

# Child Development Timeline

*Early*



*for Children and Families*

## By 3 Months Old I Can:

- Lift head and chest when laying on my stomach
- Follow a moving object or person with my eyes
- Grasp a rattle or finger
- Wiggle and kick my legs
- Smile back at people
- Make cooing or babbling sounds
- Cry in different ways to tell you what I need

## My Family Can:

- Give me different and interesting things to look at
- Provide me with big, soft, and safe toys to explore with my mouth
- Hold me when feeding me a bottle
- Follow my natural schedule for feeding and sleeping
- Comfort me by talking in a soft and soothing voice
- Cuddle and hold me frequently

## Health and Safety:

- Let me sleep 14 to 17 hours each day
- Follow the doctor's directions on what to feed me
- I should not go to sleep in my bed with a bottle
- Protect my skin and eyes from direct sunshine
- Put me to sleep on my back
- Place me securely in the back seat in a safe car seat that fits me
- Wipe my gums with a soft cloth each day
- Have my hearing screened before I am 3 months old
- Help me support my head and neck when you hold me upright
- Follow the doctor's schedule for check ups

## By 6 Months Old I Can:

- Hold my head up and look all around
- Recognize familiar faces and smile at you
- Coo, giggle and make lots of sounds
- Push up on my hands and knees
- roll from my back to stomach and from my stomach and back
- Love to be held and cuddled
- Search for sounds, turn heads towards sound

## My Family Can:

- Baby-proof everything
- Let me nap 2 or 3 times a day
- Look at colorful books with me
- Rock, hold, and cuddle me frequently
- Talk to me and play with me
- Give me colorful and safe toys to touch and hold

## Health and Safety:

- Don't leave me alone on things I can roll off of
- Continue to feed me what the doctor has advised
- My first teeth are starting to come in
- Cool, non-liquid filled teething rings may provide teething comfort – Check with our dentist
- Fluoride is important for my new teeth
- Soft sounds will get my attention
- Keep me protected from the sunshine
- Continue to use my car seat in the back seat of the car

## By 9 Months Old I Can:

- Sit up without much help
- Begin to pull myself up and stand with help
- Crawl or scoot myself forward
- Use my thumb and finger together to pick up little things
- Recognize and look for familiar people
- Start to imitate and make sounds like real words (Mamma, Dada)
- Love to dump toys or things out of containers

## My Family Can:

- Play simple games like peek-a-boo, all gone, and so big
- Sing and read to me
- Give me a safe place to move all-around
- Help me stand upright
- Give me toys that do things; push, pull, or make noise
- Help me learn to trust and feel secure by responding to my cries and sounds
- Know basic first aid and CPR

## Health and Safety:

- Protect me from sharp corners I could bump into
- Gate off stairs at top and bottom
- Lower my crib mattress again so I can stand safely
- Never leave me alone in the tub
- Secure me in my high chair
- Let me feed myself pieces of soft food
- Don't let me eat hotdogs, peanuts, hard candy, or popcorn, I can choke
- Begin to offer me a cup for liquids
- Brush my teeth daily with a small, soft bristled toothbrush and water

## By 12 Months Old I Can:

- Stand alone holding on to furniture
- "Cruise" around holding on
- Take beginning steps towards walking alone
- Say a few meaningful words
- Point to a few objects when asked to find
- Dance or bounce to music
- Respond to my very own name
- Want my parents or caregivers to always be where I can see them
- Show fear or anxiety of people I don't know

## My Family Can:

- Be consistent with my schedule for sleeping and feeding
- Help me learn what I shouldn't do by saying "No" in a firm but quiet voice
- Show me what I can do; move me away or give me something else to touch
- Let me carry a special toy or blanket to feel secure
- Play outside with me, sing to me, read to me, talk to me

## Health and Safety:

- Feed me 3 meals a day and several healthy snacks between
- Help me use a cup to drink milk and water
- Let me try to feed myself, I'll be messy
- Keep me in your sight at all times
- Continue to use a car seat (in the back seat) approved for my size
- Brush my teeth daily with a soft toothbrush and water
- Take me to my first dental visit
- My eyes should be clear, not watery or red
- Re-baby proof the house for me walking and climbing



<p><b>By 18 Months Old I Can:</b></p> <ul style="list-style-type: none"> <li>• Walk without help</li> <li>• Climb up and down on things</li> <li>• Stand up and sit down without holding on</li> <li>• Like to push, pull, and take things apart</li> <li>• Begin to show a “temper” when I can’t do something I want</li> <li>• Understand simple, one step directions</li> <li>• Use more meaningful, single words, gesture and use words together</li> <li>• “Cling” to caretakers in new situations</li> </ul>	<p><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>• Let me play alone but within sight of familiar people for a few minutes at a time</li> <li>• Be consistent with my feeding, napping, and bedtime routines</li> <li>• Divert me from doing the things I should not</li> <li>• Show me what I can do and use very simple one step directions</li> <li>• Hold me and read simple stories</li> <li>• Teach me simple songs, sing them over and over</li> <li>• At bath time point to and name some of my body parts as you wish</li> </ul>	<p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• Wash my hands well before I eat</li> <li>• Expect I can get into many things and places, toddler-proof inside and outside</li> <li>• Never leave me near any water source even for a minute</li> <li>• Keep me within your sight while you are on the phone</li> <li>• I can be a picky eater, offer choices of new foods but don’t force me to try</li> <li>• Don’t pretend that medicine or vitamins are “candy”</li> <li>• Brush my teeth daily, toothpaste may be needed so check with my dentist</li> <li>• My appetite may decrease, but I still need milk and water</li> <li>• Offer me a variety of foods and let me choose</li> </ul>
<p><b>By 2 Years Old I Can:</b></p> <ul style="list-style-type: none"> <li>• Walk, run, and climb without help</li> <li>• Go up and down stairs without holding on</li> <li>• Love to use the word “no”</li> <li>• Have frequent temper outbursts when I’m mad, tired, or upset</li> <li>• Put 2 and 3 words together in simple sentences</li> <li>• Use about 50 or more words frequently</li> <li>• Sing songs or say rhymes</li> <li>• Feed myself and drink from a cup without a lid</li> <li>• Resist sharing my toys with other children</li> </ul>	<p><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>• Talk to me about everyday things and help me learn new words</li> <li>• When we read, let me hold the book and turn the pages</li> <li>• Be calm and comforting after my temper outbursts, I need to know you still love me</li> <li>• Be consistent with what I can and can not do</li> <li>• Show me what to do, use very simple instructions</li> <li>• Catch me being good; encourage me many times during the day</li> </ul>	<p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• Supervise me always in the tub or around any water</li> <li>• Keep me in a car seat that fits toddlers in the back seat of a car</li> <li>• Provide me with three small, balanced meals and healthy snacks each day</li> <li>• I may be a picky eater</li> <li>• I may have a regular time for a bowel movement each day and fewer wet diapers</li> <li>• Take me to the dentist and check to make sure my teeth get enough fluoride</li> <li>• Keep candles, matches, and lighters far away from where I can reach them</li> </ul>
<p><b>By 3 Years Old I Can:</b></p> <ul style="list-style-type: none"> <li>• Jump up and down</li> <li>• Begin to pedal a riding toy</li> <li>• Throw a big ball and catch it</li> <li>• Sort two objects that match</li> <li>• Play with others and share toys sometimes</li> <li>• Talk in short sentences and try to tell you what I’m feeling</li> <li>• Ask what and why questions</li> </ul>	<p><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>• Help me put my toys away</li> <li>• Play imitation action games like “Simon Says”</li> <li>• Let me help with simple chores so I feel like a “big girl or boy”</li> <li>• Model when to use please, thank you and sorry</li> <li>• Show me how to take off shoes, socks and pants</li> <li>• Talk to me about the things we are going to do or we have done during the day</li> </ul>	<p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• I may use the potty but still have accidents</li> <li>• I can wash and dry my hands myself before a meal and after going potty</li> <li>• Offer me 3 meals with small portions, sometimes I don’t eat much</li> <li>• I like fruit and vegetables for snacks</li> <li>• Assist me with daily tooth brushing and use a small amount of fluoride toothpaste</li> <li>• I’m ready for regular dentist check-ups</li> <li>• I come when called from another room</li> </ul>
<p><b>By 4 Years Old I Can:</b></p> <ul style="list-style-type: none"> <li>• Talk with words in sentences that can mostly be understood (75% of what I say)</li> <li>• Draw simple circles and stick figure people</li> <li>• Match and name 3 or 4 colors</li> <li>• Climb up and down a slide by myself</li> <li>• Put together simple puzzles with 5 or 6 pieces</li> <li>• follow simple 2 step directions</li> <li>• Use the toilet with just a little help</li> </ul>	<p><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>• Pay attention to me when I’m talking and add a little “new” information</li> <li>• Let me dress myself but help with buttons and zippers</li> <li>• Understand that I still might have nighttime “accidents”</li> <li>• Give me opportunities to play with other children my age</li> <li>• Help me understand about how others have “feelings”</li> <li>• Let me help you with things the grown ups do</li> <li>• Give me crayons and markers so that I can practice “drawing”</li> </ul>	<p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• I have a full set of baby teeth that I need to brush everyday</li> <li>• Let me go to the dentist for my regular dental visit</li> <li>• Remind me to wash my hands when I use the toilet</li> <li>• I need to sleep 10 to 12 hours each night</li> <li>• Let me do lots of physical activity</li> <li>• Help me have quiet toys or activities to do too</li> <li>• Encourage me to try a variety of foods, but remember I have my favorites</li> <li>• Take me for my pre kindergarten check up and get my hearing and vision screened</li> <li>• Buckle me up in the back seat of the car</li> </ul>
<p><b>By 5 Years Old I Can:</b></p> <ul style="list-style-type: none"> <li>• Dress and undress my self without much help</li> <li>• Run, jump, hop, skip, and climb with ease</li> <li>• Follow three step instructions</li> <li>• Ask and answer who, what, when, where questions</li> <li>• Play well with others in a group</li> <li>• Enjoy games and follow simple rules</li> <li>• Recognize my printed name</li> <li>• Name 3-6 colors</li> <li>• Can count a small group of objects</li> </ul>	<p><b>My Family Can:</b></p> <ul style="list-style-type: none"> <li>• Help me understand and follow a few simple “rules”</li> <li>• Read, read, read to me</li> <li>• Point out words and familiar symbols for me to name</li> <li>• Sort and count all kinds of household things with me</li> <li>• Talk about things that are “in, out, on, under, and behind”</li> <li>• Let me help plan activities and events</li> <li>• Catch me being good and encourage all of the good things I do</li> </ul>	<p><b>Health and Safety:</b></p> <ul style="list-style-type: none"> <li>• I still need to ride in the back seat with seat belt buckled</li> <li>• Help me learn my full name and address</li> <li>• Talk to me about our fire plan at home</li> <li>• I need 9 or 10 hours of sleep at night</li> <li>• I like plain and simple food with balanced meals</li> <li>• I need milk, juice, and water rather than pop or tea</li> <li>• I’ll need all my immunizations up to date to start school</li> <li>• Continue my “well-child” check-ups with my doctor and dentist</li> </ul>