

## AGES AND STAGES

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### INFANCY (Birth to 12 Months)

#### At three months

- ÿ Tries to move hands together
- ÿ Holds head erect
- ÿ Pushes up with arms when on stomach
- ÿ Aware of others, cries when put down
- ÿ Turns from side to back
- ÿ Follows moving objects with eyes
- ÿ Smiles

#### At six months

- ÿ Sits: first propped, then supported by own hands; and then unsupported
- ÿ Rolls from back to stomach
- ÿ Reaches and grasps for objects
- ÿ Transfers objects from one hand to the other
- ÿ Discriminates between familiar persons and strangers
- ÿ Expresses definite emotions: fear, anger, loneliness

#### At nine months

- ÿ Sits on floor and plays with objects without losing balance
- ÿ Crawls on tummy
- ÿ Creeps on hands and knees
- ÿ Grasps objects using thumb and fingers
- ÿ Waves bye-bye and plays peek-a-boo
- ÿ Handles bottle on his/her own
- ÿ Vocalizes expressively when he/she sees a familiar person or object
- ÿ Recognizes own name when spoken
- ÿ Shows interest in feeding self

#### At one year

- ÿ Pulls self to standing position by help of furniture
- ÿ Walks with help of furniture
- ÿ Creeps actively and rapidly
- ÿ Walks alone
- ÿ Climbs stairs
- ÿ Holds own cup while drinking from it
- ÿ Cooperates with dressing by putting arm in sleeve
- ÿ Says up to twenty words and understands many more
- ÿ Follows simple directions
- ÿ Shows affection by hugging, patting or attempting to kiss

### TODDLERS (12-24 months)

#### Social Development

- ÿ Attachment to parent and caregiver
- ÿ Both affectionate and hostile toward adults
- ÿ Easily frustrated
- ÿ Plays solo, imitating tasks such as housekeeping, phone conversation and dress up
- ÿ Peers are inanimate objects-pushing, poking, etc.
- ÿ Proud of personal achievements
- ÿ Games introduced-ring around the rosie
- ÿ No concept of sharing ( still egocentric)
- ÿ Can be both clingy and resistant

#### Language Development

- ÿ Interest in language: enjoys stories, nursery rhymes, repetitive songs
- ÿ Vocabulary of about 200 words
- ÿ Points to familiar objects
- ÿ Says words, gestures and sounds of animals with pictures
- ÿ Points to objects when asked
- ÿ Simple phrases: more juice, all gone, Daddy gone

#### Cognitive Development

- ÿ Concrete learner: manipulates objects, colors, textures, shapes and sizes= explores his/her world
- ÿ Observes everything-people, things, activities, actions. Need lots of time
- ÿ Trial and error learning
- ÿ Gaining experience base and therefore create mental pictures
- ÿ Builds towers of graduated sizes
- ÿ Points to body parts when asked
- ÿ Can locate missing items ( hiding places)

### Physical Development

- ÿ Walks well, climbing stairs ( same foot stepping) and run
- ÿ Stacks blocks (3) making tower
- ÿ Fills and dumps pails
- ÿ Draws with crayon in circular motion ( fist-grip mostly)
- ÿ Turns book pages, one at a time
- ÿ Walks with push-pull toys and wagon
- ÿ Enjoys being pushed in a swing

## TODDLERS (24-36 Months)

### Social Development

- ÿ Cooperates with parents requests only 50% of the time
- ÿ Likes choices: setting the table ( napkins, silverware, etc.)
- ÿ Easily frustrated, tantrums, intense emotions
- ÿ Attention span for stories, music about 5-10 minutes
- ÿ Dramatic play with dress-up, pretend and acting out life scene
- ÿ Solo or parallel play, while showing more interest in other children

### Language Development

- ÿ Vocabulary of 250 words; two-word phrases and then 2-5 word sentences
- ÿ “No” is favorite word
- ÿ Tells age with fingers
- ÿ Can name familiar sounds (bells, clock, airplane, animals)
- ÿ Describes self as boy or girl
- ÿ Likes same books over and over

- ÿ Understands “open” and “closed”
- ÿ Points out familiar objects in books or in reality

### Cognitive Development

- ÿ Works three piece puzzles, 4-part nesting toy, can stack 5-6 block tower
- ÿ Describes activities in pictures
- ÿ Draws vertical and horizontal lines, copies circle
- 1. Compares objects as being big or little
- ÿ Prepositions: “in”, “on”, “under” as a game
- ÿ Matches shapes and places 5 or more rings on pegs (sequentially)

### Physical Development

- ÿ Jumps in place
- ÿ Tip-toes
- ÿ Walks up and down stairs with same foot leading, holding onto railing
- ÿ Manipulates doorknobs and handles successfully
- ÿ Plays with pull apart toys, nesting toys and pounding pegs well
- ÿ Tosses ball a few feet to adult, kicks large ball
- ÿ May be interested in potty training

## Three-Year-Olds (36-48 months)

## Social Development

- ÿ Imitates behavior of other children, has friends
- ÿ Beginning to play cooperatively and taking turns, though still egocentric
- ÿ Loves routine
- ÿ Can be fearful and have feelings hurt easily
- ÿ Gives orders
- ÿ Independent with personal needs
- ÿ Follows 2-step directions
- ÿ Dawdles a lot, may have imaginary friends

## Language development

- ÿ Short attention span in a group-5 minutes
- ÿ Enjoys finger plays and stories
- ÿ Can describe his/her drawings and pictures
- ÿ Can use comparisons: big/little, heavy/light; prepositions (on, under, in)
- ÿ Vocabulary of 250-900 words
- ÿ States full name
- ÿ Uses full sentences and compound sentences

## Cognitive Development

- ÿ Knows own age, shown with number of fingers
- ÿ Knows 3-6 colors, 3 shapes (circle, triangle, square)
- ÿ Beginning one-to-one correspondence; counts to ten (rote), understands sorting and patterning
- ÿ Asks How and Why questions
- ÿ Can indicate past tense and plurals and uses I and me to identify self

## Physical Development

- ÿ Gaining control of body=walks upstairs with alternating feet, runs around obstacles; walks on a line; pedals a trike, hops, on one foot
- ÿ Throws a ball with direction, catches a bounced ball
- ÿ Walks on tiptoe and can walk backwards
- ÿ Plays on a slide independently
- ÿ Buttons and unbuttons large buttons
- ÿ Can build tower of 9 blocks, bridge of 3 blocks
- ÿ Copies circle and cross

- ÿ Uses paste, easel, clay, crayons and scissors
- ÿ Drives nails and pegs
- ÿ Works 7-piece puzzles

### Four Year Olds (48-60 months)

#### Social Development

- ÿ Sensitive to others; can comfort friends and family
- ÿ Interacts with children in group of 4-5
- ÿ Learning to distinguish between fact and fiction
- ÿ Selects friends
- ÿ Enjoys creative play, stories and games
- ÿ Beginning to follow rules, but “cheats”...”I want to win”
- ÿ Will take turns
- ÿ Fun, silly, brags
- ÿ Name calling, tattles and tells tall-tales
- ÿ Physically and verbally aggressive

#### Language Development

- ÿ Lots of questions and full explanations
- ÿ Enjoys games of What’s Missing and What’s Inappropriate in Picture
- ÿ Poems and rhyming words
- ÿ Sense of time (limited) and routine
- ÿ Uses compound sentences, comparisons and contractions

#### Cognitive Development

- ÿ 1 to 1 correspondence to about 10
- ÿ Rote count to 20 or more
- ÿ First, middle and last position
- ÿ Draws circle, cross and square; can draw recognizable picture
- ÿ Complete 6-8 word sentences
- ÿ Very curious about world, friends and everything
- ÿ Follows a series of 3 directions given at once
- ÿ Sorts and follows patterns well

## Physical Development

- ÿ Lots of energy
- ÿ Balances on one foot (4-8 seconds)
- ÿ Mostly running and active, with much control of large muscles
- ÿ Self-sufficient in routines of home and school