

Solihull Approach Resource: The first five years

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Developmental and emotional milestones

0–12 months

Emotional milestone	Developmental milestones
<p>Birth–4 weeks Baby getting used to life outside the womb – often quite disorganised – baby needs to feel calm, safe and have a routine.</p> <p>4–6 weeks More settled – beginning to settle into regular pattern.</p> <p>6 weeks to 3 months May be starting to smile and will smile in response to a positive interaction with another person.</p> <p>Starting to develop different cries and facial expressions that indicate when hungry, tired, uncomfortable or overwhelmed.</p> <p>Enjoys looking at human face in particular parents or familiar adults.</p> <p>Starting to vocalise more.</p> <p>3–6 months Smiling usually established.</p> <p>Temperament becoming clearer.</p> <p>Gradually becoming more aware of own feelings.</p> <p>Enjoying the familiar and starting to anticipate regular events, such as sight of bottle prior to being fed.</p> <p>Separation Gradually able to tolerate small amounts of time from parents.</p> <p>May be able to comfort self for short time but this is variable and there may be times when baby cannot do this particularly if he is frightened.</p>	<p>During the first year babies' bodies develop very fast. The nervous system becomes organised – the rate and level of this process seems at least partly related to the quality of the relationship between baby and parent.</p> <p>In general, babies gain control over their bodies from head to foot and from their centre outwards to arms and legs, and then their fingers and toes.</p> <p>First control is of eye muscles – focus 6–9 inches. From birth, babies are interested in looking at the faces of their parents.</p> <p>By 3 months babies respond by smiling.</p> <p>By 3 months will lift head and upper chest when prone using forearms to support.</p> <p>Grasps rattle for a short while. Hands move when distressed/excited at sound of approaching noise.</p> <p>5–6 months: reaches for object – picks up with raking movement.</p> <p>6–9 months: babies copy carers' speech sounds.</p> <p>By 6–12 months: babies make various sounds – babbling, cooing, gurgling and laughing.</p> <p>At 9–12 months sits unsupported for 10–15 minutes; attempts to crawl.</p>

Emotional milestone	Developmental milestones
<p>Recognising others, mother, father, siblings, grandparents, aunts, uncles.</p> <p>By 6 months starting to recognise differences in familiar people. At times may be aware of strangers.</p> <p>6–12 months</p> <p>Sleeping may change with altered sleeping arrangements e.g. move from parent's room to separate room from around 6 months.</p>	<p>Increased capacity to recognise feelings such as joy and displeasure.</p> <p>Becomes more aware of being separate from parents.</p> <p>Recognising strangers and can react in a distressed way if stranger tries to interact too quickly.</p> <p>Starting to be able to distract themselves when things go wrong.</p> <p>More persistent in pursuing their own goals especially in play.</p> <p>Enjoys sharing games with parents and others.</p> <p>Laughter occurring more often when engaging in exciting interactions with parents and familiar adults.</p>

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12–18 months

Emotional milestone	Developmental milestones
<p>12 months Toddler begins to learn to separate emotionally from main parent and to develop own identity.</p> <p>12–18 months Shows anxiety about separation from parent – tends to feel out of control of the situation and become more nervous and anxious. Not until 18–24 months can toddlers carry a picture of their loved ones in their mind.</p> <p>18 months Key words are 'me', 'mine' and 'no' – begin to distinguish between 'you' and 'me'.</p>	<p>Developing fine pincer grasp.</p> <p>Pulls to stand and by about 1 year most babies walk unaided.</p> <p>From 1 year becomes very active – gets into everything.</p> <p>Climbs on chair to reach something – stacks containers, starts to learn simple instructions.</p> <p>Has 'mama', 'dada' and 2 or 3 other words.</p> <p>Jabbers.</p> <p>Responds to own name and 'no-no' and 'give it to me'.</p> <p>By 18 months has between 6-20 words, but understands more. Uses words to replace or accompany pointing.</p> <p>Drinks from cup with help.</p> <p>Chews.</p> <p>Holds spoon and tries to use.</p> <p>Puts wooden cubes in and out of cup when shown.</p> <p>Quickly finds hidden toy.</p> <p>Plays pat-a-cake, and waves 'bye-bye'.</p> <p>Sits or stands without support while being dressed.</p>

18 months to 2 years

Emotional milestone	Developmental milestones
<p>Hugs and kisses parents, family and other people they are familiar with</p> <p>Expresses likes and dislikes</p> <p>Increasing need to be more independent</p> <p>Increasingly wants to do things for themselves</p> <p>Increasing self awareness</p> <p>Developing sense of being a separate individual</p> <p>Reacts aggressively when experiencing strong emotions.</p> <p>Aggressive acting out (hitting, kicking biting) usually peaks around 2 years.</p> <p>Does not yet have language to describe feelings or self-control to manage distress or angry/jealous feelings.</p> <p>Relies on familiar adults to help them calm down and manage strong/ distressing feelings</p> <p>Plays alongside other children but not with them</p>	<p>Large Movement</p> <p>Walks with more confidence.</p> <p>Runs but may find avoiding obstacles a challenge at 18 months but by 2 years more able to avoid them.</p> <p>Walks upstairs with help and by 2 years starting to walk downstairs.</p> <p>Enjoys climbing.</p> <p>Learns to kick a ball.</p> <p>Fine movement</p> <p>Builds tower of 3 at 18 months.</p> <p>Holds crayon mid shaft at 18 months</p> <p>Dexterity increases by 2 years</p> <p>Scribbles and begins to copy a straight line at around 20 months</p> <p>Communication</p> <p>By 2 years increased number of words and starting to put 2-3 words together.</p> <p>Gradual increase in emotional inflections in speech.</p> <p>Points to parts of body around 20 months</p> <p>Follows simple instructions</p> <p>Starts to use words such as 'no' and 'more'</p>

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Two years

Emotional milestone	Developmental milestones
<p>Toddlers normally show extremes of behaviour between 2 and 3 years – very dependent/independent, very aggressive/calm, helpful/stubborn.</p> <p>More independent – gets angry when stopped from moving somewhere, tantrums common (cries desperately, kicks, bites, rough with other children).</p> <p>Begins to show feelings of pride, pity, sympathy. These feelings connect the child to himself and to others. Two-year-olds are usually aware of praise and smile.</p> <p>Needs a parent to tell him what is right and what is a 'no-no' – tone of voice important. First step in recognising right from wrong.</p> <p>Less fear of strangers.</p> <p>Fear of noises, thunder, trains, flushing toilets.</p> <p>Plays alone or alongside others but won't share.</p> <p>Short attention span and easily distracted.</p> <p>Harsh parenting and smacking gets in the way of a child's emotional development.</p> <p>Toddlers like routine and any changes upset them.</p>	<p>Runs, pushes and pulls large toys.</p> <p>Climbs on furniture and up and down stairs holding on to rail.</p> <p>Throws small ball overhead.</p> <p>Sits on small bike and scoots along with feet.</p> <p>Hand preference usually obvious.</p> <p>Enjoys picture books and recognises detail.</p> <p>Modifies pencil grasp, spontaneously scribbles to and fro and in a circular motion.</p> <p>Knows 50+ words and begins to form simple sentences.</p> <p>Talks to self.</p> <p>Names familiar objects and parts of body.</p> <p>Carries out simple instructions. Spoon-feeds well and chews competently.</p> <p>Verbalises toilet needs – may be dry in day.</p> <p>Enjoys imitating domestic activities.</p>

Three years

Emotional milestone	Developmental milestones
<p>Play is the work of this age – focus on becoming confident and efficient.</p> <p>Quite balanced – normally happy and contented.</p> <p>Still self-centred and magical in thinking – believes wishes make things come true.</p> <p>Has imaginary friends who can be blamed when things go wrong.</p> <p>Bargaining works but reasoning does not. Distraction still works.</p> <p>Doesn't get so frustrated and gets less angry when stopped.</p> <p>Biggest fear is that their parent will abandon them – especially at night.</p>	<p>Enjoys walking/climbing and running.</p> <p>Likes drawing/threading/play-dough and simple jigsaws.</p> <p>Begins to take turns, as a start to sharing.</p> <p>Large vocabulary mainly intelligible to strangers, but many ungrammatical forms persist.</p> <p>Able to follow instructions.</p> <p>Asks many 'what, where and who' questions.</p> <p>Listens eagerly to stories.</p> <p>Uses fork and spoon.</p> <p>Pulls pants/knickers up/down.</p>

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Four years

Emotional milestone	Developmental milestones
<p>4-year-olds enjoy silly games/talk and showing off.</p> <p>Through play they continue to seek balance between dependence /independence.</p> <p>May see return of some '2-year-old stubbornness'.</p> <p>If 'naughty', may blame others or be 'naughty' on purpose to get a reaction.</p> <p>May be aggressive again – biting, kicking, and throwing objects.</p> <p>Has a sense of past/future.</p> <p>Fear of dark remains.</p> <p>Begin to compete with parent of same sex for the attention of parent of opposite sex.</p>	<p>Up and down stairs with adult following.</p> <p>Climbs ladders/trees.</p> <p>Rides tricycle expertly.</p> <p>Increasing skill in ball games.</p> <p>Threads small beads on lace.</p> <p>Holds pencil in mature fashion.</p> <p>Copies an X.</p> <p>Speech grammatically correct and intelligible.</p> <p>Listens to and tells long stories, sometimes getting confused. Repeats nursery rhymes.</p> <p>Eats skilfully.</p> <p>Washes/dries hands, brushes teeth.</p>

Five years

Emotional milestone	Developmental milestones
<p>More balanced again.</p> <p>Quite independent and often serious and realistic.</p> <p>Less frustrated and less angry – may bang doors/stamp feet, say 'I hate you' and 'I wish you were dead'.</p> <p>Mostly friendly and talkative to strangers.</p> <p>Bargaining continues to work. Calming down time helps them to regain self-control.</p> <p>Fears of being hurt are common.</p> <p>May also worry that parents may not be available when needed, e.g. something happening to a parent while child at school. Tender and protective towards younger child or pet.</p>	<p>Runs lightly on toes.</p> <p>Active and skilful in outdoor play.</p> <p>Grips strongly with either hand.</p> <p>Good control in writing and drawing and painting.</p> <p>Writes a few letters spontaneously.</p> <p>Speech fluent – may have some phonetic confusions.</p> <p>Recites rhymes and jingles.</p> <p>Enjoys jokes – asks meaning of abstract words.</p> <p>Uses knife/fork competently.</p> <p>Undresses/dresses.</p> <p>Appreciates clock time in relation to daily routine.</p>