

Development Milestones of a Child

- A child grows fastest in their first few years of life. At each age they tend to develop different abilities like speaking, standing, or walking. These are called development milestones.
- They help guide you as a parent or caregiver to know what to expect at each stage of development and what activities to choose for them.
- Most importantly what your child needs at every stage is your love, understanding, and time.

Remember that these are just guidelines, children do not develop in the same way

| | | | | |
|---|---|--|---|--|
|  <p>0-3 months</p> <ul style="list-style-type: none"> • Raises head and chest while on stomach • Turns heads towards direction of sound • Recognises and smiles at familiar faces, such as parents • Follows moving objects • Interested in own hands and feet • Tries to grab things and likes pulling on them • Begins to babble and imitate some sounds |  <p>3-6 months</p> <ul style="list-style-type: none"> • Rolls both ways • Sits with support • Can reach for and hold toys • Responds to own name • Soothed by parent's voice • Laughs • Responds to other people's emotions • Enjoys social games/play |  <p>6-12 months</p> <ul style="list-style-type: none"> • Sits with little or no support • Crawls • Pulls to stand • Transfers objects and bangs them together • Says "mama/dada" and waves bye-bye • Plays gesture games • Understands simple commands • Feeds themselves |  <p>1-2 years</p> <ul style="list-style-type: none"> • Stands and walks alone • Runs well • Points to desired object • Builds a tower of 3 cubes • Uses 3-5 words • Uses spoon and cup • Turns pages in a book • "Helps" in the house |  <p>2-3 years</p> <ul style="list-style-type: none"> • Kicks a ball • Walks up/down stairs and pedals a tricycle • Copies a line or circle • Begins to sort shapes and colours • Uses short sentences (of up to 3 words) • Plays make-believe with dolls and animals • Shows love and affection to others • Understands the concept of "mine" and "yours" • Brushes teeth with help • Removes an article of clothing |
|---|---|--|---|--|

Children develop differently but if you think there is a serious developmental delay in your child, speak to a doctor or nurse.