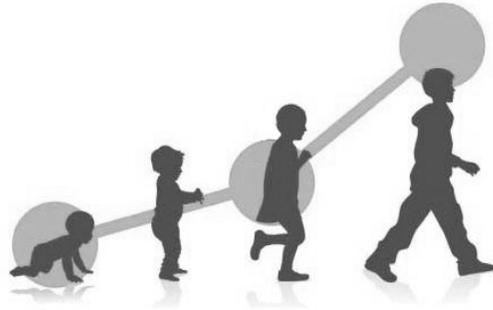




## System Offering Actions for Resilience In Early Childhood



# [1-12 MONTHS] DEVELOPMENT



**Part of parenting comes naturally and part is learned. Check out the developmental milestones from birth to 12 months to help support your child.**

**1 month** They will stare at colorful objects, study your face when you smile, respond positively to comfort and soothing, cry to tell you they are hungry or uncomfortable, enjoy being talked to and respond with their own special movements.

**2 months** They turn their head to both sides, follow objects and people with their eyes, smile when others talk to them and smile at them, show excitement or delight with small throaty sounds, and recognize familiar voices and people.

**3 months** They hold their head up with more control, play with hands by clapping and bringing them to their mouth, stop sucking so they can hear sounds, use voice in response to adult talk and smiles, and coo with open and closed vowel sounds.

**4 months** They can lift their head and chest when on their tummy, try to grasp objects with fingers and palm now that their hands are open, laugh out loud when tickled or during social games, show anticipation and excitement by breathing heavily, and turn their head to find out where sounds come from.

**5 months** They sit, when supported, to view the world, start to connect their eyes and fingers by reaching for and grasping toys, make sounds and interrupt conversations to get attention, display an awareness and wariness of strangers, and babble double consonants like “baba”, “mama”, and “dada”.

**6 months** They will roll from their stomach to their back and over again, use hands to bang and splash objects, prefer to play with people, vocalize pleasure and displeasure, study objects for a long time, and even turn the object upside down to get another view.

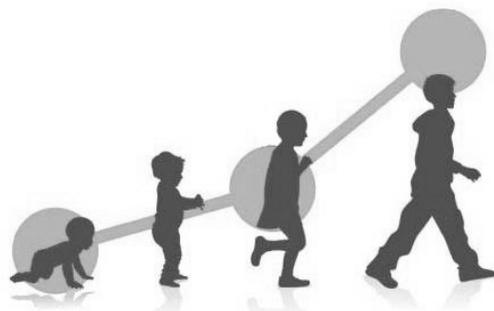
**7-9 months** Babies will either move by crawling, bum shuffling or pivoting on the tummy. They use their first and second fingers with their thumb, copy actions they see others do, and clearly attach themselves to familiar caregivers and want to stay close. They also show intention when exploring objects to understand their function and feel strongly about what they do and do not want to do.

**10-12 months** Babies will be able to walk while holding onto furniture, crawl up stairs, pinch fingers neatly to pick up smaller items, repeat sounds or gestures if laughed at, and display affection with hugs, kisses and pats. They also will understand simple sentences and requests like “Where’s your shoe?”, seek comfort when upset, take turns making sounds with you, develop stronger memory skills, and become aware of their actions and implications.



## System Offering Actions for Resilience In Early Childhood

# [12-24 MONTHS] DEVELOPMENT



**Part of parenting comes naturally, and part is learned. Check out the developmental milestones from 12 to 24 months to help support your child.**

**13-18 months** **SOCIAL:** At this age, they show a sense of humor, play best on their own (they don't want to share and shout "mine"), enjoy imitating adult tasks, strongly resist set limits, look at you when you are talking, play parallel to another child, and try to dress/undress self.

**EMOTIONAL:** Toddlers become more confident, show interest in particular items, identify self in mirror or photograph, hug and kiss parents and other familiar people and pets, enjoy being center of attention, show jealousy when attention is diverted from them, and display sense of ownership over toys and people.

**LANGUAGE:** They can point to show you something, understand more words than they can speak, use "no" correctly, use 5 or more words to express needs, desire or expressions, try to sing songs, name pictures in books, imitate animal sounds, use own name to refer to self, and follow simple directions.

**INTELLECTUAL:** Your child realizes things exist when out of sight, shows understanding of some colors and shapes, identifies pictures when requested, gains new understanding of how the world works around them with objects and how they move, shows increased memory skills, categorizes similar objects, and can use playdough and paints.

**FINE MOTOR:** Toddlers can release objects to a person on request, pick up and eat finger foods, turn containers upside down to get an item out, put a peg into a pegboard, turn pages of a book, stack three or more blocks, and scribble with a big crayon.

**GROSS MOTOR:** At this age, they can walk alone, crawl or walks up stairs one step at a time, push and pull toys while walking, squat to pick up toys without falling, and climbs on things by themselves.

**19-24 months** **SOCIAL:** Toddlers enjoy playing alone for a few minutes, help with simple household chores, show ownership of objects and cannot share easily. They also say "no" and like to do things without help.

**EMOTIONAL:** Your child develops a range of emotions, is subject to mood swings and temper tantrums, shows concerns and fears, is pulled between wanting independence and being dependent on others for certain things, and is cautious around unfamiliar adults.

**LANGUAGE:** They can use two word sentences, ask for help using words or actions, jabber in run-on flow of words while talking to stuffed animals or self, name some pictures in a book, and imitate new words and phrases.

**INTELLECTUAL:** At this stage, they understand how familiar objects are used (spoon, cup, ball, etc.), understand the passing of time and the phrase "not now", recognize and name familiar people in photos, and show increased memory for details and routines.

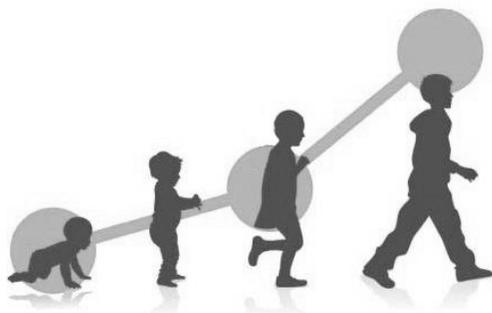
**FINE MOTOR:** Toddlers at this age can take lids off jars, fit cups and boxes inside each other (nesting), take off shoes, hats and socks, string large beads using one hand to slide the bead while the other hand holds the string, and raise and drink from a cup then replace it on the table.

**GROSS MOTOR:** They can ride on small-wheeled toys, carry a large toy while walking, kick a ball, squat while playing, walk backwards or sideways pulling a toy, and back into chair to sit down.



## System Offering Actions for Resilience In Early Childhood

# [24-36 MONTHS] DEVELOPMENT



**Part of parenting comes naturally, and part is learned. Check out the developmental milestones from 24 to 36 months to help support your child.**

**24-30 months** **SOCIAL:** Toddlers will establish themselves as separate from their parents, display shyness around strangers and in outside situations, become aware of gender differences, and like to play near other children but not yet play with other children at this age. They may pull hair or bite other children when frustrated.

**EMOTIONAL:** They will become attached to a cuddly or favorite toy, demand their own way much of the time, and require an ordered, predictable routine. They will express their feelings through language and pretend play.

**LANGUAGE:** Toddlers use self-centered pronouns (I, me, mine, you), put together 2-word sentences, and can answer simple questions like “What’s your name?” They enjoy looking at books and talking about the pictures as well as singing parts of songs.

**INTELLECTUAL:** They engage in simple pretend play with others, become aware of the verbal sequence of numbers, show increased attention span and stay with activities longer. Toddlers also better understand similarities of shapes and sizes and can match shapes, pictures, and some colors.

**FINE MOTOR:** They can scribble, hold the crayon with their whole hand, imitate drawing vertical and horizontal lines, build a tower of 5 or more blocks, string beads and remove lids from jars.

**GROSS MOTOR:** Toddlers this age can walk backwards and sideways, walk upstairs and downstairs (both feet on one step at a time), run without falling, and jump in place (both feet off the floor).

**30-36 months** **SOCIAL:** At this age, they express affection openly, play alongside others comfortably, take turns, and play make believe games.

**EMOTIONAL:** They can object to major changes in routines, recognize and respond to other children’s feelings, and become more comfortable with new people. Toddlers also will struggle between wanting independence and fearing new experiences, but they desire approval and need praise at this stage.

**LANGUAGE:** Toddlers use self-centered pronouns (I, me, mine, you), put together 2-word sentences, and can answer simple questions like “What’s your name?” They enjoy looking at books and talking about the pictures as well as singing parts of songs.

**INTELLECTUAL:** Toddlers develop size comparisons (understanding of bigger, smaller, little), try to dramatize thoughts and ideas, match similar pictures and objects. They also can count to three objects and enjoy creative movement.

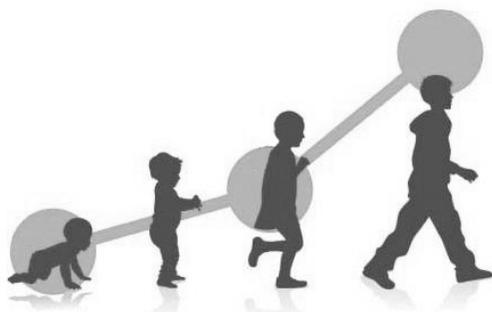
**FINE MOTOR:** They can hold a pencil in writing position, imitate drawing a cross, dots, small lines, and swirls, cut paper with scissors (not along a straight line) and turn pages of a book.

**GROSS MOTOR:** Toddlers can participate in group activities that involve running, crawling and rolling. They also can walk on a balance beam, run avoiding obstacles, climb up the ladder of a slide, and pedal a tricycle at this stage.



## System Offering Actions for Resilience In Early Childhood

# [36-48 MONTHS] DEVELOPMENT



**Part of parenting comes naturally, and part is learned. Check out the developmental milestones from 36 to 48 months to help support your child.**

### **SOCIAL:** A child this age...

- Enjoys socializing
- Better understands how to take turns
- Greets familiar adults and says please and thank you
- Imitates mom or dad in play
- Likes to have conversations
- Enjoys games with rules
- Complies with requests
- Seeks approval from adults
- Enjoys dramatic play

### **EMOTIONAL:** A child this age...

- Experiences a broad range of feelings
- Expresses needs with words
- Starts to express anger verbally rather than physically
- Is becoming less egocentric and more able to understand feelings and other perspectives
- Is less upset by limits and discipline
- Grows in independence
- Expands pretend play
- Becomes more even-tempered
- Shows empathy
- May show attachment to one playmate

### **LANGUAGE:** A child this age...

- Enjoys books, songs, rhymes, nonsense words and stories
- Uses a 900-word vocabulary
- Uses sentences with five words
- Understands position words and asks and answers “who, what, when, where, why and how” questions
- Can follow three-part commands
- Uses regular past tense with few mistakes
- Understands the phrase “It’s time to...”

### **INTELLECTUAL:** A child this age...

- Enjoys dramatic play and role play
- Classifies objects by purpose or function
- Understands the order of daily routines
- Sorts objects by color and size
- Can count objects
- Understands ideas like opposites
- Understands different forms of measurement
- Attaches words to numbers (“three” means three things)
- Better understands time intervals

### **FINE MOTOR:** A child this age...

- Can build a tower using blocks
- Handles scissors and cuts out simple designs
- Holds a pencil with thumb and forefinger in adult-like grasp
- Draws a house and people with two to four body parts
- Can button large buttons
- Puts on shoes (not yet able to tie laces)
- Can print capital letters
- Dresses and undresses without assistance
- Cuts out and pastes simple shapes

### **GROSS MOTOR:** A child this age...

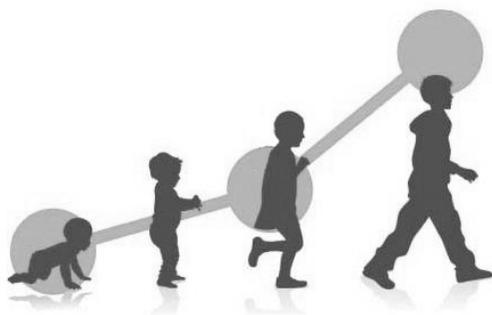
- Runs several steps with alternating arm movement
- Catches, bounces and throws a ball easily
- Climbs, slides and swings on playgrounds
- Gets up from squatting position without help
- Gallops, runs, walks, wiggles, and tip-toes
- Catches a large ball with arms extended
- Jumps off the ground with a two-footed jump
- Turns somersaults
- Stands on one foot with momentary balance



## System Offering Actions for Resilience In Early Childhood



# [48-60 MONTHS] DEVELOPMENT



**Part of parenting comes naturally, and part is learned. Check out the developmental milestones from 48 to 60 months to help support your child.**

### **EMOTIONAL:** A child this age...

- Uses pretend play to gain control of frustrating and frightening experiences
- Experiences positive self-esteem
- Complies more often with requests from parents
- Concentrates and can work alone for up to 20-30 minutes
- Continues to work on a difficult task for longer periods

### **LANGUAGE:** A child this age...

- Plays with words in silly rhymes
- Loves to recite and chants, jingles and rhymes
- Talks about imaginary situations
- Uses new and unfamiliar words
- Tells long stories about past experiences
- Uses an average vocabulary of 1500 words

### **INTELLECTUAL:** A child this age...

- Understands how to sort/classify objects
- Enjoys games that require matching items
- Recognizes and identifies the concepts bigger, biggest, smaller and smallest
- Identifies and names different colors
- Replicates patterns, sequences, and orders
- Understands the order of numbers

### **SOCIAL:** A child this age...

- Plays games with simple rules
- Shows attachment to one playmate
- Shows interest in gender differences
- Enjoys dramatic play with other children
- Begins to grasp the concept of sharing

### **FINE MOTOR:** A child this age...

- Draws a person including head, arms, legs, and trunk
- Cuts and pastes using art materials
- Paints with a large brush on large paper
- Manipulates clay and playdough
- Draws lines, simple shapes, and can write a few letters
- Dresses and undresses with little help

### **GROSS MOTOR:** A child this age...

- Rides a tricycle without bumping into things
- Bounces, throws and catches a big ball
- Starts, stops, and changes directions smoothly when running
- Climbs playground equipment without any difficulty
- Jumps forward and backwards for short distances