

I am 8 weeks old

My development – *Learn the Signs. Act Early.*

(what most babies do at this age)

Social/emotional

- Begins to smile at people
- Can briefly calm self (may bring hands to mouth and suck on hand)
- Tries to look at parent.

Language/communication

- Coos, makes gurgling sounds
- Turns head towards sounds

Cognitive (learning, thinking, problem-solving)

- Pays attention to faces
- Begins to follow things with eyes and recognise people at a distance
- Begins to act bored (cries, fussy) if activity doesn't change

Movement/physical development

- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs

***Act Early* by talking to your child's doctor or child and family health nurse if your child:**

- Doesn't respond to loud sounds
- Doesn't watch things as they move
- Doesn't smile at people
- Doesn't bring hands to mouth
- Can't hold head up when pushing up when on tummy

For more ideas on spending time with me go to: *Love, talk, sing, read, play* www.lovetalkreadingplay.com.au. A resource provided by Resourcing Parents.

Language adapted for Australian English by NSW Ministry of Health. Original content provided by the U.S. Centers for Disease Control and Prevention's *Learn the Signs. Act Early.* Program (www.cdc.gov/ActEarly; June 2017).

I am 6 months old

My development - *Learn the Signs. Act Early.*

(what most babies do at this age)

Social/emotional

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others, especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

Language/communication

- Responds to sounds by making sounds
- Strings vowels together when babbling ("ah", "eh", "oh") and likes taking turns with parent while making sounds
- Responds to own name
- Makes sounds to show joy and displeasure
- Begins to say consonant sounds (jabbering with "m", "b")

Cognitive (learning, problem-solving)

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

Movement/physical development

- Rolls over in both directions (front to back, back to front)
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

I am 12 months old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/emotional

- Is shy or nervous with strangers
- Cries when mum or dad leaves
- Has favourite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story
- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as “peek-a-boo” and “pat-a-cake”

Language/communication

- Responds to simple spoken requests
- Uses simple gestures, like shaking head “no” or waving “bye-bye”
- Makes sounds with changes in tone (sounds like speech)
- Says “mama” and “dada” and exclamations like “uh-oh!”
- Tries to say words you say

Cognitive (learning, thinking, problem-solving)

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it’s named
- Copies gestures
- Starts to use things correctly. For example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like “pick up the toy”

I am 18 months old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/emotional

- Likes to hand things to others as play
- May have temper tantrums
- May be afraid of strangers
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- May cling to caregivers in new situations
- Points to show others something interesting
- Explores alone but with parent close by

Language/communication

- Says several single words
- Says and shakes head “no”
- Points to show someone what he/she wants

Cognitive (learning, problem-solving)

- Knows what ordinary things are for; for example, telephone, brush, spoon
- Points to get the attention of others
- Shows interest in a doll or stuffed animal by pretending to feed
- Points to one body part
- Scribbles on his or her own
- Can follow 1-step verbal commands without any gestures; for example, sits when you say “sit down”

I am 2 years old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/emotional

- Copies others, especially adults and older children
- Gets excited when with other children
- Shows defiant behaviour (doing what he or has been told not to)
- Plays mainly beside other children, but is beginning to include other children, such as in chase games

Language/communication

- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

Cognitive (learning, thinking, problem solving)

- Finds things even when hidden under two or three covers
- Begins to sort shapes and colours
- Completes sentences and rhymes in familiar books
- Plays simple make-believe games
- Builds towers of 4 or more blocks
- Might use one hand more than the other
- Follows two-step instructions such as "Pick up your shoes and put them in the cupboard"
- Names items in a picture book such as a cat, bird or dog

I am 3 years old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/emotional

- Copies adults and friends
- Shows affection for friends without prompting
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of “mine” and “his” or “hers”
- Shows a wide range of emotions
- Separates easily from either parent
- May get upset with major changes in routine
- Dresses and undresses self

Language/communication

- Follows instructions with two or three steps
- Can name most familiar things
- Understands words like “in”, “on”, and “under”
- Says first name, age, and sex
- Names a friend
- Says words like “I”, “me”, and “you” and some plurals (cars, dogs, cats)
- Talks well enough for strangers to understand most of the time
- Carries on a conversation using two to three sentences

Cognitive (learning, thinking, problem-solving)

- Can work toys with buttons, levers and moving parts
- Plays make-believe with dolls, animals, and people
- Does puzzles with three or four pieces
- Understands what “two” means
- Copies a circle with pencil or crayon
- Turns book pages one at a time
- Builds towers of more than six blocks
- Screws and unscrews jar lids or turns door handle

I am 4 years old

My development - *Learn the Signs. Act Early.*

(what most children do at this age)

Social/emotional

- Enjoys doing new things
- Plays “Mum” and “Dad”
- Is more and more creative with make-believe play
- Would rather play with other children than by self
- Cooperates with other children
- Often can't tell what's real and what's make-believe
- Talks about what she or he likes and what she or he is interested in

Language/communication

- Knows some basic rules of grammar, such as correctly using “he” and “she”
- Sings a song or says a poem from memory such as the “Itsy Bitsy Spider” or the “Wheels on the Bus”
- Tells stories
- Can say first and last name

Cognitive (learning, thinking, problem-solving)

- Names some colours and some numbers
- Understands the idea of counting
- Starts to understand time
- Remembers parts of a story
- Understands the idea of “same” and “different”
- Draws a person with 2 to 4 body parts
- Uses scissors
- Starts to copy some capital letters
- Plays board or card games
- Tells you what she or he thinks is going to happen next in a book