



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 twenty-four 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

- Points to object or picture when it's named
- Knows names of familiar people, objects, and body parts
- Says several single words
- Uses simple phrases / two- to four-word short sentences
- Follows simple directions
- Repeats words heard in other conversations

Social/Emotional Development

- Imitates behavior of others
- Enjoys being with other children
- Shows increasing independence
- Begins to show defiant behaviors
- Displays separation anxiety

24 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)**
- **Brigance 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/>
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Cognitive Development (learning, thinking, problem-solving skills)

- Finds objects even when hidden
- Begins to sort by shapes and colors
- Begins make-believe play
- Completes sentences and rhymes from familiar songs and books
- Builds towers of 4 or more blocks
- Follows two-step directions (pick up the ball and put it in the basket)
- Names common objects in pictures or books (cat, dog, sun,)

Physical Development (gross motor)

- Walks alone
- Pulls toys behind her while walking
- Carries large toy or several toys while walking
- Begins to run
- Stands on tiptoe
- Kicks a ball
- Throws a ball overhead
- Climbs onto and down from furniture without help
- Walks up and down stairs holding on for support

Fine Motor Development

- Scribbles freely
- Makes or copies straight lines and circles
- Turns over container to pour out contents
- Might use one hand more often than the other

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.

- Cannot walk by eighteen months
- Fails to develop a heel-toe walking pattern after several months of walking, or walks only on toes, or does not have a steady step
- Does not speak at least fifteen words by eighteen months
- Does not use two-word phrases
- Does not know what to do with common objects (toothbrush, phone, fork, spoon)
- Does not copy others actions or words
- Does not follow simple instructions
- Cannot push a wheeled toy
- Loses skill he or she once had

Positive Parenting Tips to help your child Learn & Grow



Read to your toddler everyday.

Teach your child to identify common objects, name body parts and animals.

Help your child do puzzles with shapes, colors or farm animals. Name each piece when your child puts it in place.

Encourage your child to play with blocks. Take turns building towers and then knocking them down.

Ask your child to help you open doors and lower drawers; allow them to turn the pages in books.

Help to develop your toddler's language by talking with her and adding to words she starts. For example, if your toddler says "baba", you can respond, "Yes, you are right—that is a *bottle*."

Encourage your child's growing independence by letting him help with dressing himself and feeding himself.

Encourage your toddler's curiosity and ability to recognize common objects by visiting community places like the zoo or museum.

Take your child to the park and allow them to run and climb.

Kick a ball back and forth with your child.

Do art projects with your child using crayons, paint and paper.



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