

How Exciting!

is

2
months old!

What Most Babies Do at this Age...

SOCIAL / EMOTIONAL

Begins to **SMILE** at people.

Tries to look at parent.

LANGUAGE / COMMUNICATION

COOS and makes gurgling sounds.

Turns heads toward sound.



COGNITIVE (LEARNING, THINKING)

Pays attention to **FACES**.

Begins to act bored (cries, fussy) if activity doesn't change.

MOVEMENT / PHYSICAL DEVELOPMENT

Can **HOLD HEAD UP** and begins to push up when on tummy.

Makes smoother movements with arms and legs.

Just for you:

How Exciting!

is

4
months old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Copies some movements and
FACIAL EXPRESSIONS
like smiling or frowning.

LANGUAGE / COMMUNICATION

Cries in different ways to show
hunger, pain, or being tired.
Begins to **BABBLE**.

COGNITIVE (LEARNING, THINKING)

Uses hands and eyes together, such
as seeing a toy and reaching for it.

RESPONDS TO AFFECTION.

MOVEMENT / PHYSICAL DEVELOPMENT

Brings hands to mouth.

When lying on stomach,
PUSHES UP to elbows.



Just for you:

How Exciting!

is

6
months old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Likes to **PLAY** with others especially parents.

LANGUAGE / COMMUNICATION

Makes **SOUNDS** to show joy and displeasure.



COGNITIVE (LEARNING, THINKING)

Brings things to **MOUTH**.

Begins to pass things from one hand to the other.

MOVEMENT / PHYSICAL DEVELOPMENT

Rolls over in **BOTH** directions (front to back, back to front).

When standing, supports weight on legs and might bounce.

Just for you:

Fun Family Activities You Can Try at 8 Months!

ACTIVITY

When you're in the park, ask your child, "Did you hear that?" each time you hear a sound.

IMITATE THE SOUND OUT LOUD and make gestures to go along with it. Invite them to make the sound too.



BRAINY BACKGROUND

You are giving your child practice being able to hear differences in sounds. This is an important skill for enjoying and learning language so they can communicate well with others. Giving your child practice **HEARING DIFFERENCES IN SOUND** will help in learning language so they can communicate well.

Just for you:

How Exciting!

is

9
months old!

What Most Babies Do at this Age...

SOCIAL / EMOTIONAL

May be afraid of strangers.

May be **CLINGY** with familiar adults.

LANGUAGE / COMMUNICATION

Understands “no”.

MAKES a lot of **SOUNDS** like “mamamama” and “bababababa”.

COGNITIVE (LEARNING, THINKING)

WATCHES the path of something as it falls.

Looks for things you hide.

MOVEMENT / PHYSICAL DEVELOPMENT

CRAWLS.

Sits without support.



Just for you:

Fun Family Activities You Can Try at 10 Months!

ACTIVITY

Show your child how to tell you they are feeling hungry by touching their hand to their mouth or **RUBBING THEIR BELLY**. If you do this over and over and then give them food while saying the word “hungry”, your child will pick up the symbol and learn to talk to you with their hands.



BRAINY BACKGROUND

Children can **EXPRESS THEMSELVES** with their hands (for example, by pointing) long before they can use words. Helping your child learn to use **“HAND TALK,”** will help them learn to communicate with words in the future.

Just for you:

How Exciting!

is

1
year old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Plays games such as
“PEEK-A-BOO.”

Has favorite things and people.

LANGUAGE / COMMUNICATION

Uses simple gestures, like shaking head
“NO” or waving “BYE-BYE.”



COGNITIVE (LEARNING, THINKING)

EXPLORES things by shaking, banging, and throwing them.

Follows simple directions like
“pick up the toy.”

MOVEMENT / PHYSICAL DEVELOPMENT

PULLS UP to stand, walks holding on to furniture.

May **STAND** alone and take a few steps without holding on.

Just for you:

Fun Family Activities You Can Try at 14 Months!

ACTIVITY

Dressing your child? Describe each step of the process. For example, “First we put your leg in the pants. Then we put in the other leg. Now we pull the pants up.”

PAUSE AFTER EACH STEP so your child can move his/her legs or stand up to help you or make a comment.



BRAINY BACKGROUND

Your step-by-step description invites your child to focus on the details of getting dressed. By pausing, you're giving your child **PRACTICE** in **WAITING** and controlling his/her behavior as he/she begins to learn to get himself/herself dressed. And talking with your child is always a brain building moment! These are important life skills.

Just for you:

Fun Family Activities You Can Try at 16 Months!

ACTIVITY

When it's time for a hug, ask your child if he/she wants a **BIG HUG** or a **LITTLE HUG** and then do what your child asks. Then you take a turn and say whether you want a big or little hug. You can add other words, like a "wiggly hug" or a "quiet hug."



BRAINY BACKGROUND

The sense of touch is **CALMING** and **COMFORTING** to your child. These hugs not only make your relationship stronger, they also allow you to share new words and concepts with your child, like big and little.

Just for you:

How Exciting!

is

18
months old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

PLAYS simple pretend such as feeding a doll.

LANGUAGE / COMMUNICATION

POINTS to show someone what they want.



COGNITIVE (LEARNING, THINKING)

SCRIBBLES on his or her own.

Points to one body part.

Can follow 1-step verbal commands.

MOVEMENT / PHYSICAL DEVELOPMENT

WALKS alone.

Drinks from a cup.

May walk up steps and run.

Just for you:

Fun Family Activities You Can Try at **20 Months!**

ACTIVITY

As you grocery shop, let your child help by holding some of the items. **CHOOSE** the items by color or let him/her point to the one he/she wants to hold and **NAME THE COLOR**. “You are holding the yellow cereal box. What else is yellow?” or “Can you hold this brown box?”



BRAINY BACKGROUND

Children learn best when they are interested and actively involved. When your child hears you name the colors of what he/she is holding, he/she begins to make **CONNECTIONS BETWEEN WORDS** and their **MEANINGS**. This will help your child learn to talk, read, and communicate in the future.

Just for you:

Fun Family Activities You Can Try at **22 Months!**

ACTIVITY

Drop a small piece of bread or other small snack inside an empty clear plastic bottle. Encourage your child to get the piece out of the bottle.

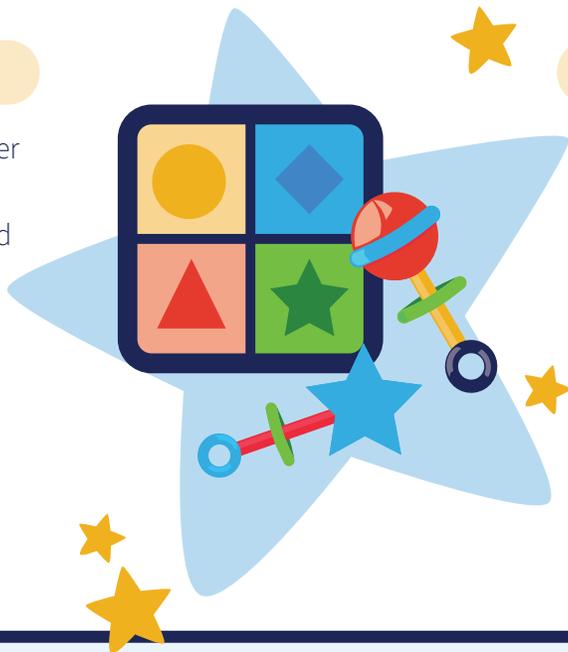
Does he/she **SHAKE THE BOTTLE** or put his/her fingers inside?

Encourage him/her to try different ways. If he/she is struggling ask, "What would happen if you turned it upside down?"

BRAINY BACKGROUND

You're helping to build your child's critical thinking and

PROBLEM SOLVING SKILLS when you encourage him/her to test out ideas and come up with answers on his/her own. By talking with your child about what he/she is doing, you help him/her to understand the world.



Just for you:

How Exciting!

is

2
years old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Gets **EXCITED** when with other children.

LANGUAGE / COMMUNICATION

Knows **NAMES** of familiar people and body parts.



COGNITIVE (LEARNING, THINKING)

Begins to sort **SHAPES** and **COLORS**.
Completes sentences and rhymes in familiar books

MOVEMENT / PHYSICAL DEVELOPMENT

THROWS ball overhand.
Begins to run.
Walks up and down **STAIRS** holding on.

Just for you:

Fun Family Activities You Can Try at **27 Months!**

ACTIVITY

POTTY TRAINING can be really tough. Try celebrating your child's successful potty trips. Tell your child a story about what he/she did in a proud tone: "You went to the bathroom in the potty." Invite him/her to tell a story too. Be matter-of-fact about accidents. And when he/she doesn't have a successful potty trip, tell him/her, "That's okay. You'll do better next time."



BRAINY BACKGROUND

It is hard work to put together the signals that your body is telling you ("I have to go potty") with the actions of sitting in the right place, the potty, and going. When you **PRaise your child's effort**, "You did it!" he/she will be more willing to take on the challenge.

Just for you:

Fun Family Activities You Can Try at 2½ Years!

ACTIVITY

Include your child in everyday chores. “It’s time to **SWEEP!** Can you hold the dustpan for me?” Let him/her dump the dirt into the trash. Don’t be surprised when your child asks you to hold the dustpan for him/her. Go back and forth. **TAKING TURNS** is how your child learns best and makes him/her feel included.



BRAINY BACKGROUND

Not only is your child learning by **IMITATING** you, he/she is learning by doing. He/She is also figuring out how things work—that things get dirty and need to be cleaned up. More importantly, your child is learning to be **HELPFUL** and **CONSIDERATE**.

Just for you:

Fun Family Activities You Can Try at **33 Months!**

ACTIVITY

Does your child get upset and start to **CRY** and **WHINE**? Remind your child to use his/her words to say what is bothering him/her or what he/she wants. If your child is too upset to talk, try to guess what your child wants to say until he/she lets you know that you “got” it!



BRAINY BACKGROUND

Helping your child learn to communicate his/her upset feelings in words is one of the most important tools you can give him/her for **MANAGING** these **FEELINGS**, and expressing himself/herself in ways that can be understood and responded to.

Just for you:

How Exciting!

is

3
years old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

SEPARATES easily from mom and dad.

Takes turns in games.

LANGUAGE / COMMUNICATION

TALKS well enough for strangers to understand most of the time.

Says first name and age.



COGNITIVE (LEARNING, THINKING)

Turns book pages one at a time.

Does **PUZZLES** with 3 or 4 pieces.

Turns door handle.

MOVEMENT / PHYSICAL DEVELOPMENT

RUNS and **CLIMBS** easily.

Pedals a tricycle.

Walks up and down stairs, one foot on each step.

Just for you:

Fun Family Activities You Can Try at 3½ Years!

ACTIVITY

When eating together, invite your child to think about his/her day by asking, “What was the **BEST** part of your day?” Have each person at the table answer. Then ask, “What was the **WORST** part of your day?” Go around the table again. Share your day with your child and encourage him/her to ask others.



BRAINY BACKGROUND

When your child hears about others' experiences, he/she begins to learn how to understand another person's **POINT OF VIEW**—an important skill for life. Your child is also practicing the back and forth of **CONVERSATION** and evaluating the day's experience, which build family connections and make mealtime meaningful.

Just for you:

How Exciting!

is

4
years old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Is more and **MORE CREATIVE** with make-believe play.

COOPERATES with other children.

LANGUAGE / COMMUNICATION

TELLS STORIES.

Knows some basic grammar, correctly using “he” and “she.”



COGNITIVE (LEARNING, THINKING)

Understands the idea of counting

Uses **SCISSORS.**

MOVEMENT / PHYSICAL DEVELOPMENT

CATCHES a bounced ball most of the time.

Pours, and cuts with supervision, mashes own food.

Just for you:

Fun Family Activities You Can Try at 4½ Years!

ACTIVITY

With your child, go through the **ALPHABET** and make the **SHAPE** of each letter with your bodies. The letter A can be a triangle with your arms above your head and your legs standing wide. Ask your child to make the letter B with his/her body. Take turns making the other letters!



BRAINY BACKGROUND

Your child must use **FOCUS**, **SELF-CONTROL**, and **MEMORY** to recall the shapes of letters to represent them with his/her body. Through firsthand experience, he/she is learning about language and literacy.

Just for you:

How Exciting!

is

5
years old!

What Most Children Do at this Age...

SOCIAL / EMOTIONAL

Likes to SING, DANCE, and ACT.
Wants to be like friends.

LANGUAGE / COMMUNICATION

Uses future tense; for example,
“Grandma will be here.”
SPEAKS VERY CLEARLY.



COGNITIVE (LEARNING, THINKING)

Copies a triangle and other
geometric SHAPES.

Knows about things used every
day, like money and food.

MOVEMENT / PHYSICAL DEVELOPMENT

Can use the toilet on their own.

HOPS and may be able to SKIP.

Just for you:



Don't Miss a Milestone Moment!

To learn more about child development
and find resources available throughout the state visit

helpmegrowks.org

CDC's
Learn the Signs. Act Early.

cdc.gov/milestones

Fun Family Activities
provided by

vrom
Brain building moments

If you have questions or concerns about
your child's development, please contact
your medical provider.



KANSAS
MATERNAL &
CHILD HEALTH

This project was made possible by grant number 90TP0078-03. Its contents are solely the responsibility of the authors and do not necessarily represent the official view of the United States Department of Health and Human Services, Administration for Children and Families.