



Baby 0-2 Months



“What will my baby do?”

Social & Emotional Development:

- Begins to smile at people, tries to calm herself (for example - may suck on her hands for comfort)
- Follows you with her eyes

Language and Communication Development:

- Makes gurgling and cooing sounds
- Turns head toward sounds

Cognitive Development (learning, thinking, and problem-solving):

- Pays close attention to ‘faces’
- Begins to follow moving things with her eyes
- Begins to recognize familiar people
- Becomes fussy and cries (gets bored) if activity does not change from time to time

Movement/Physical Development:

- Can hold up her head
- Begins to push up when lying on tummy
- Turns head side to side while on back
- Kicks legs back and forth while lying on back



“How can I help my baby grow and develop?”

- Keep your baby safe as she sleeps:
 1. Lay her on her back to sleep to reduce the risk of SIDS (Sudden Infant Death Syndrome).
 2. Use a safe crib with a firm, tight-fitting mattress covered with a crib sheet and do not place anything else in the crib.
 3. To keep her warm, dress her in a ‘sleep sack’(wearable blanket).
- Give her plenty of ‘tummy time’ while you are watching, so she can strengthen her muscles. (Remember- always put her to sleep on her back!)
- Encourage her to look at, and reach for toys.
- Make eye contact with your baby as you sing, talk, and read to her.
- Name her body parts as you touch her arms, legs, feet, and hands.
- Get to know your baby by cuddling and talking to her. Be attentive and responsive, and comfort her when she cries. You cannot spoil a baby who is 2 months old or younger. Calming her makes her feel safe and secure.



Baby 2-4 Months

“What will my baby do?”

Social & Emotional Development:

- Smiles, especially at people
- Enjoys playing with people and may cry when the playing stops
- Can copy some simple movements and facial expressions (like smiling and frowning)

Language and Communication Development:

- Begins to ‘babble’ (uses his mouth to make sounds and utterances)
- Babbles with expression and can copy some sounds of speech that he hears
- Cries differently when he is tired, in pain, or when he is hungry

Cognitive Development (learning, thinking, and problem-solving):

- Reaches for a toy with one hand (shows he is using eyes and hand together)
- Watches faces closely
- Recognizes familiar people and things at a distance

Movement/Physical Development:

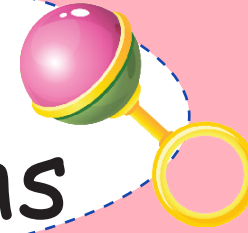
- Holds his head steady without support
- Rolls from tummy to back, or tries to
- Can hold a toy and shake it
- Brings hands to mouth
- When lying on tummy, he can push up on elbows

“How can I help my baby grow and develop?”

- Respond to his cries promptly so he feels secure and loved.
- Help him learn to soothe himself by guiding his thumb to his mouth or by offering a pacifier.
- Continue to place him on his tummy for short periods of time and provide toys and safe objects to reach, hold, and explore. (Remember: always put him to sleep on his back.)
- Talk to him throughout the day, describing what you are doing and naming nearby objects.
- Read books together. Point to and name pictures in the story.
- Create routines for your baby by doing the same things in the same order each night. For example: bath, reading time, feeding, and lullaby.



Baby 4-6 Months



“What will my baby do?”

Social & Emotional Development:

- Knows familiar faces and can begin to tell if someone is a stranger
- Enjoys playing with others, especially you
- Enjoys looking at self in the mirror

Language and Communication Development:

- Responds to your words with babbles, coos, and gurgle sounds
- Enjoys taking turns with you when making speech sounds
- Strings vowels together when babbling (“ah,” “eh,” “oh”)
- Makes consonant sounds - “da”, “ga”, “ka” and “ba”
- Makes sounds to show joy and displeasure

Cognitive Development (learning, thinking, and problem-solving):

- Looks closely at things nearby
- Shows interest in new things and tries to reach for them
- Begins to pass things from one hand to the other
- Brings things to her mouth to explore

Movement/Physical Development:

- Has good head control and sits upright with support
- Pushes up into crawl position
- Bears some weight on her legs when held in an upright position
- Grasps objects with 2 hands and has control of objects
- Rolls over in both directions: front to back, and back to front
- Explores and plays with her own hands
- Plays with her own toes
- Puts her feet in her mouth while lying on her back

“How can I help my baby grow and develop?”

- Your baby thrives on interactions with you, so reply when she babbles, smiling and talking with her. This will encourage her ‘vocal play.’
- Read together every day. Point to, and name objects in the book.
- Prop her up and give her chances to sit.
- Give her time to play while she is on her back and tummy.
- Have back-and-forth ‘conversations’ with her. When you reply to her babbles, she knows you care about what she is saying. This helps her learn to talk.
- Baby-proof your house as she prepares to crawl:
 1. Get on your hands and knees and look for hanging wires or other items she will be tempted to pull. Remove these items from sight.
 2. Plug up your electrical outlets with safety plugs.
 3. Install ‘stops’ in drawers and cabinets so she cannot open them.
 4. Place heavy items on low shelves so she cannot pull them over.
 5. Use brackets or wall straps to secure top-heavy furniture to the wall.
 6. Remove any peeling paint or chewable surfaces painted with lead-based paint.



Baby 6-9 Months

“What will my baby do?”

Social & Emotional Development:

- Shows displeasure at loss of a toy
- Becomes serious or anxious around strangers
- Expresses several different emotions (pleasure, anger, fear, sadness, excitement)
- Shows a clear attachment to familiar caregivers
- Enjoys playing with others

Language and Communication Development:

- Responds to his own name
- Begins to respond to “no”
- Distinguishes emotions by the speaker's tone of voice
- Babbles using many types of sounds and engages in private conversations when alone
- Associates gestures with words, like “hi” and “bye-bye”

Cognitive Development (learning, thinking, and problem-solving):

- Finds a partially hidden object
- Explores with his hands and mouth
- Struggles to get to objects that are out of reach

Movement/Physical Development:

- Crawls and sits up
- Actively plays with toys by moving his wrist
- Stands with support
- Transfers objects from one hand to the other

“How can I help my baby grow and develop?”

- Comment on what he does, describing what you see. This will keep him interested and build his language skills.
- Give him time to move around on his own to build muscle strength and coordination, always watching where he is going and what he is doing.
- Offer him a ‘sippy’ cup for an occasional drink of water.
- Since your baby will put everything in his mouth, keep small items out of reach. They pose a ‘choking threat’.
- Use words to describe his feelings. (“You’re mad I took that crayon away. You can chew on this rattle instead.”)
- Copy your baby's sounds and actions. If he waves, wave back and say, “hello!”
- Read with him everyday.
- Try to stay on a regular schedule. Routines help babies feel safe.





Baby 9-12 Months

“What will my baby do?”

Social & Emotional Development:

- Shows anxiety when separated from you
- Actively shows affection for you and other familiar people (hugs, smiles, crawls/runs toward)

Language and Communication Development:

- Understands names of familiar people and objects
- May say a few words
- Responds to a firm “no”
- Understands simple instructions, such as “Come here.”

Cognitive Development (learning, thinking, and problem-solving):

- Can easily find a hidden object
- Begins to understand that although you may be out of sight, you will return
- Begins to imitate things you do: brushing hair, talking on the phone, pushing the remote to the TV, etc.

Movement/Physical Development:

- Takes objects out of a container
- Claps hands
- Drinks from cup with help
- Stands momentarily
- Walks while holding someone's hand
- Feeds self 'finger foods,' grasping food with thumb and pointer finger

“How can I help my baby grow and develop?”

- Tell your baby what you are doing and what is happening next. “After your milk, it is time for your nap.”
- Name the things she looks at or points to. “That is a tree. See the leaves blowing in the wind?”
- Line up several interesting objects for her to crawl to and explore (plastic mixing bowl, wooden spoon, clean dishcloth).
- Play hide-and-seek games. This shows her that things that disappear, will return.
- Always say ‘bye-bye,’ waving as you leave. Never sneak out. This builds trust and helps her learn to deal with difficult feelings.
- Offer your baby a ball to toss, a rattle to shake, or a scarf to swing. These activities will help her learn how things work.



Toddler 12-15 Months

“What will my toddler do?”

Social & Emotional Development:

- Is able to walk alone
- Indicates 'need' by pointing
- Says, “no,” or shows you other ways that he can do things on his own

Language and Communication Development:

- Says 2-3 words
- Points to the body part or picture in a book that is named
- Uses simple gestures like shaking head, “no” or waving, “bye-bye”

Cognitive Development (learning, thinking, and problem-solving):

- Copies the actions of others
- Pays attention in order to reach a goal (such as stacking blocks or putting items into a container)

Movement/Physical Development:

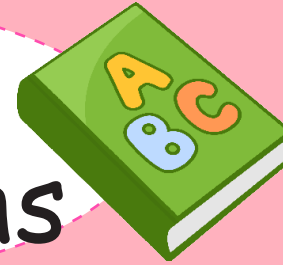
- Uses 2 objects together, like hammering large pegs in cobbler's bench or using a drumstick to bang toy drum
- Learns to crawl upstairs, but cannot come downstairs
- Can throw a ball
- Can turn pages in a book
- Stands unassisted
- Sits in chair without support

“How can I help my toddler grow and develop?”

- Let him practice his new skills, like walking and crawling upstairs with your support and guidance.
- When you read together, let him turn the pages of the book.
- Name the people, places, and things that he sees each day. “That is a school bus. It's taking children to school.”
- Involve him in self-help tasks, like washing his hands.
- Follow his lead. Let him choose the toys or games to play.
- Never leave your toddler unattended! (More accidents occur during the toddler years than any other childhood stage.)



Toddler 15-18 Months



“What will my toddler do?”

Social & Emotional:

- Tries to comfort someone who seems sad
- Repeats sounds and actions that make someone laugh
- May have difficult time coping with her own feelings, which may result in ‘temper tantrums’

Language and Communication:

- Understands simple questions: “Where is your book?”
- Responds to simple directions: “Bring this to Mommy.”
- Communicates by combining sounds and actions; may point to a cup and say, “wawa” for water
- May say as many as 20 words by 18 months

Cognitive Development (learning, thinking, and problem-solving):

- Repeats actions over and over to figure out how something works
- Uses objects the way they are supposed to be used, like using a spoon to stir a pot
- Imitates actions of others, like sweeping the floor with a broom

Movement/Physical Development:

- Feeds herself
- Scribbles with a crayon
- Builds a block tower with 2-4 cubes
- Walks and tries to run and climb
- Climbing up and down stairs with adult assistance



“How can I help my toddler grow and develop?”

- Encourage her to use her fingers and hands to explore. Let her use crayons to scribble, tap a toy piano, or wave a bubble wand.
- Create safe challenges for her to master, like climbing over a stack of pillows to reach a favorite toy.
- Ask her simple questions like, “Would you like a banana or yogurt for your snack?”
- Put her gestures into words: “You’re pointing to the squirrel climbing the tree.”
- Read, sing, and make up stories and rhymes together.
- Read books that talk about feelings, and connect those feelings to her feelings. “That little boy is sad because his mommy had to go to work, just like you get sad sometimes.”
- Stay calm during ‘temper tantrums.’ Count to 10 slowly, and take deep breaths to keep yourself calm. Staying calm will help your child recover more quickly.
- Let your toddler repeat the same activity over and over. She enjoys the practice!



Toddler 18-24 Months

“What will my toddler do?”

Social & Emotional:

- Understands ‘no’ but still cannot control his feelings and actions
- Becomes frustrated when he can’t do things by himself

Language and Communication:

- Adds more words to his vocabulary each month. (Many of these words stand for objects in his daily life, such as “spoon” and “shoes.”)
- Uses 2-word sentences to express an idea: “Mommy up, means, “Mommy, I want you to pick me up.”
- Repeats words and sounds until a response is given
- Talks to toys in pretend play

Cognitive Development (learning, thinking, and problem-solving):

- Enjoys make-believe play; feeds doll pretend food or makes ‘brrumm’ noises when playing with cars
- Fills and dumps things, opens and closes to see how things work
- Begins to sort objects; may place all toy cars in one area and all toy animals in another

Movement/Physical Development:

- Kicks and catches a large ball
- Strings large beads
- Holds book with two hands
- Pushes and pulls large objects
- Begins to run

“How can I help my toddler grow and develop?”

- Make sentences out of your toddler's words and phrases. When he says, “mommy up,” say, “You’re tired of walking. You want me to pick you up.”
- As you read together, ask him questions about the pictures and story. “The 3 Bears just came back from their walk. What do you think they will do next?”
- Put his feelings into words. “I know you are really mad that I turned off the TV. It's ok to feel mad. Would you like to play with a puzzle, or read a story now?”
- Build his imagination by playing make-believe with him. Use animal sounds when playing with toy animals, or ‘bark’ as you pretend to be a dog yourself!
- At bath time, encourage exploration by giving him plastic cups for filling and dumping water.
- Play games that use problem-solving skills, like building with blocks or putting together 3, or 4 piece puzzles.





Toddler 4-30 Months

“What will my toddler do?”

Social & Emotional:

- Becomes more independent, like trying to dress herself
- Becomes defiant; doing what she has been told not to do
- Wants to play with friends but still has trouble sharing
- Plays ‘next to’ friends rather than ‘with’ them, but includes them in chasing games or hide-n-seek

Language and Communication:

- Makes longer sentences: “Where Daddy go?” or “Me push truck.”
- Favorite words may be “no, me, mine”
- Knows names of familiar people and body parts
- Completes sentences and rhymes in familiar books
- Follows a 2-step direction (“Take off your shoes and put them in your room.”)

Cognitive Development (learning, thinking, and problem-solving):

- During make-believe play, can substitute one object for another (for example pretends a ‘box’ is a house for toy people)
- Her vivid imagination will sometimes cause her to feel scared as she cannot always tell what is ‘real’ or ‘make-believe’

Movement/Physical Development:

- Walks upstairs, using one foot at a time
- Can walk backward
- Can balance on one foot, which helps with climbing
- Can stand on tiptoes
- Makes (or copies) straight lines and circles
- Jumps

“How can I help my toddler grow and develop?”

- Let her explore her world as you take her on a neighborhood walk. Stop and examine the things that interest her.
- Let her know you understand that ‘sharing’ is hard. Give her another toy to use while she shares, or let her set the timer, and when it rings it’s her turn again!
- Ask her to share her ideas about stories you read together. “What part of the story did you like best?”
- Teach her simple songs like, “Itsy Bitsy Spider,” or other favorite rhymes.
- Give her attention and praise when she follows the rules and shows positive behaviors. Limit attention for defiant behaviors, like temper tantrums.
- Teach her acceptable ways to show she is upset, like using words or taking deep breaths.
- Use pretend play to act out a challenging situation. For example, act out a story about meeting a new babysitter.
- Build trust and security by being sensitive to her fears, explaining what is real and pretend.
- Give her chances to play with children her own age.
- Acknowledge her feelings while you teach social skills. “I know that puzzle is your favorite toy, but Jessie would like a turn with it.”

Toddler 30-36 Months



“What will my toddler do?”

Social & Emotional:

- Enjoys playing with other children and may have 1 or 2 close friends
- Shows affection without prompting
- Shows concern for a crying friend

Language and Communication:

- Understands sentences with 2 or more ideas; “When we get home, you can have a snack.”
- Asks lots of questions
- Knows his first and last name
- Says words like “I,” “me,” “we,” and “you”, and some plurals (cars, dogs, cats)
- Understands words like “in,” “on,” and “under”

Cognitive Development (learning, thinking, and problem-solving):

- Becomes a more logical thinker; when playing with trucks, he fills them with gas before driving
- Plays make-believe with dolls, animals, and people
- Notices how people are the same and different; like size and skin color

Movement/Physical Development:

- Pedals a tricycle
- Dresses himself with your help
- Builds towers with at least 6 blocks
- Can unscrew a cap and turn a knob
- Runs and climbs easily



“How can I help my toddler grow and develop?”

- Let him scribble and draw with crayons and markers. This will strengthen his fingers and build his early writing skills.
- Introduce new words to build his vocabulary: “Look at that enormous airplane!”
- As you read with him each day, ask questions that cannot be answered with ‘yes’ or ‘no’. For example, “What would you do if the Cat in the Hat came to your house?”
- Be patient with all of the ‘why’ questions. Ask him what he thinks before you answer.
- Build memory and vocabulary by talking to him about his day during his nighttime routine.
- Encourage him to use logic in everyday situations. “It’s cold outside. What do we need to stay warm?”
- Help him to be sensitive to differences among people. “Yes, people come in different sizes; some are short and some are very tall.”
- Your child’s new skill of opening bottles and doorknobs can lead to harm, so be sure to ‘child-proof’ again.

References

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Children's National Medical Center (2013). Safe kids worldwide. Retrieved from:
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National Center for Infants, Toddlers, and Families (2012). Your baby's development. Retrieved from:
http://main.zerotothree.org/site/PageServer?pagename=ter_par_agebasedhandouts

Additional helpful websites for new parents:

<http://www.education.com/>

<http://www.cafc.ca.gov/parents/learning-center/reading.aspx#/?a=reading>

http://www.readingrockets.org/search?cx=004997827699593338140%3Anptllrzhp78&cof=FORID%3A11&ie=UTF-8&as_q=infants&sa.x=10&sa.y=3

<http://www.trelease-on-reading.com/parent-reading-brochure.html>

https://www.pbs.org/parents/goingtoschool/parents_role.html

<http://www.childmind.org/en/developmental-milestones/>

These are general milestones, all children develop at their own pace. It is important to always discuss your child's development with your pediatrician.

Great Start...Pathways to Student Success



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