

Five to thrive

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A parents guide to
your child's
developmental milestones



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How your child play, learns, speaks and acts offers clues to your child's development. Developmental milestones are most things a child can do by a certain age. Reaching these milestones can depend on your child's interactions with the world around them

	Social & Emotional	Language & Literacy	Cognitive	Physical
4 mth	Smiles spontaneously Likes to play and might cry when playing stops Copies some movements and facial expressions, like smiling or frowning	Begins to babble Babbles with expression and copies sounds he hears Cries in different ways to show hunger, pain or being tired	Let's you know if she is happy or sad Responds to affection Reaches for toys 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 Recognises familiar people and things at a distance	Holds head up steady, unsupported Pushes down on legs when feet are on a surface May be able to roll over from tummy to back Can hold a toy and shake it and swing at dangling toys Brings hand to mouth When lying on stomach pushes up to elbow

5 Yrs	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 knife Can use the toilet on their own Swings and climbs	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	Speaks very clearly Tells a simple story using full sentences Uses future tense, for ex "Granny will be here" Says name and address	Wants to please friends Wants to be like friends More likely to agree with rules Likes to sing, dance and act Shows concerns and sympathy for others Is aware of gender Can tell what's make believe and what's real Shows more independence (adult supervision is required) Is sometimes demanding and sometimes very cooperative.
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4 years	<p>Enjoys doing new things</p> <p>Plays mum and dad</p> <p>Is more and more creative with make believe play</p> <p>Would rather play with other children than by themself</p> <p>Cooperates with other children</p> <p>Often can't tell what's real and what's make believe</p> <p>Talks about what she likes and what she is interested in</p>	<p>Knows some basic rules of grammar, such as correctly using "he and "she"</p> <p>Sing a song or says a poem from memory such as the "itsy bitsy spider" or the "wheels on the bus"</p> <p>Tells stories</p> <p>Can say first and last name</p>	<p>Names some colours and some numbers</p> <p>Understands idea of counting</p> <p>Starts to understands time</p> <p>Remembers parts of a story</p> <p>Understands the idea of same and different</p> <p>Draws a person with 2 to 4 body parts</p> <p>Uses scissors</p> <p>Starts to copy some capital letters</p> <p>Plays boards games or card games</p> <p>Tells you what he thinks is going to happen next in books</p>	<p>Hops and stands on one foot for up to 2 seconds</p> <p>Catches a bounced ball most of the time</p> <p>Pours, cuts with supervision, and mashes own food</p>
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6 mth	<p>Knows familiar faces and begins to know if someone is a stranger</p> <p>Likes to play with others, especially parents</p> <p>Responds to other people's emotions and often seems happy</p> <p>Likes to look at self in mirror.</p>	<p>Responds to sounds by making sounds</p> <p>Strings vowels together when babbling ("ah" "eh" "oh") and likes taking turns with parent while making sounds</p> <p>Responds to own name</p> <p>Makes sounds to show joy and displeasure</p> <p>Begins to say consonant sounds (jabbering with "m" "b")</p>	<p>Looks around at things nearby</p> <p>Brings things to mouth</p> <p>Shows curiosity about things and tries to get things that are out of reach</p> <p>Begins to pass things from one hand to the other</p>	<p>Rolls over in both directions (front to back, bank to front)</p> <p>Begins to sit without support</p> <p>When standing, supports weight on legs and might bounce</p> <p>Rocks back and forth sometimes crawling backwards before moving forwards</p>
9 mth	<p>May be afraid of strangers</p> <p>May be clingy with familiar adults</p> <p>Has favourite toys</p>	<p>Understands "no"</p> <p>Makes a lot of different sounds</p> <p>Copies sounds and gestures of others</p> <p>Using fingers to point at things</p>	<p>Watches the path of something as it falls</p> <p>Looks for things he sees or you hide</p> <p>Plays peek a boo</p> <p>puts things in her mouth</p> <p>Moves things smoothly from one hand to the other</p> <p>Picks up things like cereal between thumb and index fingers</p>	<p>Stands, holding on</p> <p>Can get into sitting position</p> <p>Sits without support</p> <p>Pulls to stand</p> <p>Crawls</p>

1 year	<p>Is shy or nervous with strangers</p> <p>Cries when mum or dad leaves</p> <p>Has favourite things and people</p> <p>Shows fear in some situations</p> <p>Hands you a book when he wants to hear a story</p> <p>Repeats sounds or actions to get attention</p> <p>Puts out arms or legs to help with dressing</p> <p>Plays games such as "peek a boo" and "pat a cake"</p>	<p>Responds to simple spoken requests</p> <p>Uses simple gestures like shaking head "no" or waving "bye-bye"</p> <p>Makes sounds with changes in tones (sounds more like speech)</p> <p>Says mama and dada and exclamations like "uh oh"!</p> <p>Tries to say words you say</p>	<p>Explores things in different ways, like shaking, babbling, throwing</p> <p>Finds hidden things easily</p> <p>Looks at the right picture or things when it's named.</p> <p>Copies gestures.</p> <p>Starts to use things correctly for ex, drinks from cup, brushes hair.</p> <p>Bangs two things together.</p> <p>Puts things in a container, takes things out of a container</p> <p>Let's things go without help.</p> <p>Pokes with index finger</p> <p>Follows simple direction like "pick up toy".</p>	<p>Gets to a sitting position without help</p> <p>Pulls up to stand, walks</p> <p>holding onto furniture (cruising)</p> <p>May take a few steps without holding on</p> <p>May stand alone</p>
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3 year old	<p>Copies adults and friends</p> <p>Shows affection for friends without prompting</p> <p>Takes turns in games</p> <p>Shows concerns for crying friends</p> <p>Understands the idea of mine and his or hers</p> <p>Shows a wide range of emotions</p> <p>Separates easily from mum and dad</p> <p>May get upset with major changes in routine</p> <p>Dresses and undresses self</p>	<p>Follows instruction with 2-3 steps</p> <p>Can name most familiar things</p> <p>Understands words like in, on and under</p> <p>Says first name age and sex</p> <p>Names a friend</p> <p>Says words like "I" "me" "we" and "you " and some plurals (cars dogs cats)</p> <p>Take well enough for strangers to understand most of the time</p> <p>Carries on a conversation using 2 -3 sentences</p>	<p>Can work toys with buttons, levers and moving parts</p> <p>Plays make believe with dolls, animals and people</p> <p>Does puzzles with 3 /4 pieces</p> <p>Understands what two means</p> <p>Copies a circle with pencil or crayon</p> <p>Turns book pages one at a time</p> <p>Builds towers of more than 6 blocks</p> <p>Screws and unscrews jar lids or turn door handle</p>	<p>Climbs well</p> <p>Runs easily</p> <p>Pedals a tricycle</p> <p>Walks up and down stairs, one foot at a time</p>
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2 year old	Copies others, especially adults and older children Gets excited when with other children Shows more and more independence Shows defiant behaviour (doing what been told not to) Plays mainly beside other children, but is beginning to include other children such as in chase games	Points to things or pictures when they are named Knows names of familiar people and body part Says sentences with 2 to 4 words Follow simple instructions Repeats words overheard in conversations Points to things in a book	Finds things even when hidden under 2/3 covers Begins to sort shapes and colours Completes sentences and rhymes in Plays simple make believe games. Builds towers of 4 or more blocks Might use one hand more than the other Follows two step instructions pick up shoes and put them in wardrobe. Names items in a picture book such as cat bird or dog	Stands on tiptoes 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
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18 Months	Likes to hand things to others in play May have temper tantrums Maybe afraid of strangers Shows affection to familiar people Plays simple pretend, such as feeding a doll May cling to caregiver in new situations	Says several single words Says and shakes head "no" Points to show something he wants	Knows what ordinary things are for :for ex phone, brush, spoon. Points to get attention of others Shows interest in doll or stuffed animals by pretending to feed. Points to one body part Scribbles on his own Can follow 1 step commands without any gestures for ex sits when you say "sit down".	Walks alone May walk up steps and run Pulls toys while walking Can help undress herself Drinks from a cup
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0-6 Months

Sing to me as often as you can. I love hearing your voice. It makes me feel so safe & secure.

Tell me stories I will listen with enjoyment.

6 -12 Months

Sing me songs and nursery rhythms.

Watch my response when you sing them in different voices and tones.

1 Year

Every day is an exciting new experience for me. Describe to them everything you are doing and seeing. This will help me build my vocabulary and expressive language .

2 Years

I love talking and telling stories to you, help me develop my imagination and story telling by giving me fantastic WOW world to say.

3 Years

I love it when you talk to me and ask my ideas and opinions. I have lots of fantastic ideas and sharing them with you makes me feel so important and valued.

4 -5 Years

I love hearing you read to me. I might even retell the stories you have taught me to my friends, family and anyone else who will listen. Help me remember the stories as we read them together.

Play with me by making silly faces and blowing raspberries. I love watching your face. Stick your tongue out and see how I respond. Tummy time is also one of my favourite experiences.

Tummy time is so important to my physical development. Ensure tummy time is fun and challenging for me by placing yourself or toys for your me to reach for and grasp.

Provide opportunities for me to discover the world around me using my senses. A baskets of household item with different textures Watch what I do and talk to me I will show you how amazing I can be.

I enjoy dressing up, role play and dancing. I have been watching you all this time. Play with me as I make you tea and eat the pretend dinners I give to you. Join me in silly dancing to all types of dancing.

I love playing now and love it that you know what things I like to play with. I enjoy lots of different play ideas from painting to playing out doors. When we play these games together I have so much **more** fun.

I am beginning to understand rules now and enjoy playing games like matching and sorting card games. Playing these games with me will help me learn about turn taking and sharing.

Turn off the television unhook the phone and spend time just us, undistracted by the busy world outside. Turn on some soothing music and just be together.

Watch my response as you give me Baby massage. Making eye contact is important. Watch me and I will tell you if I enjoy the touch you are giving me.

Taking me outdoors a walk is an excellent way to relax with me and enjoy nature get fresh air and spend time together.

I still like exploring using my senses use water, gloop, shaving foam and cooked cold pasta. Sensory experience help me to relax. Describe to me how they feel as we explore them together.

Relaxing with me might seem different now. I can get lost in activities like water and sand play I like it when you sit with me showing me what to do and joining in my discovery.

I love spending time with you. Sharing a hobby is always a good way to relax together. Let me be part of something you are interested in maybe like baking, Jigsaws ,or mechanics as long as you are relaxing so will I .

Spend time holding me firmly, cuddling me and playing with my tiny feet and hands. When you touch me I feel your love and this makes me feel happy and secure.

I enjoy cuddling more now. Your cuddles make me respond. I enjoy you tickling and playing rhymes games with my fingers and feet.

I might want to be up in your arms all the time. This is so I can have a different view of the world and be close to you. Sing Action song which involve you holding my hands and feet are enjoyable for me.

I am becoming more social able and will ask for cuddles and closeness Some-time this is demonstrated by giving you item that I want to share with you. We can explore this together as I sit on your lap.

I may not be as cuddly as usual but I still love to be near you. I might feel the need to touch you or be reassured by brushing your hair or holding your hand when I get a little bit scared.

It may seem as if I don't want cuddles any more but really I do. I love spending time with you, as long as you are near by I can still feel your closeness .

Watch your baby and respond to your babies sound and movement and facial expressions

Respond to your babies smiles and sounds by mimicking and nonsense sounds.

I am more mobile now and you can respond to my needs by ensuring my play area is safe and by giving me opportunities to explore by pull myself up and over toys safely.

The world is a scary place for me I am an inquisitive 2 yr old. Please respond with calmness and understanding to me when I notice new thing. I just don't understand danger yet.

I am getting more interested in the world around me Help me make sense by responding to my ever ending list of questions with patience and explanations.

I am growing more independent now but I need you more than ever to respond to me by listening and explaining to me things that I will face evry day.

