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!

**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.
- 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.

**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.

---

Although we seek to provide current and correct information, some of the information may have changed since the printing of this tool.

© 2005 Children’s Home Society of California/Rev 2010

www.chs-ca.org
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!”

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.

Although we seek to provide current and correct information, some of the information may have changed since the printing of this tool.

© 2005 Children’s Home Society of California/Rev 2010

www.chs-ca.org
**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.

**2 to 3 Years**

- 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 (1-½” wide) to put on a string. Make sure I don’t swallow them!

**3 to 4 Years**

- 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.

Although we seek to provide current and correct information, some of the information may have changed since the printing of this tool.

© 2005 Children’s Home Society of California/Rev 2010
**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.

**4 to 5 Years**

- 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 /or th sound.
- Be more sensitive to others’ feelings.
- Write my name with some mistakes.

**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.

**I MAY...**

- Let me dress myself.
- 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**

- 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.

Although we seek to provide current and correct information, some of the information may have changed since the printing of this tool.

© 2005 Children’s Home Society of California/Rev 2010

www.chs-ca.org