

Development and growth



Your child's development

The first 5 years are very important for lifetime development as this is when the brain grows rapidly.

We know that all children develop differently, even those in the same family, and that development may be affected by being born prematurely or by illness.

No matter the developmental journey your child takes, they will get the best start in life if they feel loved, safe and secure.

For more information on caring for your baby and helping your child grow and learn, visit www.raisingchildren.net.au for written information, videos and picture guides. Find lots of useful information and a link to the Parent Easy Guides at www.cyh.com.

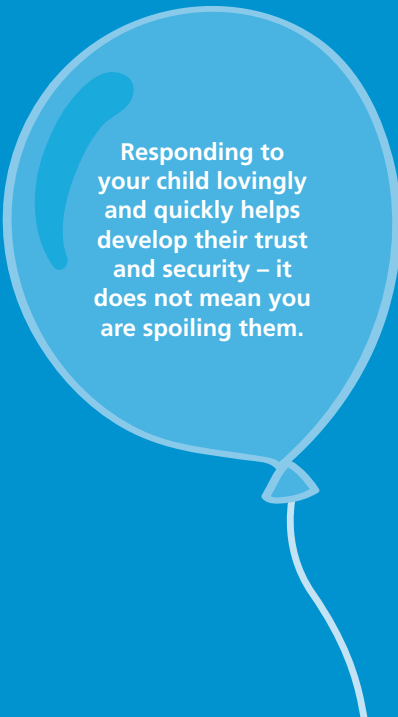
It's important to give your child opportunities to practice new skills as they grow and develop. Checking your child's development will help you notice if they are having any difficulties.

If you have any concerns about your child's development, seek help early from your Child and Family Health Service nurse or your family doctor.

Developmental milestones

The developmental milestones on the following pages relate to the main areas of child development: body movement and control, communication, thinking and problem solving, and social and emotional development.

Use them as a guide to what to expect at different ages. Tick off the check boxes or write the age your child first met this milestone.



Responding to your child lovingly and quickly helps develop their trust and security – it does not mean you are spoiling them.

Developmental milestones

Learning to talk and connect

Babies (0 to 12 months)	Toddlers (1 to 3 years)	Preschoolers (4 to 5 years)
<ul style="list-style-type: none">■ laugh or chuckle (2 to 3 months)■ make sounds (such as 'bub-bub-bub') to people (4 to 7 months)■ look for their family or pets when named (6 to 8 months)■ recognise their name (9 to 10 months)■ respond to simple requests like 'where is the ball?' (9 to 14 months)■ use 1 clear word with a meaning such as 'mama' or 'dada' (11 to 14 months)	<ul style="list-style-type: none">■ wave bye-bye (12 to 15 months)■ point or gesture to what they want (12 to 19 months)■ point to simple parts of their body such as a nose or tummy when asked (15 to 22 months)■ use 15 words or more, name some objects and talk more clearly (17 to 21 months)■ follow 2-step instructions such as 'put on your shoes and get your hat' (18 to 24 months)■ put 2 words together such as 'go bye-bye', 'push car' (20 to 24 months)■ say how objects are used, eg 'a cup for drinking' (26 to 32 months)	<ul style="list-style-type: none">■ take turns when talking with others (36 to 50 months)■ use sentences of about 6 words with mostly correct grammar (42 to 54 months)■ speak clearly enough to be understood by anyone (42 to 54 months)■ use language when playing with other children (48 to 60 months)■ explain why something happens such as 'mum's car stopped because the petrol ran out' (50 to 60 months)■ follow 3 directions such as 'stand up, get your bag and wait at the door' (54 to 66 months)



Learning to move and be active

Babies (0 to 12 months)	Toddlers (1 to 3 years)	Preschoolers (4 to 5 years)
<ul style="list-style-type: none">■ kick their legs well (0 to 3 months)■ lift their head and shoulders when lying on their tummy (2 to 4 months)■ roll over from back to tummy (6 to 8 months)■ sit on their own (8 to 9 months)■ crawl forward on their knees or bottom shuffle (8 to 10 months)■ move around holding onto furniture (9 to 13 months)	<ul style="list-style-type: none">■ walk by themselves without support (13 to 15 months)■ kick a ball forward (18 to 25 months)■ jump with both feet off the ground at once (22 to 30 months)■ ride a pedal bike or pedal toy (24 to 36 months)■ walk upstairs using alternate feet (24 to 30 months)	<ul style="list-style-type: none">■ jump off 2 steps and land with feet together (32 to 50 months)■ hop 3 times on 1 foot (36 to 50 months)■ run fast outdoors avoiding obstacles (36 to 50 months)■ walk downstairs using alternate feet (36 to 50 months)■ run to kick a medium-sized ball (40 to 50 months)

Developmental milestones continued

Learning to use my hands

Babies (0 to 12 months)	Toddlers (1 to 3 years)	Preschoolers (4 to 5 years)
<ul style="list-style-type: none">■ reach for a toy and hold briefly (4 to 5 months)■ transfer a toy from 1 hand to the other (5 to 7 months)■ practice dropping objects (8 to 10 months)■ bang objects together (8 to 12 months)■ put objects in containers (10 to 11 months)■ pick up small crumbs or objects with their finger and thumb (10 to 12 months)	<ul style="list-style-type: none">■ use their pointing finger to show what they are looking at (12 to 16 months)■ place 2 blocks or objects on top of one another (12 to 16 months)■ scribble going round and round (20 to 24 months)■ feed themselves without help (24 to 28 months)■ use child-safe scissors with an adult watching (24 to 36 months)■ draw a circle and cross (24 to 36 months)■ build a tower of 8 or more blocks (28 to 36 months)	<ul style="list-style-type: none">■ hold a pencil with their finger and thumb (36 to 54 months)■ put on shoes and socks without help (42 to 48 months)■ copy a ladder and square (48 to 56 months)■ wash face and hands without help (50 to 60 months)■ begin to write the letters of their name (52 to 60 months)■ draw a recognisable face with eyes, nose, mouth (56 to 64 months)



Learning to work things out

Babies (0 to 12 months)	Toddlers (1 to 3 years)	Preschoolers (4 to 5 years)
<ul style="list-style-type: none">■ get upset if their toy is taken from them (2 to 5 months)■ begin to hold a spoon (4 to 5 months)■ pick up a toy and put it in their mouth (4 to 7 months)■ hold 2 objects at once (6 to 8 months)■ find a hidden toy or object such as hidden under a cup or blanket (7 to 11 months)■ pick up and drink from a lidded and closed feeder cup without help (10 to 14 months)	<ul style="list-style-type: none">■ manage an open cup without help (15 to 18 months)■ take off their shoes and socks (18 to 20 months)■ point to at least 4 body parts on their doll or teddy – hands, hair, feet, eyes, nose and mouth (20 to 24 months)■ ask for things they want (24 to 26 months)■ name at least 6 different colours (40 to 48 months)■ count 4 blocks, pointing to each block in order (40 to 48 months)	<ul style="list-style-type: none">■ know proper place for own things (30 to 52 months)■ state opposites such as 'big' and 'little', 'high' and 'low', 'wet' and 'dry' (36 to 60 months)■ correctly repeat a number with 4 digits, such as 5816 or 4952 (46 to 50 months)■ count 10 blocks, pointing to each block (48 to 60 months)

Developmental milestones continued

Learning to be sociable

Babies (0 to 12 months)	Toddlers (1 to 3 years)	Preschoolers (4 to 5 years)
<ul style="list-style-type: none">■ smile back when you smile at them (1 to 2 months)■ keep hold of a toy being playfully pulled away (3 to 6 months)■ get upset when separated from familiar people (6 to 10 months)■ join in games such as peek-a-boo (8 to 10 months)■ only like familiar people to feed, dress, change and comfort them (8 to 12 months)	<ul style="list-style-type: none">■ play pretend games such as talk on the telephone and help with household activities (18 to 28 months)■ start to undress and help with dressing themselves (21 to 24 months)■ begin to cooperate in play with other children (22 to 26 months)■ learn to share their toys (24 to 30 months)■ know whether they are a boy or a girl (32 to 36 months)■ say how old they are (42 to 46 months)	<ul style="list-style-type: none">■ dress and undress themselves including buttons, shoes and socks, but not zips (44 to 65 months)■ eat different types of foods (48 to 54 months)■ use the toilet independently (48 to 56 months)■ attend to a task for 10 minutes without supervision (49 to 60 months)■ have special friends that they like to play with (50 to 60 months)

