

## **EARLY CHILDHOOD DEVELOPMENTAL SKILLS**

The following list provides a quick glance at child development from 0 - 4 years. It is not intended as medical advice. Although all children mature at different rates, delays in major categories may indicate potential problems in development.

### **0 to 3 months:**

- quiets & smiles to familiar face/noise
- startles to sudden noise
- makes cooing sounds with body movements
- follows bright objects momentarily
- recognizes parent's voice
- closes fist/fingers on object placed in hand
- turns toward touch on cheek
- rolls part way from side to back
- waves arms when lying on back
- can hold head erect when sitting, but head still bobs
- lifts head and chest when lying on tummy

### **3 to 6 months**

- turns eyes/head toward sound
- laughs, squeals, chuckles
- reaches out to familiar persons
- smiles at image in mirror
- reaches for objects 6 - 9" in front of self
- puts all objects in mouth
- reaches for objects with both arms
- transfers objects from hand to hand (4-8 mo)
- enjoys watching objects fall
- sits when supported at hips (3 mo)
- lifts head and shoulders when on back
- rolls from back to stomach (6 mo)
- sits leaning forward; unsupported for up to 30 min (6 mo)

### **7 to 12 months**

- waves bye-bye
- shakes head "no"
- plays "pat-a-cake", "peek-a-boo" & "so big"
- babbles "dada", "mama" not referring to parents
- may speak first words after "mama" & "dada" (10 - 12 mo)
- feeds self crackers and cookies
- clings to known adult and hides face
- holds objects in each hand simultaneously
- attempts to scribble
- may bring spoon to mouth
- moves self by creeping
- pushes up on hands & knees and rocks back & forth (7 mo)
- sits easily without support
- pulls up to stand and may stand alone briefly
- walks when holding one or two hands

### **1 to 2 years**

- shakes head yes/no to some questions
- vocabulary of 5 - 6 words
- uses 2 - 3 word combinations at 18 months
- takes part in interacting games
- can feed self finger foods
- lifts cup to mouth with two hands
- scribbles
- walks alone
- moves from sitting to standing
- kicks large ball without losing balance

### **2 to 3 years**

- can follow a two-step direction
- names familiar objects and environmental sounds
- vocabulary of 200 - 300 words (900 by 3 years)
- asks simple questions
- turns pages of book one page at a time
- turns door knobs
- unbuttons and unzips front of clothing and puts shoes on
- holds cup in one hand while drinking
- feeds self with spoon and fork
- walks backwards
- pulls a wagon
- runs well without falling

### **3 to 4 years**

- demonstrates understanding of simple conversation
- vocabulary of 900 - 1500 words
- combines 4 - 6 words in a sentence
- speech is 90 - 100% understandable
- cooperates in small groups
- paints pictures with large brush on easel
- refines use of spoon
- pours liquid into cup but with spilling
- walks downstairs and upstairs, alternating feet
- rides tricycle
- pushes a wagon

SPEECH LANGUAGE PATHOLOGY can help children experiencing difficulty with feeding, understanding, and/or expressing language.

PHYSICAL THERAPY can help children experiencing difficulty rolling, sitting, crawling or walking.

OCCUPATIONAL THERAPY can help children experiencing difficulty with participation in all areas of daily life including play and self help skills (such as self feeding, dressing, writing).

Evidence demonstrates that therapeutic intervention early on may increase children's successful development through all stages of life.