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 fisted
- 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”

**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 or call 410-727-6290.