

Dear parents and caregivers,

Each child develops at his own speed and may do more or less of the activities listed under each age group. If you are concerned about a child's development, contact your child's doctor. This tool suggests some activities you can do with children to encourage their development. Enjoy watching and helping your child grow!

Birth to 6 Months

I MAY...

- Follow my movement and sounds with my eyes and by turning my head.
- Roll over from my stomach to my back.
- React to loud noises.
- Look/turn away from you or cry when I need a break from an activity.
- Smile and laugh.
- Cry to tell you I need something. I may be hungry, hurting, or wet.
- Notice my hands.
- Like to put objects in my mouth.
- Move an object from one hand to the other.
- Lift my head while lying on my stomach.
- Kick my legs and move my arms.
- Sleep a lot.
- Make sounds, like *aah* and *ooh*.
- Gurgle and coo.
- Play with my hands and feet.
- Make eye contact with you.

TO HELP MY DEVELOPMENT...

- Stroke my head and skin.
- To quiet me down, gently pat my back, hold/rock/walk me, or use a soft voice.
- Keep me away from loud noises.
- Softly talk and sing to me.
- Make eye contact with me and smile a lot.
- Change my diaper as soon as it is wet or dirty.
- Give me safe toys, like plastic/rubber rings, rattles, or soft objects.
- Do not throw me in the air or shake me.
- Show me books with large, colorful pictures and different textures.
- Keep my head from wobbling around. My neck muscles are weak.
- Move objects slowly in front of me, so I can follow them with my head and eyes.

6 to 12 Months

I MAY...

- Make sounds, like *bbbb*, *dada*, *gaga*, or *mama*.
- Drink from a cup and begin to eat solid foods with your help.
- Repeat actions over and over again to help me learn.
- Understand what "no" means. (But I may not obey you.)
- Copy sounds and movements that you make.
- Keep my head up and sit without support.
- Respond to my name.
- Roll over from my back to my stomach.
- Move around on my stomach or crawl.
- Reach for objects in front of me.
- Recognize you from strangers.
- Move objects in/out of a container.
- Hold objects with my hands.
- Pull myself up onto things.
- Wave "bye-bye."

TO HELP MY DEVELOPMENT...

- Sing or play songs that have a lot of repetition.
- Keep objects that I can choke on away from my reach.
- Give me room to move my arms and legs.
- Play games with me, like "Pat-a-Cake" and "Peek-a-Boo."
- Read books with large, colorful pictures and different textures.
- Give me safe toys that I can bite, bang, shake, or throw, like blocks and cups.
- Give me safe objects/toys that make sounds and feel/look different from each other.
- At night, help me comfort myself with my favorite blanket, music, or stuffed animal.
- As I learn to communicate and show you what I like/dislike, respond to the sounds and body movements that I make.

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12 to 18 Months

I MAY...

- Respond to a question, like “Where is the ball?” by pointing.
- Remember things that happened hours or a day ago.
- Be picky with my food.
- Eat with my fingers.
- Walk without support, but I may crawl sometimes.
- Do things you told me not to do.
- Drink from a cup by myself, but I may spill.
- Imitate you.
- Begin to think of ways to solve problems.
- Get upset when I am apart from you.
- Stack one object on top of another.
- Have a short attention span.
- Cry, hit, or have a tantrum when I am frustrated.
- Follow simple instructions.
- Turn a page in a book.
- Say 10-15 words.

TO HELP MY DEVELOPMENT...

- Offer choices to me.
- Make sure I get enough rest.
- Take walks with me.
- Speak slowly to me face-to-face.
- Give me small, soft pieces of food to feed myself.
- When I am frustrated, encourage me to use words.
- Repeat my favorite books, rhymes, songs, and stories.
- Talk to me about what I feel, hear, see, smell, and taste.
- Encourage me to practice carrying, climbing, pulling, and pushing.
- Play hide-and-seek and finger games with me, like “Itsy Bitsy Spider.”
- Praise me with phrases, like “Good job!” or, “You’re working so hard!”



18 to 24 Months

I MAY...

- Use a spoon and fork.
- Use words that focus on myself, like “I, me, and mine.”
- Say 15-50 words and use new words every month.
- Kick a ball forward.
- Say two-word sentences, like “Hold me!”
- Take turns.
- Help you with dressing and undressing me.
- Be able to make sounds that animals make.
- Name simple pictures in a book.
- Be able to name and point to body parts.
- Walk up and down stairs with your help.
- Climb, jump, run, and walk.
- Not like to share.
- Move my body to music.

TO HELP MY DEVELOPMENT...

- Give me large crayons to scribble.
- Help me put my feelings into words.
- Help me eat with a spoon and drink with a straw.
- Keep your eye on me because I may wander away.
- Give me toys that I can pour, scoop, squeeze, and stack.
- Provide safe areas indoors and outdoors for me to move around.
- Read to me and encourage me to find objects in the pictures.
- Talk to me about what I’m doing as I do it. For example: “You’re rolling the ball.”
- Give me toys that I can play “pretend” with, like plastic food and telephones without cords.



2 to 3 Years

I MAY...

- Walk up and down stairs using one foot (instead of both feet) for each stair.
- Like to use one hand more than the other.
- Say about 50-300 words and have better pronunciation.
- Ask "Why?" a lot.
- Use three-word sentences, like "Mommy hold me!"
- Have many tantrums because I am frustrated.
- Talk to myself to practice new words.
- Be able to say my age.
- Show an interest in using the toilet.
- Show an interest in other children.
- Be able to open doors.
- Match objects by shape and color.
- Copy your words and actions.
- Know if I am a boy or girl.



TO HELP MY DEVELOPMENT...

- Sing the alphabet song to me and read books with colors and shapes.
- Kick and throw balls with me.
- Help me to do things by myself, like buttoning.
- Give me opportunities to play with other children.
- Read to me.
- Ask me questions when I play, like "What are you doing?"
- Keep objects you do not want me to touch away from my reach.
- Give me four-piece puzzles and musical instruments to play with.
- Watch me to see what I like and do not like to eat. I may refuse many foods.
- Ask me about things that happened in the past, like "Who gave you that toy?"
- Give me beads (1-1/2" wide) to put on a string. Make sure I don't swallow them!

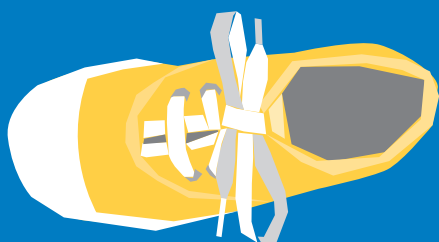
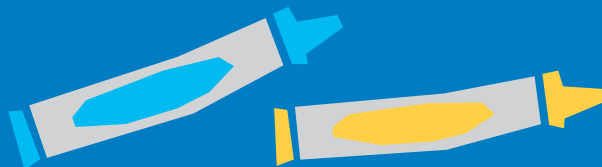
3 to 4 Years

I MAY...

- Be able to do many things by myself, like brush my teeth, undress, and eat.
- Be able to sing a simple song.
- Be comfortable being apart from you.
- Solve simple jigsaw puzzles.
- Do a lot of pretend play, like have an imaginary friend.
- Start to understand the concept of same/different.
- Be able to wash my hands.
- Draw a circle or square if you draw one first.
- Wait for my turn and share with others.
- Stack six objects on top of each other.
- Hop on one foot.
- Confuse some words when I speak.
- Pedal a tricycle.
- Use sentences of five to six words.
- Use action words (verbs).
- Become toilet trained.
- Use scissors.

TO HELP MY DEVELOPMENT...

- Encourage me to practice drawing.
- Offer choices to me so I can make some decisions.
- Speak to me in a manner you want me to speak to others.
- With new experiences, prepare me by telling me what to expect.
- Give me jigsaw puzzles with four or five pieces.
- Let me solve problems, like resolving conflicts with friends or dressing myself until I need your help.
- Bounce and catch a large ball with me.
- Watch me carefully as I cut paper using blunt/plastic scissors.
- Teach me new words and read to me.
- Try to keep a regular schedule for my playtimes, mealtimes, and bedtimes.
- Give me objects that I can match and count, like blocks, cups, and plastic spoons.



4 to 5 Years

I MAY...

- Speak in sentences of five or more words and tell stories
- Know most colors.
- Be ready for simple tasks, like helping to set the table.
- Draw a triangle or diamond after you draw one first.
- Say words you don't like so I can see your reaction.
- Walk on a straight line.
- Play with, instead of just next to, other children.
- Have trouble saying the *f*, *l*, *r*, *s*, *v*, or *z* sound.
- Jump.
- Like to ask how, when, and where questions.
- Draw a face with eyes, a mouth, and a nose.
- Be able to match objects by size.
- Learn to write the alphabet.
- Pump myself on a swing.

TO HELP MY DEVELOPMENT...

- Let me brush or comb my hair.
- Sing songs that have body motions.
- Help me understand fantasy from reality.
- Schedule both active and quiet playtimes.
- Encourage me to do activities by myself and to ask for help when I need it.
- Teach me to wash and dry my hands.
- Challenge me. Can I balance on one foot for five or more seconds?
- Let me enjoy learning at my pace, so I do not get too frustrated.
- Let me plan activities with you.
- Teach me facts, like my address, birth month, first/last names, parents' names, and telephone number.

5 to 6 Years

I MAY...

- Get confused when you talk about events that will happen or last more than a week or two into the future.
- Count to 100.
- Know books are read from left to right and top to bottom.
- Have many fears of things, like darkness, animals, and thunderstorms.
- Understand the difference between left and right.
- Catch a ball, jump rope, skip, and climb well.
- Ride a bicycle.
- Practice doing somersaults until I get dizzy.
- Have trouble saying the *l* or *th* sound.
- Be more sensitive to others' feelings.
- Write my name with some mistakes.

TO HELP MY DEVELOPMENT...

- Let me dress myself.
- Play games, like "Follow the Leader" and "Simon Says."
- Teach me to tie my shoelaces.
- Give me objects that I can take apart and put back together.
- Encourage and praise my efforts.
- Give me puzzles with 10-15 pieces.
- Encourage me to use words about how I feel.
- Ask me questions that I can answer.
- Visit museums and fairs that I might like.
- Let me answer the telephone sometimes.
- Talk with me about my concerns and be understanding.
- Give me picture books with simple sentences to look at and read.



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