

Growth and Development

Age	His posture and large movements	His sight and fine movements	His speech and hearing	His feelings	His social behaviour	His needs
Birth	Lies with knees bent. Can grip firmly. Sucks vigorously. Lies in position placed. Can turn head to side if lying on face or back. Makes vague large movements	Blinks at strong light.	Makes grunts of satisfaction when feed completed. Cries loudly when uncomfortable.	Shows alarm when lowered quickly, or hears loud noises, or is held loosely (by throwing arms out spreading fingers stiffly and crying.)	Seems to derive contentment from contact with is mother's body. Stops crying when picked up and held closely or rocked gently. Sleeps most of time.	Loving, acceptance, warmth, cleanliness, quiet, firm, gentle handling with head supported. Blanket tucked closely round to give security. Access to mother's breast.
At about 1 month	Can lift his head occasionally when held close to adults shoulder.	Looks vaguely into space most times, but can follow moving white handkerchief with his eyes for a few seconds.	Can scream with panic if left too long without attention. Different sounding cries for pain, hunger, discomfort, loneliness etc, can be detected by own mother.	Swings from pleasure to unhappiness and vice versa rapidly.	Can sense presence of mother, looks towards her vaguely when she calls him. Turns head towards breast.	Add to above: Feeding and feeding times adjusted to his needs and those of his mother.
At about 3 - 4 months	(2 month immunisation) Kicks feet and waves arms in a more controlled manner. Watches and clasps hands. Feels fingers. When lying on his stomach can lift head and shoulders upwards on his outstretched arms.	Recognises his mother or person who regularly attends and comforts him.	Gets excited at sound of mother's footsteps or preparation for feeding or bathing. Stops crying when hears mother's voice.	Add to above: Can now lie contentedly awake for longer periods. Gathering an idea of his body from his large movements. Shows pleasure by wriggling his body and smiling.	Gurgles and smiles when spoken to by a friendly person. Constantly watching people near him. Sometimes uncertain of strangers.	Time on a rug on floor to stretch, wriggle and roll. Time to splash and play in bath. Cuddling and conversation time. Suitable toys to mentally stimulate and interest. Educational diet to form a basis for future food habits.

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At about 6 - 7 months	(Sight and Hearing test) Can pull himself up when helped by adult. Takes each object to his mouth. Sits with support for short time. Holds bottle.	Grasps with whole hand. Eyes move in unison. Follows with eyes adult's movement across room.	Turns to mother's voice across room. Squeals with pleasure. Screams with rage. Easily distracted. Laughs, gurgles, chuckles when playing with familiar person.	Swings from one extreme to another. Briefly shows anger if toy taken away. 4-5 months aware of bring separate form mother. Occasionally shows shyness or slight anxiety.	Grasps small toys – takes each object to his mouth. Grasps feet. Pats breast or bottle while feeding. 4-6 months watches strangers quietly.	Simple play things, wooden blocks, rattle, cotton reels, ring to bite. Companionship of mother – fun at bath time. Knee riding, finger and toe songs daily.
At about 8 - 9 months	Very active. May begin to crawl. Rolls over to sit without help. Uses both legs and arms vigorously. Cannot yet open hand and release object at will.	Can pick up small objects between thumb and fore fingers. Can pass an object from hand to hand and to mouth. Can turn object over to inspect it. Scissor grasp.	Babbles and uses voice a great deal (if he can HEAR) tries to imitate adults (cough, smacking lips etc.) Shouts to attract attention, vocalises deliberately, gurgles. Tries to copy sounds.	Shows anger and annoyance by stiffening his body, kicking legs, screaming. Can throw himself backwards. Shows pleasure by eager movements of whole body.	Extremely responsive and alert 'talks' to members of family. Uses voice to attract. Will play 'peep-bo' claps, waves. Looks at mother before smiling at new face. Needs reassurance.	SAFE place to crawl and play. Simple play things. Time to play in the bath. Sensible clothes. Companionship of friendly adults – finger toe songs and games. Simple worded nursery songs. Mental stimulation from adults. Frequent reassurance of mother.
At about 1 year	Sits well. Pulls to a stand. Walks around furniture. Walks with one or both hands held. Can hold a cup to drink from. Puts things in / out of box and mug. Uses hands and eyes more than mouth to explore.	Drops toys deliberately to watch them fall. Points with index finger to objects of interest or if he wants to handle them. Recognises familiar people from more than 20 feet away. Uses both hands freely.	Knows own name. Turns when called. Babbles tunefully. Understands simple commands / words "give it to me", "come to mummy", "walk", "dinner", "say bye bye".	Growing independence. Shows little fear and much curiosity. Shows anxiety when left alone by mother. Swing of emotions less violent.	Drinks from cup with little assistance. Holds spoon, drools less. Rattles spoon in cup – rings bell in imitation. Likes to be with-in sight /sound of adults. Demonstrates affection. Watches / copies behaviour greets strangers	Opportunities to stand, crawl walk safely. Protection from accidents at home. Dangerous items out of reach. Encouragement from parents. Music, simple songs, food from five groups.

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At about 15 months	Stands alone. Gait unsteady. Walks with legs apart, arms bent and raised for balance. Restless and active. Can kneel. Takes unfamiliar objects to his mouth.	Picks up neatly between thumb and forefinger. Can put one block on another. Grasps crayon and may copy scribbling. Looks at picture books. Sees better at a distance. Stands at window watching events outside.	Says 2-5 recognisable words amongst vivid jabber. Wide range of voice tone. Understands more than can say. Obeys simple commands, eg "shut the door", "get your shoes".	Swings from dependence on adult to independent action. Some times rejects adults overtures. Shows jealousy, anxiety if parents give attention to other children, pets, etc. throws toys if angry.	Dislikes restraint and resists. Tends to "show off". Shouts, gestures. Calls to strangers as well as friends. Needs parent close by although wanting freedom to explore.	Opportunities to explore / investigate environment safely. Opportunities to be independent (eating dressing etc) encouragement, praise, much patience with activities and messes, simple play things and the right to express feelings with them.
At about 18 months	Runs stiffly upright. Walks upstairs with hand held. Creeps backwards downstairs. Can pick up a toy from floor without falling.	Using preferred hand to scribble, hold spoon etc. builds tower of three blocks. Enjoys simple picture book. Often touches picture of familiar object eg doll, dog, shoe etc.	May use 6-20 words, jabbers tunefully. Enjoys rhymes and songs, tries to join in. shows interest in words and practices them. points to own or doll's hair, nose, shoes etc. echoes prominent or last word spoken to him.	May show resistance to adults suggestion. Screams if frustrated by adults interference in play. Has intense curiosity swings easily from independence to dependence, eagerness to irritation, friendly co-operation to resistance, especially when hurt, ill or frightened. Often says 'No'.	Drinks without spilling. Indicates toilet needs by restlessness and speech. Plays contentedly alone but near familiar adult. Tries to join in when adults sing to him. Before long will put on hat and leave house and garden alone, as he sees adults do.	Add to 15 months: songs and conversation from adults around him. Larger playthings for pushing and pulling. Tactful cooperation for going to bed, dressing, bathing, coming to meals. Offer new objects if necessary to remove object being investigated. Needs constant watching – may wander.

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At about 2 years	Runs safely on whole foot avoiding obstacles. Squats and can rise to feet without using hands. Climbs on chair to look out of window or open door. Throws small ball.	Removes paper wrapping from small sweet. Circular scribble and dots with paper and pencil. Recognises familiar adults in photographs.	May use up to 50 words, may put two words together to form a sentence. Constantly asking names of objects. Repeats words heard constantly. Refers to himself by name.	Clings tightly in affection, fatigue or fear. Tries to be independent. May have tantrums when suffering frustration, nightmares or fears. More stable, will wait briefly. Will show concern for mother (if hurt pretended) but can be aggressive towards her at times.	Asks for food and drink. Puts on hat and shoes. Turns door handles. May ask for toilet needs in reasonable time, except when preoccupied. Demands adults attention. Defends own possessions.	Companionship from father, simple stories, finger play games with adults, sand, water, big/small cardboard boxes. Hats, shoes, shawls/bags to dress up in. Independence, help in how to do things, opportunity to decide and change mind over small things.
At about 2 - 2.5 years	Climbs. Sits on a tricycle. Kicks a ball from standing position.	Picks up pins, or threads. Recognises himself in photographs.	200 words. Asks "What's that"? few nursery rhymes.	No real play with other children together. Watches other children.	Trying to be independent, so seems uncooperative. Swings from passionate rebellion to dependence and need for help.	Needs opportunity for independence in secure, loving routine. Patience. Firmness. Play materials – Sand, Water, Boxes, Dress Up Materials.
At about 3 - 3.5 years	Walks on tip toe. Can throw a ball. Draws head/face but usually no body. Cuts with scissors.	Copies circles. Can close fist and wriggle thumb (L and R). can paint with large brush.	May have 900 words. Talks freely, asks questions. Who, What, Where. Plays make believe, plays out own experience with toys.	Plays happily with one or two children. Helps with adult activities. Begins to share.	Co-operative, loving, friendly. Some insecurity (shyness, nervousness) may develop later.	Companionship of other children, vigorous play with outdoor materials. Companionship of adults who are patient, consistent, tactful, encouraging.

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At about 4 - 4.5 years	Can hop on one foot. Build elaborate structures with blocks, etc. climbs ladders and trees.	Can match and name 4 primary colours. Draws man with head and legs, and also trunk, or face.	1,500 words. Internally asking questions. Gives address and age. Listens to and tells long stories. Confuses fact and fantasy.	Can take turns sometimes. May swear. Play with groups of children. Shows concern for hurt children.	Confident and assured. Behaves the way his parents behave (both the good and the bad). Purpose and persistence developing.	To be treated as a reasonable person. Needs careful, truthful answers. Needs approval of adults with consistent behaviour and standards.

<http://www.meerilinga.org.au/children-parenting/parenting-tips>

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