

Developmental Milestones: Months, 3 years, 4 years, and 5 years of age

Programmed Learning Forms Handbook

From **CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5** by Steven Shelov, MD, 2004 by the American Academy of Pediatrics. <http://www.cdc.gov/ncbddd/autism/>

Objectives:

- Caregiver can recognize and identify developmental delays in speech/hearing of three month, seven month, one year, and two year old children
- Caregiver can identify developmental delays in children

Developmental Milestones: 3 years of age (36 months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This chart gives you a general idea of the changes you can expect as your child gets older, but don't be alarmed if your child

<p><i>Social</i></p> <ul style="list-style-type: none"> ➤ Imitates adults and playmates ➤ Spontaneously shows affection for familiar playmates ➤ Can take turns in games ➤ Understands concept of "mine" and "his/hers" 	<p><i>Language</i></p> <ul style="list-style-type: none"> ➤ Follows simple directions ➤ Recognizes and names common objects ➤ Understands simple questions ➤ Understands simple instructions ➤ Uses simple sentences ➤ Can sing simple songs ➤ Uses simple words ➤ Strands
<p><i>Emotional</i></p> <ul style="list-style-type: none"> ➤ Expresses affection openly ➤ Expresses a wide range of emotions ➤ By 3, separates easily from parents ➤ Objects to major changes in routine 	<p><i>Movement</i></p> <ul style="list-style-type: none"> ➤ Climbs stairs ➤ Walks ➤ Kicks ➤ Runs ➤ Pedals ➤ Bends

Cognitive

- Makes mechanical toys work
- Matches an object in her hand or room to a picture in a book
- Plays make-believe with dolls, animals, and people
- Sorts objects by shape and color
- Completes puzzles with three or four pieces
- Understands concept of "two"

Hand and F

- Make
- Turns
- Build
- Holds
- Screw
- Turns

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of p

- Frequent falling and difficulty with stairs
- Persistent drooling or very unclear speech
- Cannot build a tower of more than four blocks
- Difficulty manipulating small objects
- Cannot copy a circle by age 3
- Cannot communicate in short phrases
- No involvement in "pretend" play
- Does not understand simple instructions
- Little interest in other children
- Extreme difficulty separating from mother or primary caregiver
- Poor eye contact
- Limited interest in toys
- Experiences a dramatic loss of skills he or she once

Developmental Milestones: 4 years of age (48 months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This gives you an idea of the changes you can expect as your child gets older, but don't be alarmed if your child

Social

- Interested in new experiences
- Cooperates with other children
- Plays "Mom" or "Dad"
- Increasingly inventive in fantasy play

Language

- Has n
- Spea
- Spea

<ul style="list-style-type: none"> ➤ Dresses and undresses ➤ Negotiates solutions to conflicts ➤ More independent 	<ul style="list-style-type: none"> ➤ Tells
<p>Emotional</p> <ul style="list-style-type: none"> ➤ Imagines that many unfamiliar images may be "monsters" ➤ Views self as a whole person involving body, mind, and feelings ➤ Often cannot tell the difference between fantasy and reality 	<p>Movement</p> <ul style="list-style-type: none"> ➤ Hops ➤ Goes ➤ Kicks ➤ Throv ➤ Catch ➤ Move
<p>Cognitive</p> <ul style="list-style-type: none"> ➤ Correctly names some colors ➤ Understands the concept of counting and may know a few numbers ➤ Tries to solve problems from a single point of view ➤ Begins to have a clearer sense of time ➤ Follows three-part commands ➤ Recalls parts of a story ➤ Understands the concepts of "same" and "different" ➤ Engages in fantasy play 	<p>Hand and F</p> <ul style="list-style-type: none"> ➤ Copie ➤ Draw ➤ Uses ➤ Draw ➤ Begin

Developmental Health Watch

Alert your child's doctor or nurse if your child displays any of the following signs of p

- Cannot throw a ball overhand
- Cannot jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has difficulty scribbling
- Cannot stack four blocks
- Still clings or cries whenever parents leave
- Shows no interest in interactive games
- Ignores other children
- Doesn't respond to people outside the family
- Doesn't engage in fantasy play
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset

- Cannot copy a circle
- Doesn't use sentences of more than three words
- Doesn't use "me" and "you" correctly
- Experiences a dramatic loss of skills he or she once

Developmental Milestones: 5 years of age (60 months)

Children develop at their own pace, so it's impossible to tell exactly when yours will learn a given skill. This chart gives you an idea of the changes you can expect as your child gets older, but don't be alarmed if your child

<p>Social</p> <ul style="list-style-type: none"> ➤ Wants to please friends ➤ Wants to be like her friends ➤ More likely to agree to rules ➤ Likes to sing, dance, and act ➤ Shows more independence and may even visit a next-door neighbor by herself 	<p>Language</p> <ul style="list-style-type: none"> ➤ Recalls ➤ Speaks ➤ Uses ➤ Tells ➤ Says
<p>Emotional Milestones</p> <ul style="list-style-type: none"> ➤ Aware of gender ➤ Able to distinguish fantasy from reality ➤ Sometimes demanding, sometimes eagerly cooperative 	<p>Movement</p> <ul style="list-style-type: none"> ➤ Stands ➤ Hops ➤ Swings ➤ May
<p>Cognitive Milestones</p> <ul style="list-style-type: none"> ➤ Can count 10 or more objects ➤ Correctly names at least four colors ➤ Better understands the concept of time ➤ Knows about things used every day in the home (money, food, 	<p>Hand and Feet</p> <ul style="list-style-type: none"> ➤ Copies ➤ Draws ➤ Prints ➤ Dresses

Test Questions:

1 Understanding placement in space ("on," "in," "under") is developmentally appropriate for 3 year olds.

True False

2. Sorting objects by shape and color is developmentally appropriate for 3 year olds.

True False

3. Going upstairs and downstairs without support would be a realistic expectation of a normal 4 year old.

True False

4. Dressing and undressing without help would be a realistic expectation of a child by their 4th birthday.

True False

5. Screwing and unscrewing jar lids, nuts, and bolts are behaviors we would not expect to see in a child until they reach 5 years of age.

True False

6. Knowing about things used every day in the home, such as, money, food, and appliances is something we would not expect to see in a child until they reach 5 years of age.

True False

Name _____

Location _____

Answers: 1.T, 2.T, 3.T, 4.F, 5.F, 6.T