

# 0-3 Months

<p style="text-align: center;"><b>Movement Milestones</b></p>	<ul style="list-style-type: none"> <li>• Raises head and chest when lying on stomach</li> <li>• Supports upper body with arms when lying on stomach</li> <li>• Stretches legs out and kicks when lying on stomach or back</li> <li>• Opens and shuts hands</li> <li>• Pushes down on legs when feet are placed on a firm surface</li> <li>• Brings hand to mouth</li> <li>• Takes swipes at dangling objects with hands</li> <li>• Grasps and shakes hand toys</li> </ul>	
<p style="text-align: center;"><b>Visual and Hearing Milestones</b></p>	<ul style="list-style-type: none"> <li>• Watches faces intently</li> <li>• Follow moving objects</li> <li>• Recognizes familiar objects and people at a distance</li> <li>• Starts using hands and eyes in coordination</li> <li>• Smiles at the sound of your voice</li> <li>• Begins to babble</li> <li>• Begins to imitate some sounds</li> <li>• Turns head toward direction of sound</li> <li>• Startles at loud sounds</li> <li>• Seems to recognize your voice. Quiets if crying.</li> </ul>	
<p style="text-align: center;"><b>Social and Emotional Milestones</b></p>	<ul style="list-style-type: none"> <li>• Begins to develop a social smile</li> <li>• Enjoys playing with other people and may cry when playing stops</li> <li>• Becomes more communicative and expressive with face and body</li> <li>• Imitates some movements and facial expressions</li> </ul>	
<p style="text-align: center;"><b>Developmental Health Watch</b></p> <p>Although each baby develops in her own individual way and at her own rate, failure to reach certain milestones may signal medical or developmental problems requiring special attention. If you notice any of the following warning signs in your infant at this age, discuss them with your pediatrician.</p>	<ul style="list-style-type: none"> <li>• Doesn't seem to respond to loud sounds</li> <li>• Doesn't notice her hands by two months</li> <li>• Doesn't smile at the sound of your voice by two months</li> <li>• Doesn't follow moving objects with her eyes by two to three months</li> <li>• Doesn't grasp and hold objects by three months</li> <li>• Doesn't smile at people by three months</li> <li>• Cannot support her head well at three months</li> <li>• Doesn't reach for and grasp toys by three to four months</li> <li>• Doesn't babble by three to four months</li> </ul>	<ul style="list-style-type: none"> <li>• Doesn't bring objects to her mouth by four months</li> <li>• Begins babbling, but doesn't try to imitate any of your sounds by four months</li> <li>• Doesn't push down with her legs when her feet are placed on a firm surface by four months</li> <li>• Has trouble moving one or both eyes in all directions</li> <li>• Crosses her eyes most of the time (Occasional crossing of the eyes is normal in these first months.)</li> <li>• Doesn't pay attention to new faces, or seems very frightened by new faces or surroundings</li> <li>• Still has the tonic neck reflex at four to five months</li> </ul>

## 3-7 Months

<p style="text-align: center;"><b>Movement Milestones</b></p>	<ul style="list-style-type: none"> <li>• Rolls both ways (front to back, back to front)</li> <li>• Sits with, and then without, support of her hands</li> <li>• Supports her whole weight on her legs</li> <li>• Reaches with one hand</li> <li>• Transfers object from hand to hand</li> <li>• Uses raking grasp (not pincer)</li> </ul>	
<p style="text-align: center;"><b>Visual Milestones</b></p>	<ul style="list-style-type: none"> <li>• Develops full color vision</li> <li>• Distance vision matures</li> <li>• Ability to track moving objects improves</li> </ul>	
<p style="text-align: center;"><b>Cognitive Milestones</b></p>	<ul style="list-style-type: none"> <li>• Finds partially hidden objects</li> <li>• Explores with hands and mouth</li> <li>• Struggles to get objects that are out of reach</li> </ul>	
<p style="text-align: center;"><b>Social and Emotional Milestones</b></p>	<ul style="list-style-type: none"> <li>• Enjoys social play</li> <li>• Interested in mirror images</li> <li>• Responds to other people’s expressions of emotion and appears joyful often</li> </ul>	
<p style="text-align: center;"><b>Developmental Health Watch</b></p> <p>Because each baby develops in his own particular manner, it’s impossible to tell exactly when or how your child will perfect a given skill. The developmental milestones listed in this book will give you a general idea of the changes you can expect, but don’t be alarmed if your own baby’s development takes a slightly different course. Alert your pediatrician, however, if your baby displays any of the following signs of possible developmental delay for this age range.</p>	<ul style="list-style-type: none"> <li>• Seems very stiff, with tight muscles</li> <li>• Seems very floppy, like a rag doll</li> <li>• Head still flops back when body is pulled up to a sitting position</li> <li>• Reaches with one hand only</li> <li>• Refuses to cuddle</li> <li>• Shows no affection for the person who cares for him</li> <li>• Doesn’t seem to enjoy being around people</li> <li>• One or both eyes consistently turn in or out</li> <li>• Persistent tearing, eye drainage, or sensitivity to light</li> <li>• Does not respond to sounds around him</li> <li>• Has difficulty getting objects to his mouth</li> <li>• Does not turn his head to locate sounds by four months</li> <li>• Doesn’t roll over in either direction (front to back or back to front) by five months</li> </ul>	<ul style="list-style-type: none"> <li>• Seems inconsolable at night after five months</li> <li>• Doesn’t smile spontaneously by five months</li> <li>• Cannot sit with help by six months</li> <li>• Does not laugh or make squealing sounds by six months</li> <li>• Does not actively reach for objects by six to seven months</li> <li>• Doesn’t follow objects with both eyes at near (1 foot) [30 cm] and far (6 feet) [180 cm] ranges by seven months</li> <li>• Does not bear some weight on legs by seven months</li> <li>• Does not try to attract attention through actions by seven months</li> <li>• Does not babble by eight months</li> <li>• Shows no interest in games of peekaboo by eight months</li> </ul>

## Developmental Milestones By 1 Year

<b>Movement Milestones</b>	<ul style="list-style-type: none"> <li>• Gets to sitting position without assistance</li> <li>• Crawls forward on belly by pulling with arms and pushing with legs</li> <li>• Assumes hands-and-knees position</li> <li>• Creeps on hands and knees supporting trunk on hands and knees</li> <li>• Gets from sitting to crawling or prone (lying on stomach) position</li> <li>• Pulls self-up to stand</li> <li>• Walks holding on to furniture</li> <li>• Stands momentarily without support</li> <li>• May walk two or three steps without support</li> </ul>
<b>Milestones In Hand and Finger Skills</b>	<ul style="list-style-type: none"> <li>• Uses pincer grasp</li> <li>• Bangs two cubes together</li> <li>• Puts objects into container</li> <li>• Takes objects out of container</li> <li>• Let's objects go voluntarily</li> <li>• Pokes with index finger</li> <li>• Tries to imitate scribbling</li> </ul>
<b>Cognitive Milestones</b>	<ul style="list-style-type: none"> <li>• Explores objects in many different ways (shaking, banging, throwing, dropping)</li> <li>• Finds hidden objects easily</li> <li>• Looks at correct picture when the image is named</li> <li>• Imitates gestures</li> <li>• Begins to use objects correctly (drinking from cup, brushing hair, dialing phone, listening to receiver)</li> </ul>
<b>Social and Emotional Milestones</b>	<ul style="list-style-type: none"> <li>• Shy or anxious with strangers</li> <li>• Cries when mother or father leaves</li> <li>• Enjoys imitating people in play</li> <li>• Shows specific preferences for certain people and toys</li> <li>• Tests parental responses to his actions during feedings (What do you do when he refuses food?)</li> <li>• Tests parental responses to his behavior (What do you do if he cries after you leave the room?)</li> <li>• May be fearful in some situations</li> <li>• Prefers mother and/or regular caregiver over all others</li> <li>• Repeats sounds or gestures for attention</li> <li>• Finger-feeds himself</li> <li>• Extends arm or leg to help when being dressed</li> </ul>

## Developmental Health Watch

Each baby develops in his own manner, so it's impossible to tell exactly when your child will perfect a given skill. Although the developmental milestones listed in this book will give you a general idea of the changes you can expect as your child gets older, don't be alarmed if his development takes a slightly different course. Alert your pediatrician if your baby displays any of the following signs of possible developmental delay in the eight-to twelve-month age range.

- Does not crawl
- Drags one side of body while crawling (for over one month)
- Cannot stand when supported
- Does not search for objects that are hidden while he watches
- Says no single words ("mama" or "dada")
- Does not learn to use gestures, such as waving or shaking head
- Does not point to objects or pictures

## Developmental Milestones By 2 Years

<b>Movement Milestones</b>	<ul style="list-style-type: none"> <li>• Walks alone</li> <li>• Pulls toys behind her while walking</li> <li>• Carries large toy or several toys while walking</li> <li>• Begins to run</li> <li>• Stands on tiptoe</li> <li>• Kicks a ball</li> <li>• Climbs onto and down from furniture unassisted</li> <li>• Walks up and down stairs hold on to support</li> <li>• Milestones in hand and finger skills</li> <li>• Scribbles spontaneously</li> <li>• Turns over container to pour out contents</li> <li>• Builds tower of four blocks or more</li> <li>• Might use one hand more frequently than the other</li> </ul>
<b>Cognitive Milestones</b>	<ul style="list-style-type: none"> <li>• Finds objects even when hidden under two or three covers</li> <li>• Begins to sort by shapes and colors</li> <li>• Begins make-believe play</li> </ul>
<b>Social and Emotional Milestones</b>	<ul style="list-style-type: none"> <li>• Imitates behavior of others, especially adults and older children</li> <li>• Increasingly aware of herself as separate from others</li> <li>• Increasingly enthusiastic about company of other children</li> <li>• Demonstrates increasing independence</li> <li>• Begins to show defiant behavior</li> <li>• Increasing episodes of separation anxiety toward midyear, then they fade</li> </ul>
<p style="text-align: center;"><b>Developmental Health Watch</b></p> <p>Because each child develops at his own particular pace, it's impossible to tell exactly when yours will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect as your child gets older, but don't be alarmed if he takes a slightly different course. Alert your pediatrician, however, if he displays any of the following signs of possible developmental delay for this age range.</p>	<ul style="list-style-type: none"> <li>• Cannot walk by eighteen months</li> <li>• Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on his toes</li> <li>• Does not speak at least fifteen words by eighteen months</li> <li>• Does not use two-word sentences by age two</li> <li>• Does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon) by fifteen months</li> <li>• Does not imitate actions or words by the end of this period</li> <li>• Does not follow simple instructions by age two</li> <li>• Cannot push a wheeled toy by age two</li> </ul>

## Developmental Milestones By 3 Years

<b>Gross Motor Skills</b>	<ul style="list-style-type: none"> <li>• Run and walk without tripping over their own feet</li> <li>• Jump, hop, and stand on one foot</li> <li>• Walks backwards and climb stairs one foot after the other</li> <li>• Kick and throw a small ball</li> <li>• Catch a big ball (most of the time)</li> <li>• Climb</li> <li>• Start pedaling a tricycle or bike</li> </ul>
<b>Fine Motor Skills</b>	<ul style="list-style-type: none"> <li>• Draw a circle with a crayon, pencil, or marker</li> <li>• Play with toys that have small moving parts and/or buttons</li> <li>• Turn the pages of a book one at a time</li> <li>• Build with Mega Bloks and create towers of six or more blocks</li> <li>• Work door handles and open twist-on bottle tops</li> </ul>
<b>Cognitive</b>	<ul style="list-style-type: none"> <li>• Name the eight colors in a crayon box (red, yellow, blue, green, orange, purple, brown, black)</li> <li>• Recite numbers to 10 and start counting groups of things</li> <li>• Start understanding time in terms of morning, night, and days of the week</li> <li>• Remember and retell favorite stories</li> <li>• Understand and talk about things that are “the same” and “different”</li> <li>• Follow simple three-step directions (“Brush your teeth, wash your face, and put on your pajamas”)</li> </ul>
<b>Social Emotional Milestone</b>	<ul style="list-style-type: none"> <li>• Be interested — although hesitant — about going new places and trying new things</li> <li>• Start to play with other kids (as opposed to only playing side-by-side)</li> <li>• Start being able to comfort and show concern for an unhappy friend without prompting</li> <li>• Take turns while playing (even if they don’t like to!)</li> <li>• Play “real life” with toys like play kitchens</li> <li>• Start finding simple ways to solve arguments and disagreements</li> <li>• Show (but maybe not name) a variety of emotions beyond happy, sad, and mad</li> </ul>

This year, kids start thinking about the world in new ways. You may see some creative approaches to tackling tasks and activities. By the end of this year, kids typically can:

At this age, kids show an interesting mix of independence, playfulness, and fearfulness. As they approach age 4, most 3-year-olds do these things:

## Developmental Milestones By 4 Years

<h3>Gross Motor Skills</h3>	<ul style="list-style-type: none"> <li>• Alternate feet on the stairs</li> <li>• Jump with two feet</li> <li>• Use door handles</li> <li>• Control big muscle movements more easily – they may be able to start, stop, turn, and go around obstacles while running</li> <li>• Log roll, do somersaults, skip, and trot</li> <li>• Throw and bounce a ball</li> <li>• Jump over objects and climb playground ladders</li> <li>• Pedal and steer a tricycle or bike</li> </ul>
<h3>Fine Motor Skills</h3>	<ul style="list-style-type: none"> <li>• Get dressed with little help (zippers, snap, and buttons may still be a little hard)</li> <li>• Draw or copy basic shapes and crosses (this is a milestone known as “being able to cross the midline”)</li> <li>• Write some letters or make separated, distinct marks that look like letters</li> <li>• Draw wavy line across the page that look lines of text to make “lists” or write greeting cards</li> <li>• Put together a simple puzzle</li> <li>• Begin to use scissors purposefully</li> <li>• String beads or O-shaped cereal to make necklaces</li> <li>• Pinch and shape clay or play-dough into recognizable objects</li> </ul>
<h3>Cognitive Milestones</h3> <p>This year, kids’ ability to think and learn reaches beyond the basics of the world around them. They start thinking about and understanding things they can’t see or touch. You might notice that kids start to “have an idea” more often than you’d seen before. Most 4-year-olds are developing skills to:</p>	<ul style="list-style-type: none"> <li>• Start sorting thing by attributes like size, shape, and color</li> <li>• Compare and contrast by things like height, size, or gender</li> <li>• Begin to understand the difference between real and make-believe, but may still confuse them</li> <li>• Understand that pictures and symbols stand for real things</li> <li>• Recognize shapes in the real world</li> <li>• Count to at least 20 and point to and count items in a group</li> <li>• Explore relationships between ideas, using words like <i>if</i> and <i>when</i> to express them</li> <li>• Start thinking in logical steps, which means seeing the “how-tos” and consequences of things</li> <li>• Get abstract ideas like “bigger”, “less”, “later”, “ago”, and “soon”</li> <li>• Put things in order, like from bigger to smallest, shortest to tallest</li> <li>• Stick with an activity for 10 to 15 minutes</li> </ul>
<h3>Social Emotional Milestones</h3> <p>This is the time kids start developing a unique, recognizable personality. They’re more able to get along with peers and work out things that bother them through play. Most kids also:</p>	<ul style="list-style-type: none"> <li>• Share, cooperate, be helpful, and take turns</li> <li>• Start tattling and acting a little bossy</li> <li>• Enjoy telling silly jokes and find other things funny</li> <li>• Begin telling small lies to get out of trouble, even though they know it’s wrong</li> <li>• Do or say things they shouldn’t to see what the reaction will be</li> <li>• Have imaginary friends and play the same imaginary games over and over</li> <li>• Start playing with other kids and separate from parents and caregivers more easily</li> <li>• May still have tantrums because of changes in routine or not getting what they want</li> </ul>

## Kinder Readiness

Spring can be an exciting yet overwhelming time for parents of preschoolers, as this is when kindergarten registration begins for the upcoming school year. These concerns are well justified as the kindergarten curriculum has become considerably more difficult since we were kindergarteners.

Below are important milestones that will set your child up for success in kindergarten. These skills include: play skills, fine motor and pre-writing skills, gross motor skills, and cognitive skills.

### Play Skills Milestones

- Participates in elaborate pretend play that imitates real life characters (firefighter, ballerina, etc.), and real life situations
- Play is becoming a social activity with preferred playmates
- Participates in games with rules including: board games, pretend play with a specific role, and organized gross motor games (kickball, tag, duck-duck goose, etc.)
- Constructive play such as simple art projects and three dimensional designs with blocks or Legos can be completed from a model; children can also complete 10-20 piece puzzles
  - The final product becomes the emphasis with constructive play at 5 and 6 years. Children at this age are motivated to display a completed product.

### Why are play skills important for kindergarten?

- Pretend play lays the foundation for abstract thinking and helps children develop creativity, problem-solving skills, and how to understand other's emotions and relate to their peer's feelings.
- Constructive play helps children develop spatial perception and how objects relate to each other; this helps to lay the foundation for a child's academic career.
- Participating in games with rules assists in learning how to follow directions, prepare to follow classroom rules, and tolerate winning/losing.

## Fine Motor/Pre-Writing Skills Milestones

- Smoothly rolls ball shapes and worm shapes with clay or Play-Doh
- Shows a strong hand preference and rarely alternates between hands during eating, writing, and cutting tasks
- Automatically uses non-preferred hand to help stabilize paper during cutting, coloring, and other tabletop activities
- Holds a writing utensil using a tripod grasp (in the tips of thumb, index and middle finger with ring and pinky fingers neatly tucked away), and uses movements from only the fingers to make all writing strokes
- Draws a person with multiple body parts; draws animals and imaginary creatures
- Copies vertical and horizontal lines, circle, cross, diagonal lines, X, and triangle shapes
- Cuts 3 inch or larger shapes: circles, squares, and triangles, with scissors adhering to lines within a half inch
- Prints name from a copy, with proper upper case to start followed by lower case letters

### Why are fine motor and pre-writing skills important before entering kindergarten?

- The ability to form different shapes in clay indicates good hand strength, which helps children tolerate holding onto writing materials and other school tools without fatiguing.
- Demonstrating hand preference while using the non-preferred hand to assist, allows children refine tasks that involve writing and drawing.
- Drawing detailed pictures and copying various lines and shapes lays the foundation to learn how to write numbers and letters.
- Scissor skills improve children's eye-hand coordination and strengthen small muscles in children's hands.

<p style="text-align: center;"><b>Gross Motor Skills Milestones</b></p>	<ul style="list-style-type: none"> <li>• Demonstrates good balance when walking on a curb and does not frequently fall off</li> <li>• Skips with good coordination</li> <li>• Begins to kick toward a target/goal</li> <li>• Balances on one foot for around 10 seconds</li> </ul>	<p><b>Why are gross motor skills important for kindergarten?</b></p> <ul style="list-style-type: none"> <li>• Balance and core strength are closely related; both are required for kindergarten-age children to maintain an efficient, upright seated position at tabletop level or while seated on the floor.</li> <li>• Strong balance assists children in climbing and maneuvering playground equipment and allows them to easily adjust to different terrain while running on playgrounds.</li> <li>• Ball skills lay the foundation for potential participation in team sports and for active participation in physical education classes.</li> </ul>
<p style="text-align: center;"><b>Cognitive Skills Milestones</b></p>	<ul style="list-style-type: none"> <li>• Demonstrates early abstract thinking by pretending objects are something completely different during play (pretending a book is a car)</li> <li>• Answers simple logic questions</li> <li>• Is able to identify larger of two numbers</li> <li>• Sorts items in different way (color, shape, etc.) and sequences objects from smallest to largest</li> <li>• Categorizes known objects by their function</li> <li>• Is able to copy complex block designs such as a pyramid and stair pattern</li> <li>• Can label their emotions such as frustrated, sad, mad, tired or bored</li> </ul>	<p><b>Why are these cognitive skills important for kindergarten?</b></p> <ul style="list-style-type: none"> <li>• Abstract thinking plays a large role in just about every subject in school, especially reading and writing, math and science, and language development.</li> <li>• Planning and constructing three-dimensional block designs improves children’s ability to distinguish different shapes and sizes, strengthen problem solving skills, and understand spatial relationships.</li> <li>• Categorizing and sequencing objects strengthens children’s ability to learn organization skills.</li> </ul>

