

Healthy Growth and Development

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

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

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

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