

Growing & Learning at...2 Months



What Most Babies do at 2 Months:

Social-Emotional Milestones

- Calms down when spoken to or picked up
- Looks at your face
- Seems happy to see you when you walk up to her
- Smiles when you talk or smile at her

Language & Communication Milestones

- Makes sounds other than crying
- Reacts to loud sounds

Cognitive Milestones (learning, thinking, problem-solving)

- Watches you as you move
- Looks at a toy for several seconds

Movement & Physical Development Milestones

- Holds head up when on tummy
- Moves both arms and both legs
- Opens hands briefly

Helping 2-month-old Babies Learn & Grow:

- ▶ Talking, reading, and singing to 2-month-olds helps them develop and understand language.
- ▶ Acting excited, smiling, and talking in response to 2-month-old verbal sounds teaches babies how to take turns “talking” back and forth in conversation.
- ▶ Tune in to the way 2-month-olds express feelings and needs. When she looks at you and makes sounds, she is probably trying to interact and “play”. Turning away or fussing could mean she needs a break.
- ▶ Notice and respond to 2-month-old signals for hunger and fullness. Often 2-month-olds smack their lips or touch their mouths when they’re hungry and turn away from the breast/bottle when they’ve had enough.
- ▶ When a 2-month-old is awake, you can place him on his tummy with toys at eye level in front of him. Watch him practice lifting his head to see the toys.
- ▶ Lots of cuddling and holding is good for 2-month-olds because it helps them feel safe.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Growing & Learning at...2 Months



Topics to Discuss at 2-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

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Growing & Learning at...4 Months



What Most Babies do at 4 Months:

Social-Emotional Milestones

- Smiles on his own to get your attention
- Chuckles (not yet a full laugh) when you try to make him laugh
- Looks at you, moves, or makes sounds to get or keep your attention

Language & Communication Milestones

- Makes sounds like “ooo”, “aahh” (cooing)
- Makes sounds back when you talk to her
- Turns head towards the sound of your voice

Cognitive Milestones (learning, thinking, problem-solving)

- If hungry, opens mouth when he sees breast/bottle
- Looks at her hands with interest

Movement & Physical Development Milestones

- Holds head steady without support when you are holding him
- Uses his arm to swing at toys and holds toys put in his hand
- Brings hands to mouth
- Pushes up onto elbows/forearms when on tummy

Helping 4-month-old Babies Learn & Grow:

- ▶ Talking, reading and singing to 4-month-olds helps them develop and understand language.
- ▶ Playing on the floor or on the play mat with babies this age helps them move, learn, and explore.
- ▶ 4-month-olds are ready for interactive games like “peek-a-boo”. Cover your eyes with your hands and then uncover them while you say “peek-a-boo”. Watch for smiles or other signs that he's enjoying the game.
- ▶ 4-month-olds start to track things with their eyes. Place the baby on her back and show her a brightly colored toy. Move the toy slowly from left to right and up and down to see her follow the toy with her eyes.
- ▶ Help 4-month-old babies “exercise” by gently bending and moving their legs up and down while you sing and talk.
- ▶ At this age, babies enjoy being held in a standing position. You can do this by holding him securely under his arms with his feet on your lap and letting him bounce up and down.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Growing & Learning at...4 Months



Topics to Discuss at 4-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

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Growing & Learning at...6 Months



What Most Babies do at 6 Months:

Social-Emotional Milestones

- Knows familiar people
- Likes to look at self in a mirror
- Laughs

Language & Communication Milestones

- Takes turns making sounds with you
- Blows “raspberries” (sticks tongue out and blows)
- Makes squealing noises

Cognitive Milestones (learning, thinking, problem-solving)

- Puts things in her mouth to explore them
- Reaches to grab a toy she wants
- Closes lips to show she doesn't want more food

Movement & Physical Development Milestones

- Rolls from tummy to back
- Pushes up with straight arms when on tummy
- Leans on hands to support herself when sitting

Helping 6-month-old Babies Learn & Grow:

- ▶ Singing to 6-month-olds and playing music helps support brain development.
- ▶ When he looks at something, point to it and talk about it.
- ▶ Put her on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
- ▶ At this age, a baby can learn that she can calm down. Talk softly, hold, rock, or sing to her, or let her suck on her fingers or a pacifier. You might offer a favorite toy while you hold or rock her.
- ▶ You can help 6-month-olds balance by holding him up while he sits. Let him look around while he gets used to balancing.
- ▶ Whisper, clap, or make funny noises to introduce new sounds. See if she looks toward the sound or prefers certain sounds over others.
- ▶ Simple games and interactions help babies learn cause and effect. For example, when he drops a toy on the floor, you can pick up the toy and give it back.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Growing & Learning at...6 Months



Topics to Discuss at 6-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is the best way to introduce some solid foods to your baby's diet?
- ▶ What are some things your baby likes to do?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

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Growing & Learning at...9 Months



What Most Babies do at 9 Months:

Social-Emotional Milestones

- Is shy, clingy, or fearful around strangers
- Shows several facial expressions, like happy, sad, angry, and surprised
- Looks when you call her name
- Reacts when you leave (looks, reaches for you, or cries)
- Smiles or laughs when you play peek-a-boo

Language & Communication Milestones

- Makes a lot of different sounds like “mamamama” and “bababababa”
- Lifts arms up to be picked up

Cognitive Milestones (learning, thinking, problem-solving)

- Looks for objects when dropped out of sight (like his spoon or toy)
- Bangs two things together

Movement & Physical Development Milestones

- Gets to a sitting position by herself
- Moves things from one hand to the other
- Uses fingers to “rake” food towards himself
- Sits without support

Helping 9-month-old Babies Learn & Grow:

- ▶ 9-month-olds like to make verbal sounds. You can respond by repeating those sounds and then saying simple words using the same sound. For example, if the baby says “bababa,” repeat “bababa,” then say “book.”
- ▶ Passing a toy back and forth with a 9-month old can become a game of my turn, your turn.
- ▶ Talking about pictures is a good way to “read” to a 9-month-old. For example, while looking together at books or magazines, name the pictures as you point to them.
- ▶ Place toys on the ground or mat, a little out of reach, and encourage her to crawl, scoot, or roll to get them. Celebrate when she reaches the toy!
- ▶ At this age you can show him gestures like waving “bye-bye” or shaking his head “no.”
- ▶ Use your words, facial expressions, and voice to let her know how you think she is feeling. For example, you can say “You seem sad, let’s see if we can make you feel better.”
- ▶ At 9-months, babies begin to pull themselves up by grabbing onto secure items. You can help by putting the baby close to things that she can pull up on safely. Stay close by while she moves so she knows you are near.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org.

Growing & Learning at...9 Months



Topics to Discuss at 9-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

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Growing & Learning at...12 Months/1 Year



What Most Babies do at 12 Months:

Social-Emotional Milestones

- Plays games with you, like pat-a-cake

Language & Communication Milestones

- Waves “bye-bye”
- Calls a parent “mama” or “dada” or another special name
- Understands “no” (pauses briefly or stops when you say it)

Cognitive Milestones (learning, thinking, problem-solving)

- Puts something in a container, like a block in a cup
- Looks for things he sees you hide, like a toy under a blanket

Movement & Physical Development Milestones

- Pulls up to stand
- Walks, holding onto furniture
- Drinks from a cup without a lid, as you hold it
- Picks things up between thumb and pointer finger, like small bits of food

Helping 1-year-old Babies Learn & Grow:

- ▶ Talk or sing about what you’re doing. For example, say “We’re washing our hands”, or sing “This is the way we wash our hands.”
- ▶ One-year-olds point when they are asking for things. You can turn this into a conversation. When he points to a cup, respond with, “You want the cup? Here is the cup. It’s your cup.” If he tries to say cup, celebrate the effort!
- ▶ Pointing to things and naming them helps one-year-olds learn new words and pay attention to what others are “showing” them.
- ▶ At this age, babies can practice feeding themselves with safe foods and drinking a small amount of water from a cup. This process is both messy and fun!
- ▶ One-year olds like to bang on pots and pans or small toy musical instruments, like a drum or cymbals. They are delighted to hear the noises they make!
- ▶ Read to a one-year-old by talking with her about the book’s pictures. Books with things to feel or flaps to lift are especially interesting at this age.
- ▶ One-year-olds are learning to walk. You can encourage this by holding his hands or helping him hold onto stable furniture. Give him items to push, like empty boxes, a kiddie chair, or a push toy.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...12 Months/1 Year



Topics to Discuss at 12-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



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Growing & Learning at...15 Months



What Most Babies do at 15 Months:

Social-Emotional Milestones

- Copies other children while playing, like taking toys out of a container when another child does
- Shows you an object she likes
- Claps when excited
- Hugs stuffed doll or other toy
- Hugs, cuddles, or kisses you

Language & Communication Milestones

- Tries to say one or two words besides “mama” or “dada”
- Looks at a familiar object when you name it
- Follows directions given with both a gesture and words. If you extend your hand and say “Give me the toy”, he gives it to you.
- Points to ask for something or to get help

Cognitive Milestones (learning, thinking, problem-solving)

- Tries to use things the right way, like a phone, cup, or book
- Stacks at least two small objects, like blocks

Movement & Physical Development Milestones

- Takes a few steps on his own
- Uses fingers to feed herself food

Helping 15-month-old Babies Learn & Grow:

- ▶ At this age, their words aren't always complete. If he says “ba” for ball, respond with “Ball, yes, that’s a ball!”.
- ▶ At 15 months, children like to help with everyday activities. You might let her get her shoes to go outside or put toys back in their basket. Make up a simple “clean-up song” and sing it while you “clean-up” together.
- ▶ Sing or play children's songs and dance together to the music. Try singing songs with gestures and invite him to do the gestures with you.
- ▶ Expect tantrums. They are normal at this age and are more likely when she is tired or hungry. Tantrums should become shorter and happen less as she gets older. You can try a distraction, or give her time to calm down and move on.
- ▶ Blow bubbles and let him pop them, while you say “Pop! Pop!”.
- ▶ Hide-and-seek is a fun learning game for 15-month-olds. Let him watch you hide behind a chair and then wait for him to come “find” you.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...15 Months



Topics to Discuss at 15-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?



Source

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Growing & Learning at...18 Months



What Most Toddlers do at 18 Months:

Social-Emotional Milestones

- Moves away from you, but looks to make sure you are close by
- Puts hands out for you to wash them
- Looks at pages in a book with you
- Helps you dress him by pushing arm through sleeve or lifting up foot

Language & Communication Milestones

- Tries to say three or more words besides “mama” or “dada”
- Follows one-step spoken directions, like “Give the toy to me.”

Cognitive Milestones (learning, thinking, problem-solving)

- Copies you doing chores, like sweeping
- Plays with toys in a simple way, like pushing a toy car

Movement & Physical Development Milestones

- Walks without holding onto anything
- Scribbles
- Drinks from a cup without a lid (and sometimes spills)
- Feeds himself with his fingers
- Climbs on and off a chair without help

Helping 18-month-old Toddlers Learn & Grow:

- ▶ Offer toys and items that encourage “pretend” play, like a doll and baby blanket, or toy cars and blocks. Demonstrate how to pretend play, and then take turns pretending.
- ▶ Help him recognize and respond to others’ feelings. If he sees a child who is sad, say “He looks sad. Let’s bring him a teddy bear.”
- ▶ 18-month-olds like to be given choices. Simple choices between two things are best, like asking whether she wants to drink the water first, or eat the applesauce first.
- ▶ Tantrums are normal at 18-months, and will become shorter and less frequent as he gets older. Try distracting him or giving him time to calm down and move on.
- ▶ Talk with 18-month-olds by getting down to their eye level so they “see” what you’re saying through your eyes and face, not just your words.
- ▶ Teach new words by expanding on her words. If she says “Dog,” say “Yes, that’s a dog. Dogs say ‘woof, woof.’”
- ▶ Play “catch” with an 18-month-old, by rolling a ball back and forth.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...18 Months



Topics to Discuss at 18-month-old Well-Child Doctor Visits:

- ▶ Which milestones has your baby reached?
- ▶ What are some things you and your baby do together?
- ▶ What is your baby's sleep routine?
- ▶ What types of food is your baby eating?
- ▶ What are some things your baby likes to do?
- ▶ Is there anything your baby does or does not do that concerns you?
- ▶ Has your baby lost any skills he/she once had?
- ▶ Does your baby have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office conduct regular developmental screenings?
- ▶ When will my child be ready for toilet-training?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

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Growing & Learning at...24 Months/2 Years



What Most Toddlers do at 24 Months:

Social-Emotional Milestones

- Notices when others are upset, like pausing or looking sad when someone cries
- Looks at your face to see how to react in a new situation

Language & Communication Milestones

- Points to things in a book when you ask, like “Where is the bear?”
- Says two words together, like “More milk.”
- Points to and names at least two body parts when you ask him to show you
- Uses gestures beyond waving and pointing, like blowing a kiss or nodding yes

Cognitive Milestones (learning, thinking, problem-solving)

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use a toy's switches, knobs, or buttons
- Plays with more than one toy at the same time, such as putting toy food on a toy plate

Movement & Physical Development Milestones

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

Helping 2-year-olds Learn & Grow:

- ▶ At 24 months, children know words, but can't always say them clearly. To help with pronunciation, respond with a sentence that includes the word. For example, if he says, “or nana,” say “You want more banana.”
- ▶ Children this age play next to each other, but don't know how to share and solve problems. Help her try out skills like sharing, taking turns, and using words.
- ▶ 2-year-olds can help with tasks like carrying napkins or plastic cups to the table or helping put toys away. Thank them for helping!
- ▶ Show him how to kick, roll and throw balls.
- ▶ 2-year-olds are curious about how things work. Toys with buttons that can be pushed to make something happen are great for this age.
- ▶ Encourage pretend play by providing grown-up clothes like shoes, hats, and shirts for dress-up.
- ▶ Help her with simple art tools like finger paints or crayons. Talk with her about what she is creating and the colors she is choosing.
- ▶ Sand toys, plastic containers, funnels, and spoons encourage exploring with sand and water.
- ▶ Help her put together simple puzzles. Talk about the puzzle shapes and colors.
- ▶ Sing songs like “Head, Shoulders, Knees, and Toes,” to teach names of body parts. After singing the song a few times, see if she can sing some of the words.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

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Growing & Learning at...24 Months/2 Years



Topics to Discuss at 24-month-old Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Which milestones has your child reached?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ How will I know if my child is ready for toilet training?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office offer regular developmental screenings?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

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Growing & Learning at...30 Months



What Most Toddlers do at 30 Months:

Social-Emotional Milestones

- Plays next to other children and sometimes plays with them
- Says “Look at me!” to show what she can do.
- Follows simple routines when told, like helping pick up toys when you say, “It’s clean-up time.”

Language & Communication Milestones

- Says about 50 words
- Says two or more words together, with one action word, like “Doggie run”
- Names things in a book when you point and ask, “What is this?”
- Says words like “I,” “me,” or “we”

Cognitive Milestones (learning, thinking, problem-solving)

- Uses objects in pretend play, like feeding a block to a doll as if it were food
- Solves simple problems, like standing on a small stool to reach something
- Follows two-step instructions like “Put the toy down and close the door.”
- Shows he knows at least one color

Movement & Physical Development Milestones

- Tries to turn doorknobs or unscrew lids
- Takes some clothes off by himself, like loose pants or an open jacket
- Jumps off the ground with both feet
- Turns book pages, one at a time, as you read to her

Helping 30-month-old Toddlers Learn & Grow:

- ▶ When you read books together, show him how to turn the pages. Point to pictures and ask conversational “who, what and where” questions about what he sees.
- ▶ At 30 months, toddlers are eager to explore and try new things. Encourage “free play” as a time for her to follow her interests and experiment.
- ▶ Describe things using words like big/small, fast/slow, on/off, and in/out.
- ▶ Large boxes are great for pretend play. They can become a car, bus, train or house.
- ▶ A fun outdoor game for toddlers is “Ready, set, go!” For example, when you pull her back on a swing say “Ready, set...”, and then “Go!” when you push the swing. Or, say “Ready, set...” and on the word “go” run together through the yard or park.
- ▶ Kick a ball back and forth. Once he’s good at kicking, show him how to run and kick the ball.
- ▶ Try a game of “Follow the Leader”. Walk in a straight line, turn, walk backwards, and walk on tiptoes. After a few times, ask if she’d like to be the leader.
- ▶ Use positive words to give attention to behaviors you want to see (“wanted behaviors”). For example, say “I like the way you gave Jordan the toy.”

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

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Growing & Learning at...30 Months



Topics to Discuss at 30-month-old Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Which milestones has your child reached?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office offer regular developmental screenings?



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Growing & Learning at...36 Months/3 Years



What Most Children do at 36 Months:

Social-Emotional Milestones

- Calms down within 10 minutes after you leave her, like at a childcare drop off
- Notices other children and joins them at play

Language & Communication Milestones

- Talks with you in conversations with at least two back-and-forth exchanges
- Asks “who,” “what,” “where,” or “why” questions, like “Where is mommy/daddy?”
- When asked, describes the action in a picture or book, with words like “running,” “eating.”
- Says first name, when asked
- Talks well enough for others to understand, most of the time

Cognitive Milestones (learning, thinking, problem-solving)

- Draws a circle, when you show him how
- Avoids touching hot objects, like a stove, when you warn her

Movement & Physical Development Milestones

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Helping 3-year-olds Learn & Grow:

- ▶ Encourage children to try solving their own problems, with your support. Ask questions to help her understand the problem and think of solutions.
- ▶ Introduce words to describe emotions. Help him manage stressful feelings by teaching him to take deep breaths, hug a favorite toy, or go to a quiet place.
- ▶ Play number games by counting body parts, stairs, and other things you use or see every day.
- ▶ 3-year-olds begin to speak in sentences. To support sentence skills, repeat what he says using real words. If he says “need nana”, you can say “need nana” and then follow that with the sentence, “I want a banana.”
- ▶ Teach them simple songs and rhymes, such as “Itsy Bitsy Spider” or “Twinkle, Twinkle, Little Star.”
- ▶ Encourage cooperative play to help them learn about friendship.
- ▶ Give her playdough to squish, press, and roll into balls. This is a fun way to help build hand and finger muscles for writing, buttoning, and cutting.
- ▶ Try giving instructions with 2 or 3 steps, like “Go to the closet and get your shoes and coat.”
- ▶ Play games to demonstrate opposites. Get down low and say, “I am small,” and then stand up and say, “I am big.” Do the same thing for fast/slow, and quiet/loud.

Growing & Learning at...36 Months/3 Years



Topics to Discuss at 36-month-old Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Which milestones has your child reached?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office offer regular developmental screenings?



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Growing & Learning at...48 Months/4 Years



What Most Children do at 48 Months:

Social-Emotional Milestones

- Pretends to be something else during play (teacher, superhero, dog)
- Asks to go play with children if none are around, like “Can I play with Alex?”
- Comforts others who are hurt or sad, like hugging a crying friend
- Avoids danger, like not jumping from tall heights at the playground
- Changes behavior based on where she is (place of worship, library, playground)

Language & Communication Milestones

- Says sentences containing four or more words
- Recites some words from a song or rhyme
- Talks about at least one thing that happened during her day, like “I played soccer.”
- Answers simple questions like “What is a coat for?” or “What is a crayon for?”

Cognitive Milestones (learning, thinking, problem-solving)

- Is able to name a few colors
- Tells what comes next in a well-known story
- Draws a person with three or more body parts

Movement & Physical Development Milestones

- Catches a large ball most of the time
- Serves herself food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb (not in fist)

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Helping 4-year-olds Learn & Grow:

- ▶ When you read with a 4-year-old, ask what’s happening in the story and what he thinks might happen next.
- ▶ Throughout the day, ask her about the color, shape, and size of things she sees.
- ▶ Encourage him to “use his words” to ask for things. For example, help him say, “Can I have a turn?” instead of taking something from someone.
- ▶ When a 4-year-old is engaging in unwanted behaviors, offer something else to do. For example, “You can’t jump on the bed. Do you want to go outside and play or put on some music and dance?”
- ▶ Take time to answer “why” questions. If you don’t know the answer, say “I don’t know,” or help her find the answer in a book, on the Internet, or from another adult.
- ▶ Count things like fingers, toys, or fruit out loud together.
- ▶ Reinforce social skills like sharing toys and taking turns.
- ▶ Show them outdoor games they can play with each other, like tag, follow-the-leader, and hide-and-seek.
- ▶ Spend time speaking to him in complete sentences, using “grown-up” words. This will improve his speaking skills, and support future reading and writing skills.
- ▶ Games like red light/green light, or freeze dance (play music and then turn it off, signaling it is time to freeze) help them learn to pause, even when excited.
- ▶ Introduce matching games and Tic-tac-toe.

Growing & Learning at...48 Months/4 Years



Topics to Discuss at 48-month/4-year Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?
- ▶ Does your pediatrician's office offer regular developmental screenings?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...60 Months/5 Years



What Most Children do at Age 5:

Social-Emotional Milestones

- Follows rules or takes turns when playing games with other children
- Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating

Language & Communication Milestones

- Tells a story that includes at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell it to him
- Keeps a conversation going with more than three back-and-forth exchanges
- Uses or recognizes simple rhymes (bat-cat, ball-tall)

Cognitive Milestones (learning, thinking, problem-solving)

- Counts to 10
- Names numbers between 1 and 5 when you point to them
- Pays attention for 5 to 10 minutes during activities, such as during story time or when making arts and crafts
- Writes some letters in her name
- Names some letters when you point to them

Movement & Physical Development Milestones

- Buttons some buttons
- Hops on one foot

Helping 5-year-olds Learn & Grow:

- ▶ Ask questions about what she is playing, and help her expand her answers by asking “Why?” and “How?” For example, “That’s a nice bridge you’re building. Why did you put it there?”
- ▶ Offer toys that can be put together like puzzles and building blocks. Stay close by to help and provide encouragement.
- ▶ Help them begin to understand the concept of time by singing songs about the days of the week and letting them know what day it is. Use words like today, tomorrow, and yesterday.
- ▶ Talk about and label his and your own feelings. Read books and talk about the feelings characters have and why they have them.
- ▶ Play rhyming games. For example, say “What rhymes with cat?”
- ▶ Introduce games that involve following rules, like simple board games, card games, or Simon Says.
- ▶ Encourage her to “read” with you by looking at the pictures and telling the story.
- ▶ Play games that help with memory and attention, such as card games, I Spy, or Hot-and-Cold.
- ▶ Praise positive behaviors, like asking for things nicely and calmly taking “no” for an answer.

Source

U.S. Department of Health and Human Services, CDC; American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org

Growing & Learning at...60 Months/5 Years



Topics to Discuss at 60-month/5-year Well-Child Doctor Visits:

- ▶ What are some things you and your child do together?
- ▶ What are some things your child likes to do?
- ▶ Is there anything your child does or does not do that concerns you?
- ▶ Has your child lost any skills he/she once had?
- ▶ Does your child have any special healthcare needs or was he/she born prematurely?



Source

U.S. Department of Health and Human Services, CDC; and American Academy of Pediatrics.

More information can be found in the Ages & Stages section at www.healthychildren.org