

## Your Child from Birth to 5 Years



Each child grows and matures in his/her own special time and way. There has never been, nor will there be again, a child like your child.

There is also similarity in how all children grow. Skills evolve in an orderly fashion.

The following is a snapshot of what you may see as your child matures in the first 5 years of life. If you have concerns about your child's growth, be sure to talk with your child's doctor. Parents know their children best. Your concerns are important. Parents are often the first to spot developmental problems in their children.

During the following age bands, your child should be able to:

### The First Month

- Make jerky arm thrusts
- Bring hands within range of eyes and mouth and blink at bright light
- Move head from side to side while lying on stomach
- Keep hands in tight fists
- Recognize some sounds
- Suck well at breast or bottle

### Age 1-3 Months

- Raise head and chest when lying on stomach
- Support the upper body with arms when lying on stomach
- Stretch legs out and kick when lying on stomach or back
- Open and shut hands
- Bring hands to mouth
- Grasp and shake hand toys
- Push down legs when feet are placed on a firm surface
- Watch faces intently
- Follow moving objects with eyes
- Smile at the sound of familiar voices
- Begin to babble and may try to imitate sounds
- Begin to have a social smile

### Age 4-7 Months

- Roll from front to back and back to front
- Sit
- Support self on both legs
- Reach out with one hand
- Put an object in one hand and then into the other
- Respond to own name
- Begin to understand "no"
- Make sounds in response to sounds
- Babble
- Find partially hidden toys/objects
- Put hands into mouth

### Age 8-12 Months

- Move to a sitting position without help
- Crawl forward on stomach
- Creep on hands and knees
- Pull self to a standing position
- Walk by holding onto furniture
- Stand for a few seconds without help
- Bang things together
- Put objects in and out of a container
- Respond to simple requests
- Try to imitate words
- Play "peek a boo"
- Be shy or uncomfortable with strangers
- Cry when familiar people leave
- Feed self with fingers

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During the following age bands, your child should be able to:

### Year 2

- Walk alone
- Pull toys while walking
- Carry toys while walking
- Begin to run
- Begin to stand on tiptoe
- Kick a ball
- Climb on furniture/play equipment without help
- Walk up and down stairs with support
- Scribble
- Build a tower with blocks
- Start to prefer one hand over the other
- Can point to objects or pictures when they are named
- Know names of familiar people
- Say several single words
- Begin to use 2 - 3 word sentences/phrases
- Follow simple directions
- Repeat words that others say
- Find hidden objects
- Begin to sort by shape or color
- Begin pretend play
- Imitate behavior of others
- Like the company of other children
- Be more independent
- Begin to show defiant behavior

### Year 3-4

- Hop and balance on one foot
- Go up and downstairs without help
- Kick and throw a ball
- Catch a bounced ball most of the time
- Draw a person with 2 - 4 body parts
- Use scissors
- Understand "same" and "different"
- Speak in complete sentences of 5 - 6 words
- Tell and recall simple stories
- Know colors
- Count
- Begin to understand time
- Follow three-part directions
- Engage in pretend play
- Cooperate with other children
- Dress self
- Imagine "monsters"

### Year 4-5

- Hop, turn somersaults
- Swing, climb
- Begin to skip
- Copy geometric patterns
- Draw a person with a body
- Take care of most toilet needs
- Know the difference between fantasy and reality
- Talk about future events
- Tell longer stories
- Can say name and address
- Understand the passage of time
- Want to be liked by friends
- Understand rules



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