

## Healthy Growth and Development

Below is a chart of growth milestones for children along with ways adults can help them grow.

<b>Approximate Age</b>	<b>Physical and Social Development</b>	<b>What Children Need</b>
<ul style="list-style-type: none"> <li>• Birth to 3 Months Most babies</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to smile</li> <li>• Follows people and objects with their eyes</li> <li>• Prefer bright colors</li> <li>• Stretches arms and kicks legs</li> <li>• Raise head and chest while on stomach</li> <li>• Responds to familiar people</li> </ul>	<ul style="list-style-type: none"> <li>• Protection from physical danger</li> <li>• Proper nutrition</li> <li>• Regular health care</li> <li>• Motor and sensory stimulation</li> <li>• Language stimulation</li> <li>• Responsive parenting</li> </ul>
<ul style="list-style-type: none"> <li>• 4 to 6 months Most babies</li> </ul>	<ul style="list-style-type: none"> <li>• Smile often</li> <li>• Laugh, gurgle and imitate sounds</li> <li>• Listen intently, respond when spoken to</li> <li>• Explore hands and feet</li> <li>• Rolls both ways</li> <li>• Sits with and without support</li> <li>• Transfers objects hand to hand</li> </ul>	<ul style="list-style-type: none"> <li>• Protection from physical danger</li> <li>• Proper nutrition</li> <li>• Regular health care</li> <li>• Motor and sensory stimulation</li> <li>• Language stimulation</li> <li>• Responsive parenting</li> </ul>
<ul style="list-style-type: none"> <li>• 7 to 9 months Most babies</li> </ul>	<ul style="list-style-type: none"> <li>• Crawls and pulls up to sitting position</li> <li>• Shy or anxious around strangers</li> <li>• Walk while holding furniture or walk alone</li> <li>• Feeds finger foods</li> <li>• Explores and finds hidden objects</li> </ul>	<ul style="list-style-type: none"> <li>• Protection from physical danger</li> <li>• Proper nutrition</li> <li>• Regular health care</li> <li>• Motor and sensory stimulation</li> <li>• Language stimulation</li> <li>• Responsive parenting</li> </ul>
<ul style="list-style-type: none"> <li>• 10 to 12 months Most babies</li> </ul>	<ul style="list-style-type: none"> <li>• Waves bye-bye</li> <li>• Crawls, cruises with confidence</li> <li>• Picks up objects with thumb and finger</li> <li>• Says Mama and Dada to parents</li> <li>• plays peek-a-boo and patty cake</li> <li>• imitate adults</li> <li>• Walk while holding furniture or walk alone</li> </ul>	<ul style="list-style-type: none"> <li>• Protection form physical danger</li> <li>• Proper nutrition</li> <li>• Regular health care</li> <li>• Motor and sensory stimulation</li> <li>• Language stimulation</li> <li>• Responsive parenting</li> </ul>

<ul style="list-style-type: none"> <li>• 1 to 2 years</li> </ul>	<ul style="list-style-type: none"> <li>• Walk alone, begin to run</li> <li>• Pull toys</li> <li>• Imitate adult actions</li> <li>• Plays make believe</li> <li>• Sorts shapes and colors</li> <li>• Point to a picture that you name in a book</li> <li>• Play ball</li> <li>• Play with other children</li> <li>• Use words three to five in a sentence</li> <li>• To learn self-control</li> </ul>	<p>In addition to above listed</p> <ul style="list-style-type: none"> <li>• Explore motor, language, and thinking skills</li> <li>• Chances to develop independence</li> <li>• Play and explore</li> <li>• Social development with other children</li> </ul>
<ul style="list-style-type: none"> <li>• 2 to 3 ½ years</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoy learning new skills</li> <li>• Learn language rapidly</li> <li>• Likes help with tasks</li> <li>• Gain control of hands and fingers (turn one page at a time)</li> <li>• Put on their shoes</li> <li>• Play with other children for a few minutes</li> <li>• Start to share</li> </ul>	<p>In addition to the above listed:</p> <ul style="list-style-type: none"> <li>• Make simple choices</li> <li>• Engage in dramatic play</li> <li>• Read with adults</li> <li>• Sing favorite songs</li> <li>• Work simple puzzles</li> <li>• Time to run, jump and play</li> </ul>
<ul style="list-style-type: none"> <li>• 3 to 5 years</li> </ul>	<ul style="list-style-type: none"> <li>• Longer attention span</li> <li>• Climbs well, kicks a ball</li> <li>• Likes to play with friends</li> <li>• Understands mine, his/hers, shares and take turns sometimes</li> <li>• Asks questions and talks a lot</li> <li>• Does not like to lose when playing with friends</li> <li>• Acts silly, boisterous, may use language that is not nice</li> </ul>	<p>In additions to the above listed:</p> <ul style="list-style-type: none"> <li>• Develop fine motor skills</li> <li>• Continue expanding language skills by talking, reading and signing</li> <li>• Learn cooperation by helping and sharing</li> <li>• Experiment with pre-writing and pre-reading</li> </ul>
<ul style="list-style-type: none"> <li>• 5 to 8 years</li> </ul>	<ul style="list-style-type: none"> <li>• Curious about people and how the world works</li> <li>• Show an increased interest in numbers, letters, writing and reading</li> <li>• Show more confidence in physical skills</li> <li>• Meet and play with more children; cooperatively</li> <li>• Likes grown-up activities</li> <li>• Uses words to express feelings</li> </ul>	<p>In additions to the above listed:</p> <ul style="list-style-type: none"> <li>• Develop skills for reading and math</li> <li>• Engage in problem solving</li> <li>• Practice teamwork</li> <li>• Develop sense of personal competency</li> <li>• Practice question and observing life skills</li> </ul>
<ul style="list-style-type: none"> <li>• 9 to 12 years</li> </ul>	<ul style="list-style-type: none"> <li>• More graceful with movements</li> </ul>	<p>In addition to the above</p>

	<p>and abilities</p> <ul style="list-style-type: none"> <li>• Jumps, skips and chases</li> <li>• Dresses and grooms self completely</li> <li>• Can use tools (i.e., hammer, screwdriver with supervision)</li> <li>• Remainder of adult teeth will develop</li> <li>• Likes hobbies and group activities</li> </ul>	<p>listed:</p> <ul style="list-style-type: none"> <li>• Become more interested in boy-girl relationships</li> <li>• Likes and respects parents</li> <li>• Friends are very important, may have a best friend</li> <li>• Likes competition and games</li> </ul>
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