

MILESTONES

from BIRTH to SIX YEARS

It is exciting when I learn to do new things.

Here are some of the things I will probably do as I grow between 4 months and 6 years. These milestones are based on what most typical children can do by these ages.

By 4 months I...

- am hungrier because I am going through a growth spurt and start teething
- smile, laugh and squeal
- enjoy spending time on my tummy and lifting my head
- look at you and follow your face with a happy gaze
- bring my hands together on my chest

By 3-4 months I should be turning my head towards a sound or your voice and smiling at others. Please tell my doctor if I usually prefer to turn or tilt my head to one side only.



By 18 months I...

- can scribble
- insist on doing everything 'myself', but need help in making choices
- enjoy looking at my surroundings and noticing things with mom or dad
- can walk by myself and love to climb
- can copy a two word phrase

Call a health care professional if I am not saying at least 10 words.



By 24 months I...

- am starting to kick a ball and can jump with two feet
- enjoy short stories when you read to me
- enjoy simple puzzles and can turn a door knob
- can pour and fill
- can use two word sentences and names for people, objects, actions and places

Please tell my doctor if I am walking mostly on my toes or if I was walking well but now I seem weaker or clumsy.

By 6 months I...

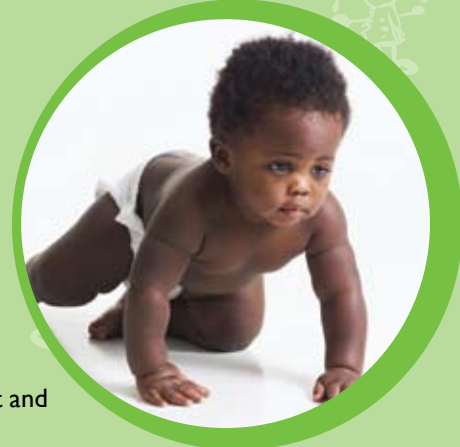
- enjoy imitating others by playing 'pat-a-cake' and peek a boo
- can push up on my arms when on my tummy and roll from my tummy to back and back again
- am still breast feeding, and can start to try solid foods
- reach for my feet, explore my body, grasp toys and bring them to my mouth

Please tell my doctor if I seem overly floppy or very stiff

By 8 to 10 months I...

- can drink from a cup and eat soft lumpy food
- can point and use my thumb and finger to pick up small pieces of food
- can sit for short periods of time without support and creep or crawl
- depend on you to comfort and soothe me

Please tell my doctor if I'm not using both hands or do not like being held or comforted when upset.



By 3 years I...

- should have all 20 of my baby teeth
- can pedal a tricycle and walk upstairs by myself
- can name my own and others feelings
- enjoy playing interactively with others like make believe, acting or playing house
- eat well with a fork or spoon

If I am not interested in using pencils, crayons, have a short attention span or difficulty settling into one activity please tell my doctor.



By 12 to 15 months I...

- can say 3-5 words other than "Mama and Dada" and understand more than 50 words
- can use a spoon and drink from a cup by myself while eating the same food my family eats
- can pull myself to stand and walk holding on the furniture as I want to explore everything!
- move toys in and out of containers and stack blocks
- prefer familiar people to strangers

By 15 months, please talk to my doctor if I can't stand up with support, if I don't react, respond or initiate/start social interactions.

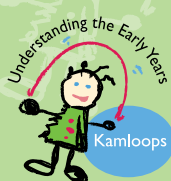


By 4 years I...

- start and carry on a conversation about a topic
- hold the toothbrush and brush my teeth with an adult's help
- draw people, simple shapes and cut paper
- can develop fears and will need reassurance and comfort when I feel afraid
- can balance on one foot and I can skip and gallop

By 5 years I...

- make up stories and use my imagination
- can hop on one foot and I can catch a ball
- hold a pencil with my thumb and fingers
- play in a group, friendships are becoming stronger
- dress myself with little help



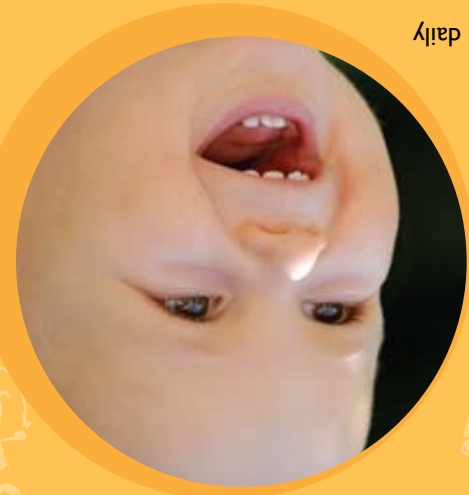


I might have Daddy's eyes or Mommy's chin, but remember I am not exactly like anyone else. I will grow and develop at my own pace and might not match these milestones exactly. Try not to compare me too much to other children. If you do have concerns about my rate of growth or development please tell my doctor, or call one of the contacts listed in this brochure, as soon as possible.

I'll do it my way

Healthy habits lead to a lifetime of good dental health.

- A healthy diet helps my teeth stay healthy
- Visit the dental office six months after my first tooth comes in
- When my first tooth comes in start brushing for me twice a day with a fluoride toothpaste
- My mouth cleaned daily with a soft cloth



See me smile!

My baby teeth are so important. I will have baby teeth until I am age 10 or older and I need them healthy so I can eat well, speak clearly and so the space will be kept for my adult teeth to come in.



■ Tummy-time playtime is important when I am a baby, it helps develop the way I move and lets me see the world where I live

■ Play is children's work, it helps me make sense of the world

■ Play helps children feel a sense of purpose and become confident in their own abilities

■ My brain develops when I have an opportunity to try out different kinds of play

Play it again, and again, Sam!

■ Singing and rhyming helps me build my skills that I need for talking

■ Copying my sounds helps me learn yours

■ Reading to me helps me learn about new ideas

■ Talking with me helps me learn how to communicate

■ Talking together with me when I am young helps me feel important



Are you talkin' to me?



Let's go bananas!

■ Breast milk is my best food for the first six months, then nutritious solid foods can be added to my diet – you can continue breast feeding me for two years or more

■ I enjoy sharing family mealtime, as soon as I am able to sit up on my own and eat solid foods

■ Give me a chance to enjoy my food, even if it means I get my hands and face dirty

■ I like you to prepare and offer me different choices of food, then let me decide how much and what foods I eat as I get older

■ I love to listen to you talk, read and sing

■ I need you to watch over me, delight in me, help me and play with me:

The Circle of "Security" Project

■ "Always be bigger, stronger, wiser and kind, whenever possible meet my needs. Whenever necessary, take charge."

■ I need you to trust you and me so I learn to trust you and feel safe

■ I need you to touch me gently, hold me, rock me, look into my eyes and talk to me

■ Stay calm and be kind when I seem frustrated, help me understand my feelings

■ I need you to set limits and boundaries.

■ When I am feeling scared, hurt or upset I need you to comfort me quickly,



Love me Tender

Understanding why the Early Years are so important

The first six years of life is the time when a child's brain develops most rapidly. Early childhood experiences and environments, both positive and negative, shape the brain and set the foundation for life-long health, learning and behaviour.

This milestone guide offers information about how children develop in the early years. It describes what most children can do at each developmental stage between 4 months and 6 years of age. It also provides parents and caregivers with activities and ideas that support the healthy growth and development of their children.

Parents are experts at noticing all the changes as they watch a young child grow and develop. If you notice that your child isn't doing an activity or responding in a way that you expect, you should call one of the agencies listed in this brochure.

Contacts (In Kamloops)

Public Health

250-851-7300

<http://www.interiorhealth.ca/Choose+Health/Public+Health/>

Infant Development Program

250-371-4140

www.idpofbc.ca

Children's Therapy and Family Resource Centre

250-371-4100

www.tnfrs.org

Q'wemtsin Health Society

250-314-6732

Childcare Resource and Referral Centre

250-372-7791

<http://www.kamloopsy.org/southwesty.htm>

Interior Indian Friendship Centre Aboriginal Early Childhood Development Program

250-376-1617

Interior Métis Child and Family Services

250-554-9486

Interior Community Services

250-554-3134

<http://www.interiorcommunityservices.bc.ca/>

Child and Youth Mental Health

250 - 371-3648

http://www.mcf.gov.bc.ca/mental_health/

Insight Support Services

250-554-0085

White Buffalo Infant and Supported Child Development Program

250-554-1176

www.whitebuffalo.name

Dial-A-Dietitian

1-800-667-3438

Understanding the Early Years



Kamloops

MILESTONE guide

FOR PARENTS with children

from BIRTH to SIX YEARS

www.makechildrenfirst.ca