

How I **LEARN**

Milestones of Typical Development

Birth to 3 Months

- I begin to smile and track people and objects.
- I prefer to look at faces and bright colors.
- I reach, and discover my hands and feet.
- I can lift my head and turn toward sound.
- I cry, but will feel better when you hold and comfort me.

4 to 6 months

- I smile often. I'll even laugh, gurgle and imitate sounds.
- I learn about my body, exploring my hands and feet. I think they are a part of me!
- I can sit up when you prop me.
- I like to roll over, scoot and bounce.
- I can grasp things without using my thumb, and like to put things in my mouth.

7 to 12 months

- I remember simple events and familiar voices and identify myself in the mirror.
- I understand my name and other words you use a lot.
- I can say my first words.
- I like to explore, and bang and shake objects.
- I can find hidden toys and put things in containers.
- I can sit up all by myself.
- I creep and can pull myself up to stand and walk.
- I'm shy and sometimes people I don't know make me feel scared.

1 to 2 years

- I like to imitate what you are doing and help you with tasks.
- I can talk now and understand words and ideas.
- I like stories and experimenting with things.
- I can walk, climb stairs and run.
- I show you my independence, but am more comfortable with people I know.
- I recognize that toys and stuff are mine.
- I'm proud of the things I can do and can solve simple problems.
- I have some friends and am starting to play make believe.

2 to 3 ½ years

- I like to learn new things.
- I can learn new words really fast now.
- I always like to be on the go.
- I have better control of my hands and fingers.
- I get frustrated easily.
- I act more independent, but I still depend on you.
- I like to act out familiar scenes when I play.

3 ½ to 5 years

- I have a longer attention span.
- I act silly, boisterous and use language that isn't nice.
- I talk a lot now and ask a lot of questions.
- I want real adult things and keep the art projects I make.
- I test my physical skills and courage with caution.
- I reveal my feelings to you in dramatic play.
- I like to play with friends, but I don't like to lose.
- I sometimes share my stuff and take turns.

5 to 8 years

- I am curious about people and how the world works.
- I am interested in numbers, letters, reading and writing.
- I have more confidence now in my physical skills.
- I use words to express my feelings and to cope.
- I like grown-up activities.
- I like to meet and play with more kids and I play more cooperatively now.

