



Dear parent(s) and caregiver(s),

Each child develops at their own speed; the age ranges are approximations of when to expect a child to reach their milestones. Contact your local pediatrician if you are concerned about a child's development. This tool suggests activities you can do with children to encourage their development through intentional interactions. Enjoy watching and helping your child grow!



## Birth to 6 Months

### I MAY...

- Follow movement and sounds with my eyes and by turning my head
- Roll over from my stomach to my back
- React to loud noises
- Look or turn away from you or cry when I need a break from an activity
- Smile and laugh
- Cry to tell you I need something. I may be hungry, hurting, or wet
- Notice my hands
- Like to put objects in my mouth
- Move an object from one hand to the other
- Lift my head while lying on my stomach
- Kick my legs and move my arms
- Sleep a lot
- Make sounds, like aahh and ooh
- Gurgle and coo
- Play with my hands and feet
- Make eye contact with you

### TO HELP MY DEVELOPMENT...

- To soothe me, gently pat my back, hold/rock/walk me, or use a soft voice
- Keep me away from loud noises
- Softly talk, read, and sing to me
- Make eye contact, and smile
- Speak to my doctor about when to start solid foods, and discuss what foods are choking hazards. Formula or breastmilk are still the first choice for me
- Change my diaper as soon as it is wet or dirty
- Offer me safe toys, like rubber rings, rattles, or soft objects
- Do not throw me in the air or shake me
- Support my head to prevent it from wobbling.
- Move objects slowly so I can follow them with my head and eyes

## 6 to 12 Months

### I MAY...

- Make sounds, like bbbb, dada, gaga, or mama
- Drink from a cup and begin to eat solid foods with your help
- Repeat actions over and over again to help me learn
- Understand what "no" means • Repeat sounds and movements that you make
- Keep my head up and sit without support
- Respond to my name
- Roll over from my back to my stomach
- Move around on my stomach or crawl
- Reach for objects in front of me
- Recognize you from strangers
- Move objects in/out of a container
- Hold objects with my hands
- Pull myself up onto things
- Wave "bye-bye"

### TO HELP MY DEVELOPMENT...

- Baby proof the home (cover outlets, cords, lock up medicine, chemicals, and cleaning products). Save the **Poison Help Line Number: 1-800-222-1222**
- Give me room to safely move my arms and legs
- Encourage me to practice walking on my own
- Play games with me, like "Pat-a-Cake" and "Peek-a-Boo"
- Read books with large, colorful pictures
- Offer me safe toys with different textures that I can bite, bang, shake, touch, or throw
- At night, help me soothe myself with my favorite blanket, music, or stuffed animal
- As I learn to communicate and show you what I like/dislike, respond to the sounds and body movements that I make

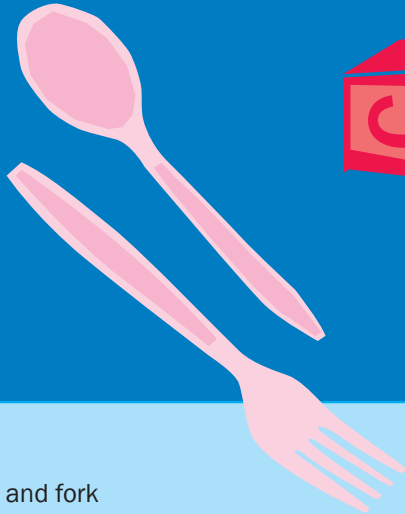
# 12 to 18 Months

## I MAY...

- Respond to a question, like “Where is the ball?” by pointing
- Remember things that happened hours or a day ago
- Be picky with my food
- Eat with my fingers
- Walk without support, but I may crawl or cruise sometimes
- Do things you told me not to do
- Drink from a cup by myself, but I may spill
- Imitate you
- Begin to think of ways to solve problems
- Get upset when I am apart from you
- Stack one object on top of another
- Have a short attention span
- Cry, hit, or have a tantrum when I am frustrated
- Follow simple instructions
- Turn a page in a book
- Say 10-15 words

## TO HELP MY DEVELOPMENT...

- Offer me choices
- Provide me with water, breast milk, or milk
- Take walks with me and limit screen time
- Speak slowly to me face-to-face
- Give me small, soft pieces of food to feed myself
- When I am frustrated, encourage me to use words. Model with facial expressions and language
- Repeat my favorite books, rhymes, songs, and stories
- Talk to me about what I feel, hear, see, smell, and taste
- Encourage me to practice carrying, climbing, pulling, and pushing
- Play hide-and-seek and finger games with me, like “Itsy Bitsy Spider”
- Praise me with phrases, like “You are working so hard!”



# 18 to 24 Months

## I MAY...

- Use a spoon and fork
- Use words that focus on myself, like “I,” “me,” and “mine”
- Say 15-50 words and use new words every month
- Kick a ball forward
- Say two-word sentences, like “Hold me!”
- Take turns
- Help you with dressing and undressing me
- Be able to make sounds that animals make
- Name simple pictures in a book
- Be able to name and point to body parts
- Walk up and down stairs with your help
- Climb, jump, run, and walk
- Not like to share
- Move my body to music

## TO HELP MY DEVELOPMENT...

- Give me large crayons to scribble
- Help me put my feelings into words
- Offer me simple choices. “Would you like to wear pants or shorts?”
- Help me eat with a spoon and drink with a straw
- Keep your eye on me because I may wander away
- Give me toys that I can pour, scoop, squeeze, and stack
- Provide safe areas indoors and outdoors for me to move around
- Read to me and encourage me to find objects in the pictures
- Extend my language and talk to me about what I am doing as I do it. For example: “You are rolling the big green ball”
- Give me toys that I can play “pretend” with, like plastic food and telephones without cords
- Provide me with plenty of sleep (11-14 hours a day including naps)



## 2 to 3 Years

### I MAY...

- Walk up and down stairs using one foot (instead of both feet) for each stair
- Like to use one hand more than the other
- Say about 50-300 words and have clearer pronunciation
- Ask "Why?" a lot
- Use three-word sentences, like "Mommy hold me!"
- Have many tantrums because I am frustrated
- Talk to myself to practice new words
- Be able to say my age
- Show an interest in using the toilet
- Show an interest in other children
- Be able to open doors
- Match objects by shape and color
- Copy your words and actions



### TO HELP MY DEVELOPMENT...

- Sing the alphabet song to me and read books with colors and shapes
- Kick and throw balls with me
- Help me to do things by myself, like button my shirt
- Give me opportunities to play with other children
- Talk, read, and sing to me
- Ask me questions when I play, like "What are you doing?"
- Keep objects you do not want me to touch away from my reach
- Give me four-piece puzzles and musical instruments to play with
- Watch me to see what I like and do not like to eat. I may refuse many foods
- Ask me about things that happened in the past, like "Who gave you that toy?"
- Give me beads (1-1/2" wide) to put on a string. Make sure to supervise me so I do not swallow them

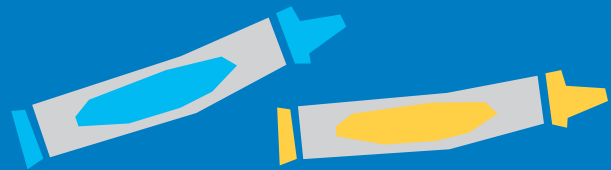
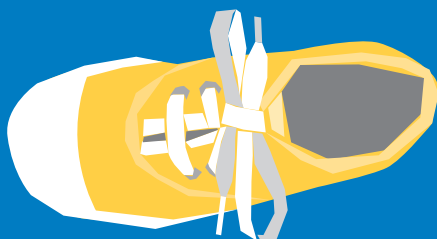
## 3 to 4 Years

### I MAY...

- Be able to do many things by myself, like brush my teeth, undress, and eat
- Be able to sing a simple song
- Be comfortable being apart from you
- Solve simple jigsaw puzzles
- Do a lot of pretend play, like have an imaginary friend
- Start to understand the concept of same/different
- Be able to wash my hands
- Draw a circle or square if you draw one first
- Wait for my turn and share with others
- Stack six objects on top of each other
- Hop on one foot
- Confuse some words when I speak
- Pedal a tricycle
- Use sentences of five to six words
- Use action words (verbs)

### TO HELP MY DEVELOPMENT...

- Encourage me to practice drawing
- Offer choices to me so I can make some decisions
- Speak to me in a manner you want me to speak to others
- With new experiences, prepare me by telling me what to expect
- Give me jigsaw puzzles with four or five pieces
- Let me solve problems, like resolving conflicts with friends or dressing myself until I need your help
- Bounce and catch a large ball with me
- Watch me carefully as I cut paper using blunt/plastic scissors
- Teach me new words and read to me
- Try to keep a regular schedule for my playtimes, mealtimes, and bedtimes
- Give me objects that I can match and count, like blocks, cups, and plastic spoons



## 4 to 5 Years

### I MAY...

- Speak in sentences of five or more words and tell stories
- Know most colors
- Be ready for simple tasks, like helping to set the table
- Draw a triangle or diamond after you draw one first
- Say words you do not like so I can see your reaction
- Jump
- Play with, instead of just next to, other children
- Have trouble saying the f, l, r, s, v, or z sound
- Like to ask how, when, and where questions
- Draw a face with eyes, a mouth, and a nose
- Be able to match objects by size
- Learn to write the alphabet
- Pump myself on a swing
- Use scissors

### TO HELP MY DEVELOPMENT...

- Let me brush or comb my hair
- Sing songs that have body motions, like “Head, Shoulders, Knees, and Toes”
- Help me understand fantasy from reality
- Schedule both active and quiet playtimes
- Encourage me to do activities by myself and to ask for help when I need it
- Teach me to wash and dry my hands
- Challenge me. Can I balance on one foot for five or more seconds?
- Let me enjoy learning at my pace, so I do not get too frustrated
- Let me plan activities with you
- Teach me facts, like my address, birth month, first/last names, parents’ names, and telephone number
- Encourage plenty of sleep (10-13 hours a day, including naps)

## 5 to 6 Years

### I MAY...

- Get confused when you talk about events that will happen or will last more than a week or two into the future
- Count to 100
- Understand books are read from left to right and top to bottom
- Have many fears of things, like darkness, animals, and thunderstorms
- Understand the difference between left and right
- Catch a ball, jump rope, skip, and climb well
- Ride a bicycle
- Practice doing somersaults until I get dizzy
- Have trouble saying the l or th sound
- Be more sensitive to others’ feelings
- Write my name with some mistakes

### TO HELP MY DEVELOPMENT...

- Let me dress myself
- Play games, like “Follow the Leader” and “Simon Says”
- Use words to help me understand time, such as yesterday, tomorrow, and today
- Teach me to tie my shoelaces
- Give me objects that I can take apart and put back together
- Encourage and praise my efforts
- Give me puzzles with 10-15 pieces
- Limit my screen time
- Eat meals with me to discuss our day
- Encourage me to read and use words about how I feel
- Ask me questions that I can answer
- Visit local museums, aquariums, or parks
- Talk with me about my interests and concerns
- Teach me about boundaries (e.g. identifying the difference between a healthy and unhealthy touch, and having the language and confidence to say “no” when uncomfortable)

