

KEYS TO GREAT CAREGIVING: HOW YOUR CHILD DEVELOPS

If you think your child is developing very differently from what is shown on the chart, contact your doctor, health care professional or 2-1-1 Infoline.

	Physical	Social	Emotional	Intellectual
By 3 months, your child may:	<ul style="list-style-type: none"> Lift head when held at your shoulder Lift head and chest when lying on his stomach Follow moving object or person with eyes Grasp rattle when it is given to her Wiggle and kick with arms and legs 	<ul style="list-style-type: none"> Make cooing, gurgling sounds Repeat sounds when adults imitate him Smile at familiar adult; smile when smiled at Welcome familiar adult by waving arms and legs 	<ul style="list-style-type: none"> Communicate hunger, discomfort, or fear by facial expression or crying Become quiet and interested at sound of familiar caregiver React with delight to peek-a-boo games 	<ul style="list-style-type: none"> Turn head toward bright colors, lights, and voices Respond to shaking rattle or bell with body movements and interested facial expression Change some reflexes into purposeful movements such as sucking, rooting, grasping
By 6 months, your child may:	<ul style="list-style-type: none"> Hold head steady when sitting with help Roll over Reach for and grasp objects Play with toes Explore by mouthing and banging objects Move toys from one hand to the other 	<ul style="list-style-type: none"> Babble; make language-like sounds Show preference for familiar adult Be cautious around strangers Notice presence of other babies Hold up arms as sign to be held 	<ul style="list-style-type: none"> Laugh, squeal with delight Cry or scream loudly if annoyed or frustrated Smile at self in mirror Show anger if prevented from having a desired toy Be cautious or wary of a stranger 	<ul style="list-style-type: none"> Imitate familiar actions If accidentally makes a mobile or toy move in a new way, tries to repeat the movement Observe own hands and feet Explore objects by banging them or putting them in the mouth Anticipate your feeding by opening mouth
By 12 months, your child may:	<ul style="list-style-type: none"> Grasp small objects by using thumb and index or forefinger Sit well without support Crawl on hands and knees Pull self in order to stand; take steps holding on to furniture Stand alone for brief time Walk while holding on with one hand 	<ul style="list-style-type: none"> Babble sounds like words; repeat syllables like "ma-ma, da-da-da" Say first words Recognize names of family members Understand simple commands 	<ul style="list-style-type: none"> Show affection to familiar adults Express emotions: pleasure, anger, excitement, joy, sadness, disappointment Show apprehension or fear about strangers Show anxiety at separation from parents 	<ul style="list-style-type: none"> Copy adult sounds and actions Respond to music with motion Try to accomplish simple goals such as crawling to a toy that he has seen Look for an object he watched fall out of sight Begin to understand that her action makes something happen, such as that pushing a ball makes it roll away
By 18 months, your child may:	<ul style="list-style-type: none"> Like to pull, push and dump things Turn pages in a stiff cardboard book Scribble with crayons Walk without help Run slowly in a lurching fashion Stack two or three blocks 	<ul style="list-style-type: none"> Say 8 to 10 understandable words Ask for something or someone by pointing or using one word Act out familiar activity, such as taking a bath or eating food 	<ul style="list-style-type: none"> Protest when frustrated Like being the center of attention and making others laugh Recognize self in pictures Show growing sense of ownership of possessions Temper tantrums are common 	<ul style="list-style-type: none"> Identify objects in picture books Laugh at something silly Follow simple directions Solve problems by trial and error using real objects Use a stick as a tool to obtain a toy Push away someone or something not wanted Bring a stool to use for reaching something
By 24 months, your child may:	<ul style="list-style-type: none"> Feed self with spoon but spill some food Help with own dressing Build tower of three to five blocks Toss or roll a large ball Bend over without falling to pick up a toy 	<ul style="list-style-type: none"> Know several hundred words and use sentences of two to three words Use words to explain feelings Listen to stories and short rhymes Be able to take turns with adult help 	<ul style="list-style-type: none"> Show strong sense of ownership Show strong desire to do tasks by herself Show awareness of approval or disapproval of own actions 	<ul style="list-style-type: none"> Think of a solution to a problem before acting Find a hidden object by searching a number of places, even if he did not see it being hidden Form a plan before pretend play Recognize self in mirror Recognize body parts
By 36 months, your child may:	<ul style="list-style-type: none"> Hold crayon in correct position Draw repeated lines and shapes Wash hands alone Dress self with help Use toilet with help Walk up steps, alternating feet Kick a ball forward Jump with both feet 	<ul style="list-style-type: none"> Use sentences of three to five words Ask short questions Imitate housework; help with simple tasks Ask to use toilet almost every time Knows own name 	<ul style="list-style-type: none"> Talk about feelings Show shame when caught in a wrongdoing Want to please respected adult Laugh at silly ideas like "milking a dog" Try to make others laugh 	<ul style="list-style-type: none"> Recognize and label sounds in the environment, such as motor of garbage truck Sort and categorize objects and ideas, such as knowing what is food and what is not Substitute one thing for another in play Count two to three objects Recognize differences between boys and girls

If you are a parent, share this with your child's caregiver. If you are a caregiver, share this with the child's parent(s). Thank you!

KEYS TO GREAT CAREGIVING

Fun and Learning with Your Baby or Toddler

How Your Child Develops

This brochure is the third in an eight-part series on fun and learning with your baby or toddler:

- Care for Yourself
- Cuddle, Talk, and Read with Your Child
- How Your Child Develops
- Be Playful with Your Child
- Show Your Child the World
- Teach Self Control
- Practice Health and Safety
- Healthy Eating

"Keys to Great Caregiving" has been adapted for use in Connecticut from "Keys To Great Parenting", University of Kentucky Cooperative Extension Service.

To request Keys brochures call 203-207-3267 or visit: www.thekeys.uconn.edu



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How Your Child Develops



University of Connecticut

COOPERATIVE EXTENSION SYSTEM
College of Agriculture & Natural Resources

In partnership with 2-1-1 Child Care Infoline,
Connecticut Department of Social Services,
Danbury Children First, Inc., EDUCATION CONNECTION,
New Haven School Readiness Council

HOW YOUR CHILD DEVELOPS

Infants and toddlers grow and change at an amazing rate! Every child is unique and has his own pattern of development. As parents, our job is to help them through these stages of development.

This brochure and chart give you information about how children grow and develop. They also suggest activities that support development. Remember that these are approximate ages at which we expect to see certain behaviors. It is normal if a child does some of these a little early or a little later.

If you have questions or concerns about your child's development, talk with your child's doctor, teacher or childcare provider. When a child has difficulty in any area of development, it is always helpful to recognize it early and begin special work with that child. By doing this we are helping children to "catch up".

Stages of Development

There are four major areas of development. They are:

1. **Physical:** The child changes in height, weight, motor abilities (crawling, walking, holding a spoon), and physical appearances.
2. **Social:** The child learns how to relate to others, to play, to share and develops a concept of self.
3. **Emotional:** The child learns to recognize and express his emotions in appropriate ways.
4. **Intellectual:** The child understands more, develops memory, and learns to solve problems. The child learns to use words.

All children go through stages of growth and development, but each child goes through these stages at his own pace. It is very important not to compare children. Development usually goes forward, but it is not unusual for it to stand still or even go backward for short periods.



Suggested Activities to Help your Child:

Physical Development

Infants and toddlers are active learners. Their large and small muscles must learn to work together in coordination with the brain. To grow strong and healthy, they need: safe space for moving, enough rest, a healthy daily diet and toys that are right for their age.

- Measure your child's height and weight, and keep a record of it. Take him to his doctor or clinic for regular check-ups and up-to-date immunizations. Obtain information from your health care professional about healthy foods.
- Watch your child's ability to use the large muscles in his body, arms and legs. Read the chart to learn about what you can expect at various ages.
- Have fun playing with your child while you help him develop movement skills. Young children need a lot of practice so that they can master basic skills such as crawling and hopping.
- Help toddlers use their small muscles by offering materials such as shape-sorting toys, small books with cardboard pages, wooden puzzles with knobs, and large crayons.

Emotional Development

Infants and young children learn about feelings from other people. This includes how people react to them and how adults handle and express their emotions. Adults need to be good role models for children!

- Be aware of what you are saying to your child with your words and actions. Encourage her to express herself, handle her calmly, and tell her what you are going to do. Try to keep her away from angry or depressed feelings in adults.

- Don't expect more from your child than she is able to do.
- Play with your baby every day. Let him set the tone and pace of your play together. Provide plenty of chances for active play, but also offer quiet play and rest time.
- Give your child a chance to solve problems on his own before you offer help. Encourage his effort and achievements.
- Temper tantrums are common. Your child is learning to express her feelings. She needs your patience and understanding.

Social Development

Your baby is social from birth. Her wiggles, smiles and crying tell you that she counts on you and other family members. She needs to know that she can trust you to be there for her.

- Recognize what sounds, movements and toys your baby likes. Provide them often.
- Allow your baby to help you to diaper, feed or dress him.
- Show your baby a small mirror that can't break or hang one in her crib. Play games naming body parts and movements while looking at him in the mirror.
- Help your toddler talk out problems rather than hitting, screaming or biting. Give her words to explain what she wants: "Melissa, say to Joe, 'I would like a turn with the truck.'"

Remember...
Each Child is Unique!

Intellectual Development

Adults help babies and toddlers learn by knowing how their brains work. Also, they can stay close by to encourage and lend a helping hand when needed.

- Smile, cuddle, talk, sing and play.
- Read to them often.
- Give them lots of chances to move around and explore in safe places.
- Help them solve a problem before they get too upset or frustrated.
- Play make-believe with older toddlers to help their creativity, imagination and ability to solve problems.
- Talk with your child about the things you see, hear, touch and taste.



Did you know?

- Babies and toddlers learn best when they are having fun with other people, doing things they have chosen themselves.