



# Watch Me Grow!

## Child Development Chart

Child Care Aware® of Kansas would like to provide you with this information to assist you in monitoring your child's growth and development. Please remember, children develop at their own pace and may not follow the guidelines below. If you have concerns, please follow up with your child's doctor/medical home.

Age	Physical	Cognitive	Social/Emotional	Language
Birth to 5½ months	Lifts head while laying on tummy	Gazes at, then tracks faces and objects with high contrast	Makes eye contact	Turns head to find sound
	Brings hands to midline	Finds hand and feet	Can be comforted by parent or child care provider	Makes vowel sounds like eee, ahh, ooo
	Turns from stomach to back or back to stomach	Bats at objects	Comforts self in some way	Takes turns making sounds with parents and child care provider
	Sits WITH support			
5 ½ months to 8 months	Sits WITHOUT support	Briefly looks at pictures in a book	Shows separation anxiety	Associates some sounds with objects and people
	Rolls, scoots, and stands while holding on to stable object	Experiments by throwing, dropping, shaking, and banging objects	Enjoys simple games like "peek-a-boo"	Says single syllables like ba, ma, pa
	Transfers objects from hand to hand	Puts things in mouth		Repeats like "babababa"
	Pulls to stand			
8 months to 14 months	Lowers self to sit	Examines small objects and detail	Knows the difference between familiar people and strangers	Responds to simple requests
	Walks	Repeats interesting activities	Plays simple, imitative games like "pat-a-cake"	Understands "no"
	Points with finger	Remembers the location of hidden objects	Initiates interactions with familiar people	Points and gestures to communicate
	Uses thumb and pointer finger to pick up objects (pincer grasp)			May say a few words including "mama" and "dada" specifically
14 to 24 months	Walks backwards	Uses trial and error to solve problems	Says "no" often	Says about 50 words
	Throws ball forward	Takes apart simple objects and puts them back together	Imitates adult behavior and activities	Follows a one-step direction such as, "Pick up your shoes."
	Walks up stairs while holding railing	Explores Cabinets and drawers	Tries to comfort others in distress	Imitates adult inflections
	Rides on toys without pedals	Overcomes simple obstacles	Plays by self for a short period of time	Points to at least six body parts
	Scribbles	Knows some animal sounds		Names some picture

Continued on back...

# Child Development Chart ... continued from front

Age	Physical	Cognitive	Social/Emotional	Language
24 to 36 months	Balances on one foot	Concentrates on tasks	Begins to express feelings in socially acceptable ways	Understands actions and events in simple story books
	Pedals a tricycle	Begins to solve problems more logically	Has fears	Use multi-word sentences
	Walks up and down steps alternating feet	Remembers events and places	Begins to understand and follow simple rules	Asks and answers simple questions
	Begins to use scissors	Matches and groups objects that are alike	Desires routines	Listens closely to conversations
	Builds with blocks			
3 to 4 years	Catches a large ball	Notices how things are alike and different	Uses negative words such as "don't" and "won't"	Uses three and four word sentences
	Throws with more control	Recites numbers	Tests limits that are set	Follows more difficult directions
	Snips with scissors	Predicts effects of own actions	Becomes curious about his body parts and own gender	Makes up silly words
	Builds with blocks	Shows interest in people and things in the community	Enjoys company of peers	Asks "why" and "how" questions
	Grips pencil with fingers		Learns to share and take turns	Repeats songs and rhymes
			Has difficulty distinguishing real from make-believe	Recognizes familiar words and signs
4 to 5 years	Climbs	Tells the sequence of events in a story	Likes to socialize with peers	Uses longer, more complex sentences
	Hops	Tries different actions to solve a problem	Enjoys situations away from home	Retells familiar stories and predicts story endings
	Cuts with scissors	Organizes collections of objects into groups	Changes mood quickly	Uses language to expand and extend play
	Copies simple figures	Shows interest in family tradition	Changes the rules to benefit self	
	Buttons and unbuttons	Says full name and address		
5 to 6 years	Balances while walking a straight line	Becomes aware of rules and manners	Understands acceptable/unacceptable behaviors	Uses two or three complex sentences together
	Shows interest in writing numbers and letters	Practices recognizing numbers 1-10	Shows pride and confidence in own accomplishments	Describes a sequence of events
	Writes own name	Uses logical thinking when playing games	Shows interest in fairness and making rules	Expresses feelings with words
	Cuts a curved line	Begins to understand a week or month as a unit of time	Has preferences in special friends	Negotiates rules
	Zips and unzips a zipper	Enjoys following familiar routines and predicting what will happen next		May have trouble pronouncing the r, v, l, th, j, and z sounds

Information obtained from Parents as Teachers National Center, Inc.



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