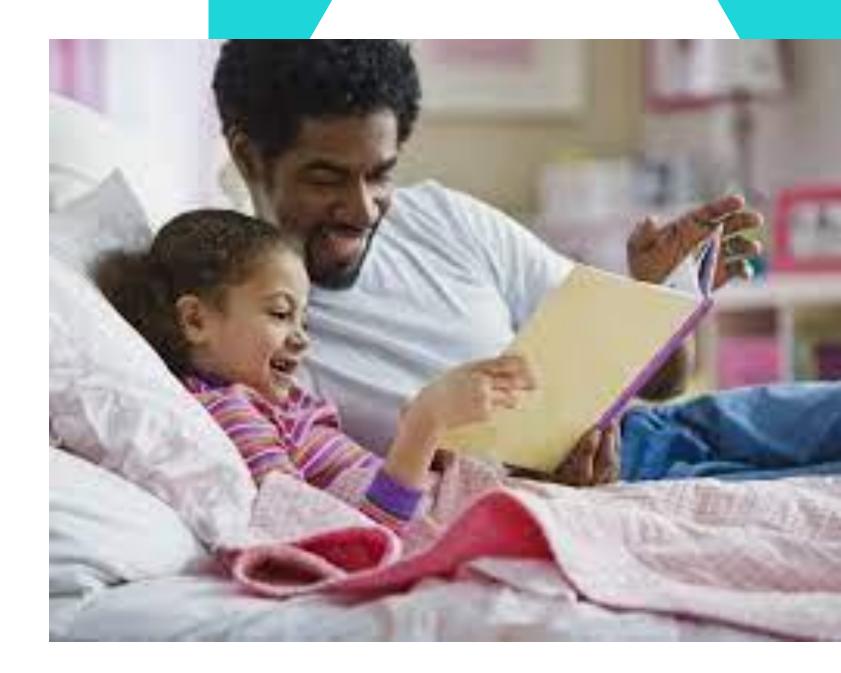


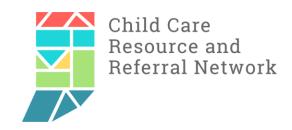
Having routines and household rules





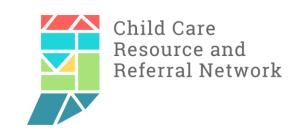
Sharing books with children





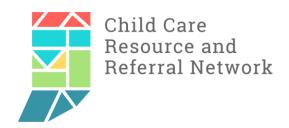
Supporting health and safety





Using appropriate discipline without harshness

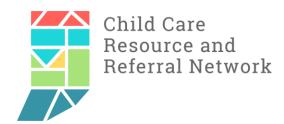




Additional parenting tips and activities specific to your child's age can be found here:

https://www.cdc.gov/ncbddd/childdevelopment/p
ositiveparenting/index.html





Questions?

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