



## Know How Your Child Grows!

Your young child is growing fast! The early years are the most important ones for your child's physical, emotional and mental development. Since every child is different, children grow and develop at different rates.

Most children at each age have a certain range of skills. But children don't develop evenly. They are usually further ahead in one area than in another. But if you have a concern about your child's development, talk with your child's doctor.

Here is some general information about the ages at which most infants, toddlers and preschoolers learn certain skills:

### **0-2 Months**

Barely lifts head, keeps hands tightly fist-ed  
Coos, grunts and makes babbling sounds  
Irregular sleeping and feeding habits

### **2 Months**

Lifts head while on stomach  
Waves hands and kicks feet when on back  
Cries differently for different needs

### **4 Months**

Rolls from tummy to back  
Reaches for feet and brings them to mouth  
Says "ooh" and "aah"  
Smiles

### **7 months**

Sits up by self for a short time  
Stands when held

### **10 Months**

May stand leaning against an object  
Picks up small objects with thumb & fingers  
Waves "bye-bye"  
Withdraws from strangers

### **12 Months/1 Year**

Begins walking with legs wide apart  
Feeds self using finger or spoon  
Says "mama" and "dada"

### **15 Months**

Stands and walks alone  
May use simple words; says "no"

### **18 Months**

Takes off some clothes  
Knows names of a few objects  
Points to one body part when asked

### **2 Years**

Undresses self  
Handles a cup well  
Uses two-word sentences  
May have some temper tantrums  
Points to and names body parts

### **3 Years**

Climbs on play equipment  
Walks backward  
Sings short songs  
Dresses self well

### **4 Years**

Follows rules and routines  
Plays with one or more children  
Follows 2- and 3-step directions  
Identifies shapes  
May copy or write own name

### **5 Years**

Shows confidence in self  
Shows curiosity as a learner  
Speaks clearly  
Retells information from a story  
Skips and gallops

ParentTips is a monthly resource for parents with young children.  
Want more Suggestions? Visit [www.readyatfive.org](http://www.readyatfive.org) or call 410-727-6290.