



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 thirty-six 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

- Can say his or her own first name and age
- Follows two and three step directions
- Can name familiar things and objects
- Understands the concepts of "same" and "different"
- Understands positional words such as "in," "on," and "under"
- Speaks in sentences of five to six words
- Speaks clearly enough for strangers to understand most of the time
- Tells stories or carries 2 to 3 sentence conversations

Social/Emotional Development

- Interested in new experiences
- Plays well with other children
- Takes turns in games
- Shows affection and concern
- Increasingly creative in fantasy play
- Dresses and undresses self
- Negotiates solutions to conflicts with others
- Becomes increasingly more independent
- Often cannot distinguish between fantasy and reality

36 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)

- Correctly names some colors
- Understands the concept of counting and may know a few numbers
- Follows three-part directions
- Recalls parts of a story
- Understands the concept of same/different
- Engages in fantasy play with dolls, animals, and people
- Can operate toys with levers, buttons and moving parts
- Can complete a 3 or 4 piece puzzle

Physical Development (gross motor)

- Climbs and runs well
- Hops and stands on one foot for up to five seconds
- Goes up and down stairs without support, one foot on each step
- Kicks a ball forward
- Throws a ball overhand
- Catches a bounced ball most of the time
- Moves forward and backward
- Pedals a tricycle

Fine Motor Development

- Draws or copies circle and square shapes
- Turns book pages one at a time
- Screws and unscrews jar lids or knobs
- Draws a person with two to four body parts
- Uses scissors
- Begins to copy some capital letters

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 jump in place
- Cannot ride a tricycle
- Cannot grasp a crayon between thumb and fingers
- Has trouble scribbling
- Cannot stack four or more blocks
- Still clings or cries whenever his parents leave him
- Cannot work interactive games such as puzzles, peg boards or gears
- Doesn't want to play with other children or toys
- Doesn't play pretend or make-believe
- Resists dressing, sleeping, using the toilet
- Lashes out without any self-control when angry or upset
- Doesn't use sentences of more than three words
- Loses skills he or she once had

Positive Parenting Tips to help your child Learn & Grow



Read to your toddler every day. Ask your child to point to things they see in the pictures and to name them.

Ask her to find objects around the house for you or name body parts and objects.

Play matching games with your toddler, like shape sorting and simple puzzles.

Play counting games with your child.

Help to develop your toddler's language by talking with her and adding to words she starts.

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

Work with your child to solve problems when they are upset.

Encourage your toddler's curiosity and positive play behaviors by going to play groups.

Play outside with your child. Go to the park or walk on a trail. Allow your child to play and explore freely.

Give your child access to paper, crayons and coloring books. Color and draw line and shapes with your child.



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