

CHILD DEVELOPMENT CHART THE FIRST TWO YEARS

This Child Developmental Chart lists some of the developmental skills that your child should learn as he/she develops and grows. It is meant to be used as a guide to monitor your child's development and to help ensure that your child has the appropriate opportunities to support his/her development.

AGE	SELF-HELP	GROSS MOTOR	FINE MOTOR	SOCIAL/EMOTIONAL	COGNITIVE	LANGUAGE
By 6 Months	<ul style="list-style-type: none"> Sucks well on nipple or breast. Reacts to sight of bottle or breast. Indicates desire for food by watching spoon, opening mouth, may start closing lips over spoon and swallowing. 	<ul style="list-style-type: none"> Lifts head and chest when lying on stomach. Turns around when lying on stomach. Sits with support. Rolls over from back to stomach. 	<ul style="list-style-type: none"> Looks at and reaches for faces and toys. Picks up toy with one hand. Brings toy to mouth. Reaches with both hands for toy. 	<ul style="list-style-type: none"> Smiles at others. Can be comforted by a familiar person when upset. Responds to own mirror image. Recognizes mother from others. 	<ul style="list-style-type: none"> Coos, chuckles, gurgles when happy. Recognizes familiar voices. Explores hands & objects by mouthing. Eyes move to inspect surroundings. Looks at more distant objects. Eyes move to look for source of sound. 	<ul style="list-style-type: none"> Cries in a special way when hungry. Watches your face when you talk. Imitates coughs or other sounds like - ah, eh, bah. Laughs out loud. Responds to own name - turns and looks.
By 9 Months	<ul style="list-style-type: none"> Feeds self cracker. Begins chewing. Drinks from a cup held by an adult. 	<ul style="list-style-type: none"> Crawls or moves self forward on tummy. Sits alone - steady, without support. Moves from sitting to crawling position. 	<ul style="list-style-type: none"> Transfers toy from one hand to the other. Uses two hands to pick up large objects. 	<ul style="list-style-type: none"> Reaches for familiar people. Pushes things away he/she doesn't want. 	<ul style="list-style-type: none"> Expresses emotions through facial gestures. Recognizes familiar surroundings and objects. Shows early understanding of cause and effect toys. 	<ul style="list-style-type: none"> Babbles and imitates sounds, (i.e. da-da, ma-ma, ba-ba). Responds to being told "no" or different tone of voice like uh uh.
By 12 Months	<ul style="list-style-type: none"> Picks up food with fingers and brings it to mouth. Licks food from lower lip. Picks up a spoon by the handle. 	<ul style="list-style-type: none"> Gets up into sitting position on own. Crawls around on hands and knees. Walks around furniture or crib while holding on. 	<ul style="list-style-type: none"> Picks up small objects - using thumb and finger grasp. Points with index finger. Releases objects willingly. Takes things out of container. 	<ul style="list-style-type: none"> Uses gestures to communicate, waves "Bye-Bye", shakes head no. Looks to caregiver for reassurance in new or unfamiliar situations. Seeks comfort when upset. 	<ul style="list-style-type: none"> Identifies familiar objects & people by pointing. Imitates gestures and simple actions. (i.e. Pat-a-cake) Tries to get something by making sounds. Attends to small objects. Makes eye contact with adults at several feet. Looks for dropped toy. 	<ul style="list-style-type: none"> Shows interest in simple books. Brings object/toy to show caregiver. Follows simple directions like "sit down", "come here". Understands phrases like "all gone". Consistently uses 3 - 5 sounds that represent words (i.e. Ba for ball, ba ba for bottle).
By 18 Months	<ul style="list-style-type: none"> Lifts cup to mouth and drinks. Insists on doing things by self such as feeding. Feeds self with spoon. Swallows without loss of food or saliva but may lose some during chewing. 	<ul style="list-style-type: none"> Picks up a toy from a standing position. Plays in a squatting position. Walks down stairs holding hand. Attempts to crawl upstairs. Walks sideways and backwards. 	<ul style="list-style-type: none"> Stacks two or more blocks. Scribbles with crayon. Attempts to turn pages of a book. (i.e. may turn more than one page at a time) 	<ul style="list-style-type: none"> Looks at you in play. Begins to show independence. Challenges limit setting. Likes to watch and imitate others. 	<ul style="list-style-type: none"> Points using one finger to a specific object they want. Looks and points to pictures in books. Participates in games using objects and directions: (i.e. find the ball on, in, under the cup). Understands and follows simple requests such as "bring me your shoes". Looks where he/she is going when walking and climbing. Coordinates reaching & grasping for objects with vision. Judges depth. 	<ul style="list-style-type: none"> Demonstrates some pretend play with toys or objects (i.e. hug the baby or teddy bear). Responds with words or gestures to simple questions. Uses at least 20 words (words may not always be clear). Points to several body parts on self. Understands the concepts of "in & out" as well as "off & on".
By 24 Months	<ul style="list-style-type: none"> Eats with a spoon spilling little. Eats with a fork. Takes off own shoes, socks, hat without help. 	<ul style="list-style-type: none"> Kicks a ball forward. Beginning to run. Jumps on the spot. Walks up and down stairs alone, with adult supervision. 	<ul style="list-style-type: none"> Writes with a stick in sand. Builds towers of five or more blocks. Turns pages of picture books, one at a time. 	<ul style="list-style-type: none"> Sometimes says "no" when interfered with. Shows sympathy to other children, tries to comfort them. Usually responds to correction - stops. Meets people with "hi" or similar greeting. 	<ul style="list-style-type: none"> Begins to develop shape and size awareness. (shape sorter). Begins to match similar objects. Uses skills already learned and develops new ones. 	<ul style="list-style-type: none"> Consistently combines 2-4 words in sentence (i.e. Truck go down). Names a few familiar objects in picture books. Follows two part instructions (i.e. "Get your teddy and bring it to me"). Uses "I or Me" to refer to self. (i.e. "I do it")

0-3 MONTHS

With loving, nurturing early relationships, your baby is beginning to understand his physical and social surroundings and is learning to discover his world. He knows who you are and who he can trust to respond to his needs.

This is the start of the attachment relationship and will be dependent on how well you provide consistent, responsive and appropriate care.

In the early years, a healthy brain develops when it receives information that is patterned and repetitive from a safe, nurturing environment. When a child experiences frequent changes, danger, neglect or if a child is not exposed to normal developmental experiences like language for example, there may be a serious impact on brain development - and, also the way the brain functions. Impact on brain development can include: physical growth and health, the ability to calm oneself when feeling difficult emotions, memory, problem-solving and planning, the ability to control behaviour or feel empathy, for example.

As your baby continues to learn about his world and to make sense of the things around him, you need to continue to provide loving and responsive relationships to help guide him through those experiences.

Where to go for help:

If you have any concerns regarding your child's speech, language or motor skill development contact:

'One Kids Place', Children's Treatment Centre:
705-789-9985 or **866-232-5559**

HandsTheFamilyHelpNetwork.ca:
705-645-3155 or **800-668-8555**

Simcoe Muskoka Family Connexions:
705-645-4426 or **800-680-4426**

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4-6 MONTHS

Gaze at your face and look in the direction of your voice.

Bring your face close so that baby can see your features and expressions. Baby may not initially make eye contact since her vision has not fully developed, but she will enjoy looking up and seeing your face.

Smile spontaneously.

By 2 - 3 months, your baby's social smiles are signs that she knows who you are.

Recognize a familiar voice.

For months before your baby was born, mother's voice was what she heard most. She will follow that voice, turning her head in that direction, and will prefer it over others.

Make cooing sounds.

Be soothed when picked up and comforted (most of the time).

Express emotions and needs through cries and actions.

Your baby will find a way to let you know that she needs attention when hungry, tired or uncomfortable, e.g., in need of a diaper change.

Intentionally express emotions.

He will cry or get agitated when he wants attention, e.g., he may laugh and smile while interacting with you or he may show that he is excited by quickly waving his arms and legs around.

Recognize primary caregivers.

Your baby feels safest around his primary caregivers and seeks a familiar presence. He knows who you are and that you will respond to his needs.

Make eye contact.

Your baby will begin to focus for longer periods of time as his vision has developed more since birth and he can now see things more clearly and farther away. When you sing, babble or imitate the sounds your baby makes, your baby will look at you and make eye contact. He engages by cooing and babbling back.

Read facial and vocal expressions and learn what different forms of interaction mean.

When you engage with him, e.g., talking, singing, cooing or babbling, your baby will respond and make eye contact. When he hears you getting angry and speaking in a voice that is louder than normal, he might become scared and cry. He will know something is not right and may become agitated and seek your attention.

Form an attachment with his primary caregivers.

When you respond to your baby's needs especially when he is distressed, your baby will know he can trust and depend on you. With positive, consistent care, he will form secure attachments with you.

7-12 MONTHS

Begin to intentionally tell you what she wants.

Your baby will make gestures or point at objects that she wants. She will begin to put her arms out or up when she wants to be picked up. She will begin to babble more and may even say a couple of words to interact and communicate.

Begin to miss you when you are not around.

When you leave the room your baby will notice, become upset and may begin to cry. She misses you when you're not there and looks for you.

Begin to seek comfort from you.

When your baby gets upset or hurt she will want and need to be comforted by you. It is important to respond to your baby's distress by comforting her and giving her words to help her label her feelings.

Show you her emotions.

When your baby gets scared she will want to be near you and may cling to you. When she gets mad she might make a frustrated face. Or when she feels shy she may hide behind you or try to cover her face.

Begin to show affection towards you.

Your baby will want to be hugged and kissed and in return she will hug and kiss you back. She will begin to understand the words "hug" and "kiss" and do these things spontaneously.

Develop a sense of herself as a separate person with her own likes and dislikes.

Your baby is starting to have dislikes and likes about her experiences, her toys and the people around her. She will let you know what she enjoys doing and being around, and what she does not like to do.

13-18 MONTHS

Become more confident and have a greater sense of self.

Your baby has more likes and dislikes when it comes to what he plays with, who he wants to play with and when he wants to interact with people.

Begin to take ownership of objects belonging to him, such as toys.

Your baby will have a difficult time with sharing since his toys right now belong to him. You will hear him using words like "no," "mine," etc.

Notice his peers.

Your baby is becoming interested in what others are doing or what they are playing with. He may not join in and play with them but rather sit beside them and play on his own. He will watch his friends but may not initiate any interaction with them.

Express his emotions to you.

Your baby will still feel a lot of emotions, so you should comfort him and help him label his feelings. Labeling feelings will give your baby responsibility for his emotions, and with time he will learn how to express them.

19-24 MONTHS

Begin to learn about the feelings of others and the concept of empathy.

Your baby is aware of her friends and is beginning to understand they have feelings just like she does. When someone takes a toy away from a friend or hits a friend, it hurts her and she may cry too. She is beginning to develop empathy for the people she cares for and realizes other people also get sad. Your baby is developing the ability to take another person's perspective.

Want to make her own choices and decisions about how she does things.

Your baby is becoming more independent as she masters doing things on her own. She will still look for assistance from you when she needs help. She is still dependent on you and knows you will comfort her and respond to her when needed.

Begin to develop a sense of imagination as she takes on different roles and engages in pretend play.

Have more words that she uses to express herself and to get what she wants.

By the age of two, your baby's communication will evolve from using simple two word sentences to more complex complete sentences.

Parallel play starts with toddlers playing next to each other.

They may not share or be doing the same activity but they will play next to each other.