



## Developmental Expectations

*80% of Brain Development Happens During the First Three Years of Life!*

The American Academy of Pediatrics and the Center for Disease Control and Prevention have outlined age-related markers that every child should reach by twelve months of age.

Developmental milestones are things most children can do by a certain age. These should be viewed with sensitivity; as each child develops in his/her own manner. A child may be on track without having learned every skill. Parents should intervene by alerting your child's doctor if you have any concerns over progress or delays for your child.

### What should your child be doing?

#### Language and Communication Development

- Responds to simple verbal requests
- Uses simple gestures, such as shaking head for "no"
- Babbles with change in tone
- Says "dada" and "mama" and "oh-oh!"
- Tries to replicate common words or short phrases

#### Social/Emotional Development

- Cries when parents/guardians leaves
- Cautious with strangers
- May be fearful in some situations
- Has favorite items/toys
- Prefers mom and/or regular caregiver over other people
- May be fearful in some situations
- Repeats sounds or gestures
- Finger-feeds himself
- Initiates reading or play time by handing you a book or toy
- Extends arm or leg to help when being dressed

## 12 Months Old

The American Academy of Pediatrics recommends developmental and behavioral screening for all at :

- ❖ 9 months
- ❖ 18 months
- ❖ 24 or 30 months

#### Recommended Developmental Screening Tools:

- **Ages and Stages Questionnaire (ASQ-3)**
- **Parents' Evaluation of Developmental Status (PEDS)**
- **Parents' Evaluation of Developmental Status- Developmental Milestones (PEDS-DM)**
- **Brigrance Screens**



#### Recommended Apps:



CDC's Milestone Tracker  
Daily Vroom  
BabySparks



Office of  
Elementary Education  
Buffalo Public Schools



This information comes from  
American Academy of Pediatrics at <https://www.aap.org>  
Centers for Disease Control and Prevention at <https://www.cdc.gov/>  
and is funded by the District's My Brother's Keeper Initiative.

## Cognitive Development (learning, thinking, problem-solving skills)

- Explores objects in many different ways (shaking, banging, throwing, dropping)
- Finds hidden objects easily
- Uses pointer finger to identify needs/wants
- Looks at/pointed to correct picture when the word is said
- Imitates gestures of other people
- Begins using everyday objects correctly (drinking from cup, brushing hair, brushing teeth, dialing phone,)
- Follows one-step directions (find the ball, pick up the block)

## Physical Development (gross motor)

- Creeps and crawls on hands and knees supporting his/her own body
- Can get to a sitting position without help
- Pulls up to stand
- Walks holding on to furniture
- Stands alone without support
- May walk two or three steps without support

## Fine Motor Development

- Uses a grip (pointer finger and thumb) grasp, especially when self-feeding
- Bangs two objects together
- Puts items into and takes items out of containers
- Releases objects willingly from his/her grasp
- Pokes/points with index finger
- Tries to imitate scribbling

## What should I talk to my child's doctor about?

Each child develops in his or her own manner. It is impossible to tell exactly when your child will learn any given skill. You should contact your pediatrician if your child displays any of the following signs of possible developmental delay.

- Does not crawl
- Drags one side of body while crawling
- Cannot stand when supported
- Does not search for objects that are hidden while he watches
- Cannot produce single words ("mama" or "dada" or "baba")
- Does not learn to use gestures, such as waving or shaking head
- Does not point to objects or pictures
- Loses skills that he or she once had mastered

### Positive Parenting Tips to help your child Learn & Grow



Talk to your child throughout the day. Use descriptive words to help them learn daily routines. For example, "Mommy is using your hairbrush to brush your hair."

Read with your child every day. Let your child turn the pages and take turns naming pictures you see. Allow them to help tell the story using the pictures in the book.

Answer when your child makes sounds or noises. This will help him learn to use language for conversation.

Sing songs and dance with your child.

Spend time cuddling and holding your child.

Praise your child and give him or her lots of loving care.

Give your child paper and crayons and allow them to draw freely.

Play with your child using blocks, shape sorters or appropriate puzzles.

Hide toys and have your child find them.

Play games like "peek-a-boo" and "pat-a-cake."



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