

## Developmental and Emotional Milestones: 0-12 months

Emotional Milestones	Developmental Milestones
<p><b>Birth to 4 weeks</b></p> <ul style="list-style-type: none"> <li>Baby getting used to life outside the womb – often quite disorganised – baby needs to feel calm, safe and have a routine.</li> </ul> <p><b>4 to 6 weeks</b></p> <ul style="list-style-type: none"> <li>More settled – beginning to settle into a regular pattern.</li> </ul> <p><b>6 weeks to 3 months</b></p> <ul style="list-style-type: none"> <li>May be starting to smile and will smile in response to a positive interaction with another person.</li> <li>Starting to develop different cries and facial expressions that indicate when hungry, tired, uncomfortable or overwhelmed.</li> <li>Enjoys looking at the human face, in particular parents or familiar adults.</li> <li>Starting to vocalise more.</li> </ul> <p><b>3 to 6 months</b></p> <ul style="list-style-type: none"> <li>Smiling is usually established.</li> <li>Temperament is becoming clearer.</li> <li>Gradually becoming more aware of their own feelings.</li> <li>Enjoying the familiar and starting to anticipate regular events, such as the sight of a bottle prior to being fed.</li> </ul>	<ul style="list-style-type: none"> <li>During the first year, babies' bodies develop very fast. The nervous system becomes organised – the rate and level of this process seem at least partly related to the quality of the relationship between baby and parent.</li> <li>In general, babies gain control over their bodies from head to foot and from their centre outwards to arms and legs, and then their fingers and toes.</li> <li>The first control is of eye muscles – focus 6–9 inches.</li> <li>From birth, babies are interested in looking at the faces of their parents.</li> <li>By 3 months, babies respond by smiling.</li> <li>By 3 months, will lift head and upper chest when prone using forearms to support.</li> <li>Grasps rattle for a short while.</li> <li>Hands move when distressed/excited at the sound of approaching noise.</li> <li>5–6 months: reaches for object – picks up with raking movement.</li> <li>6–9 months: babies copy carers' speech sounds.</li> <li>By 6–12 months: babies make various sounds – babbling, cooing, gurgling and laughing.</li> <li>At 9–12 months, sits unsupported for 10– 15 minutes; attempts to crawl.</li> <li>Increased capacity to recognise feelings such as joy and displeasure.</li> <li>Becomes more aware of being separate from parents.</li> <li>Recognising strangers and can react in</li> </ul>

## Separation

- Gradually able to tolerate small amounts of time from parents.
- May be able to comfort themselves for a short time, but this is variable, and there may be times when the baby cannot do this, particularly if he is frightened.
- Recognising others, mother, father, siblings, grandparents, aunts and uncles.
- By 6 months, starting to recognise differences in familiar people.
- At times may be aware of strangers.

## 6 to 12 months

- Sleeping may change with altered sleeping arrangements, e.g. move from parent's room to separate room from around 6 months.

- a distressed way if a stranger tries to interact too quickly.
- They are starting to be able to distract themselves when things go wrong.
- More persistent in pursuing their own goals, especially in play.
- Enjoys sharing games with parents and others.
- Laughter occurs more often when engaging in exciting interactions with parents and familiar adults.

## Developmental and Emotional Milestones: 12-18 months

Emotional Milestones	Developmental Milestones
<p><b>12 months</b></p> <ul style="list-style-type: none"> <li>• The toddler begins to learn to separate emotionally from the main parent and to develop their own identity.</li> </ul> <p><b>12 to 18 months</b></p> <ul style="list-style-type: none"> <li>• Shows anxiety about separation from a parent – tends to feel out of control of the situation and become more nervous and anxious.</li> </ul>	<ul style="list-style-type: none"> <li>• Developing fine pincer grasp.</li> <li>• Pulls to stand, and by about 1 year, most babies walk unaided.</li> <li>• From 1 year becomes very active – gets into everything.</li> <li>• Climbs on a chair to reach something – stack containers and starts to learn simple instructions.</li> <li>• Has 'Mama', 'Dada' and 2 or 3 other words.</li> <li>• Jabbers.</li> <li>• Responds to own name and 'no-no' and 'give it to me'.</li> </ul>

- Not until 18–24 months can toddlers carry a picture of their loved ones in their minds.

## 18 months

- Key words are 'me', 'mine' and 'no' – begin to distinguish between 'you' and 'me'.

- By 18 months, they have between 6-20 words but understand more.
- Uses words to replace or accompany pointing.
- Drinks from cup with help.
- Chews.
- Holds a spoon and tries to use it.
- Puts wooden cubes in and out of the cup when shown.
- Quickly finds the hidden toy.
- They play pat-a-cake and wave 'bye-bye'.
- Sits or stands without support while being dressed.

## Developmental and Emotional Milestones: 18 months to 2 years

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none"> <li>• Will hug and kiss parents, family and other people they are familiar with.</li> <li>• Expresses likes and dislikes.</li> <li>• An increasing need to be more independent.</li> <li>• Increasingly wants to do things for themselves.</li> <li>• Increasing self-awareness.</li> <li>• Developing a sense of being a separate individual.</li> <li>• Reacts aggressively when experiencing strong emotions.</li> </ul>	<p><b>Large movement</b></p> <ul style="list-style-type: none"> <li>• Walks with more confidence.</li> <li>• Runs but may find avoiding obstacles a challenge at 18 months but by 2 years more able to avoid them.</li> <li>• Walks upstairs with help, and by 2 years, starting to walk downstairs.</li> <li>• Enjoys climbing.</li> <li>• Learns to kick a ball.</li> </ul> <p><b>Fine movement</b></p> <ul style="list-style-type: none"> <li>• Builds tower of 3 at 18 months.</li> <li>• Holds crayon mid-shaft at 18 months.</li> <li>• Dexterity increases by 2 years.</li> <li>• Scribbles and begins to copy a straight line at around 20 months.</li> </ul>

## Communication

- By 2 years, increased the number of words and starting to put 2-3 words together.
- Gradual increase in emotional inflexions in speech.
- Points to parts of the body around 20 months.
- Follows simple instructions.
- Starts to use words such as 'no' and 'more'.

## Developmental and Emotional Milestones: 2 years

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none"> <li>• Toddlers normally show extremes of behaviour between 2 and 3 years – very dependent/independent, very aggressive/calm, helpful/stubborn.</li> <li>• More independent – gets angry when stopped from moving somewhere, tantrums common (cries desperately, kicks, bites, rough with other children).</li> <li>• Begins to show feelings of pride, pity and sympathy. These feelings connect the child to himself and to others. Two-year-olds are usually aware of praise and smile.</li> <li>• Needs a parent to tell him what is right and what is a 'no-no' – tone of voice important. The first step in recognising right from wrong.</li> <li>• Less fear of strangers.</li> <li>• Fear of noises, thunder, trains, flushing toilets.</li> <li>• Plays alone or alongside others but won't share.</li> </ul>	<ul style="list-style-type: none"> <li>• Can run, push and pull large toys.</li> <li>• Climbs on furniture and up and down stairs holding on to the rail.</li> <li>• Throws a small ball overhead.</li> <li>• Sits on a small bike and scoots along with their feet.</li> <li>• Hand preference is usually obvious.</li> <li>• Enjoys picture books and recognises detail.</li> <li>• Modifies pencil grasp, spontaneously scribbles to and fro and in a circular motion.</li> <li>• Knows 50+ words and begins to form simple sentences.</li> <li>• Talks to self.</li> <li>• Names familiar objects and parts of the body.</li> <li>• Carries out simple instructions.</li> <li>• Spoon- feeds well and chews competently.</li> <li>• Verbalises toilet needs – may be dry during the day.</li> <li>• Enjoys imitating domestic activities.</li> </ul>

- Short attention span and easily distracted.
- Harsh parenting and smacking get in the way of a child's emotional development.
- Toddlers like routine, and any changes upset them.

## Developmental and Emotional Milestones: 3 years

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none"> <li>• Play is the work of this age – focus on becoming confident and efficient.</li> <li>• Quite balanced – normally happy and contented.</li> <li>• Still self-centred and magical in thinking – believes wishes make things come true.</li> <li>• Has imaginary friends who can be blamed when things go wrong.</li> <li>• Bargaining works, but reasoning does not. Distraction still works.</li> <li>• Doesn't get so frustrated and gets less angry when stopped.</li> <li>• The biggest fear is that their parent will abandon them – especially at night.</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoys walking/climbing and running.</li> <li>• Likes drawing/threading/playdough and simple jigsaws.</li> <li>• Begins to take turns as a start to sharing.</li> <li>• Large vocabulary is mainly intelligible to strangers, but many ungrammatical forms persist.</li> <li>• Able to follow instructions.</li> <li>• Asks many 'what, where and who' questions.</li> <li>• Listens eagerly to stories. Uses fork and spoon.</li> <li>• Pulls pants/knickers up/down.</li> </ul>

## Developmental and Emotional Milestones: 4 years

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none"> <li>• 4-year-olds enjoy silly games/talk and showing off.</li> <li>• Through play, they continue to seek a balance between dependence/independence.</li> </ul>	<ul style="list-style-type: none"> <li>• Up and down stairs with the adult following.</li> <li>• Climbs ladders/trees.</li> <li>• Rides tricycle expertly.</li> <li>• Increasing skill in ball games.</li> </ul>

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| <ul style="list-style-type: none"> <li>• May see a return of some '2-year-old stubbornness'.</li> <li>• If 'naughty', may blame others or be 'naughty' on purpose to get a reaction.</li> <li>• May be aggressive again – biting, kicking, and throwing objects.</li> <li>• Has a sense of past/future.</li> <li>• Fear of darkness remains.</li> <li>• Begin to compete with the parent of the same sex for the attention of the parent of the opposite sex.</li> </ul> | <ul style="list-style-type: none"> <li>• Threads small beads on lace.</li> <li>• Holds pencil in a mature fashion.</li> <li>• Copies an X.</li> <li>• Speech is grammatically correct and intelligible.</li> <li>• Listens to and tells long stories, sometimes getting confused. Repeats nursery rhymes.</li> <li>• Eats skilfully.</li> <li>• Washes/dries hands.</li> <li>• Brushes teeth.</li> </ul> |
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## Developmental and Emotional Milestones: 5 years

Emotional Milestones	Developmental Milestones
<ul style="list-style-type: none"> <li>• More balanced again.</li> <li>• Quite independent and often serious and realistic.</li> <li>• Less frustrated and less angry – may bang doors/stamp feet, say 'I hate you' and 'I wish you were dead'.</li> <li>• Mostly friendly and talkative to strangers.</li> <li>• Bargaining continues to work.</li> <li>• Calming downtime helps them to regain self-control.</li> <li>• Fears of being hurt are common.</li> <li>• May also worry that parents may not be available when needed, e.g. something happening to a parent while the child is at school.</li> <li>• Tender and protective towards younger siblings or pets.</li> </ul>	<ul style="list-style-type: none"> <li>• Runs lightly on their toes.</li> <li>• Active and skilful in outdoor play.</li> <li>• Grips strongly with either hand.</li> <li>• Good control in writing, drawing and painting.</li> <li>• Writes a few letters spontaneously.</li> <li>• Speech fluent – may have some phonetic confusion.</li> <li>• Recites rhymes and jingles.</li> <li>• Enjoys jokes – asks the meaning of abstract words.</li> <li>• Uses knife/fork competently.</li> <li>• Undresses/dresses.</li> <li>• Appreciates clock time in relation to a daily routine.</li> </ul>