

CHILD DEVELOPMENT STAGES 1-3 YEAR OLDS



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WHAT ARE DEVELOPMENTAL MILESTONES?



Developmental milestones are a set of functional skills or age specific tasks that most children can do at a certain age range.

Although each milestones has an age level, the actual age when a typically developing child reaches that milestone can vary.

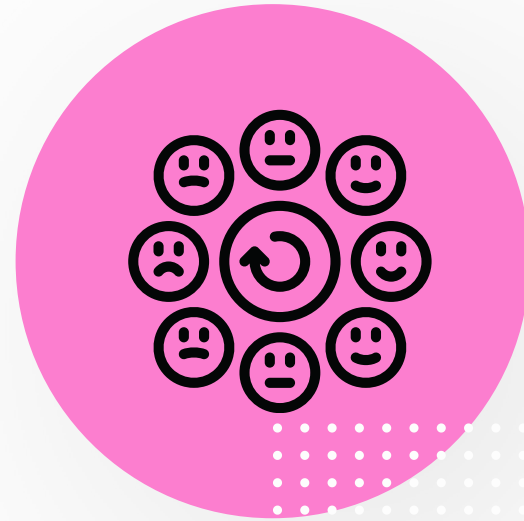


Each child
is unique !

DEVELOPMENTAL MILESTONES



Motor Development



Socio-Emotional



Language



Cognitive

12 MONTHS

SE

- Play with familiar peoples
- Are more interactive and like to play interactive games like peekaboo and pat a cake

M

- Drink from an open cup while you hold it
- Shake and throw objects
- Take a few steps while holding on to a person or a piece of furniture

L

- Waves "bye-bye"
- Call parent "Mama" "dada" or another name
- Understand "no" (pauses or stops when you say it)

C

- Looks for things they see you hide (like a toy under a blanket)
- Put things into a container (like a block in a cup)

18 MONTHS

SE

- Moves away from you, but looks to make sure you are close by
- Points to show you something interesting
- Looks at a few pages in a book with you
- Helps you dress him by pushing arm through sleeve or lifting up foot

M

- Walks without holding on to anyone or anything
- Scribbles
- Tries to use a spoon
- Climbs on and off a couch or chair without help

L

- Tries to say three or more words besides “mama” or “dada”
- Follows one-step directions without any gestures, like giving you the toy when you say, “Give it to me.”

C

- Copies you doing chores, like sweeping with a broom
- Plays with toys in a simple way, like pushing a toy car

2 YEARS

SE

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
- Looks at your face to see how to react in a new situation

M

- Kicks a ball
- Runs
- Walks (not climbs) up a few stairs with or without help
- Eats with a spoon

L

- Points to things in a book when you ask, like “Where is the bear?”
- Says at least two words together, like “More milk.”
- Points to at least two body parts when you ask him to show you

C

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
- Tries to use switches, knobs, or buttons on a toy

3 YEARS

SE

- Calms down within 10 minutes after you leave her, like at a childcare drop off
- Notices other children and joins them to play

M

- Strings items together, like large beads or macaroni
- Puts on some clothes by himself, like loose pants or a jacket
- Uses a fork

L

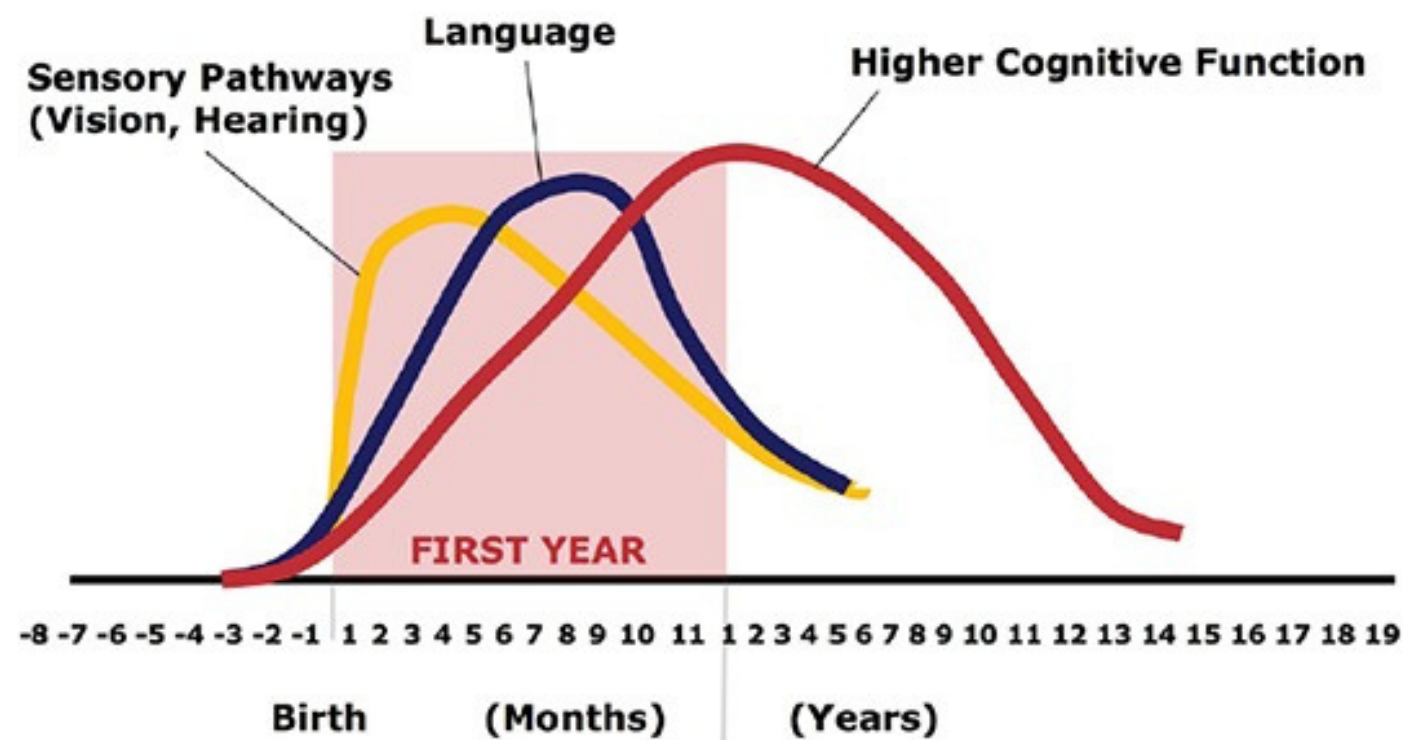
- Talks with you in conversation using at least two back-and-forth exchanges
- Asks “who,” “what,” “where,” or “why” questions, like “Where is mommy/daddy?”
- Says first name, when asked
- Talks well enough for others to understand, most of the time

C

- Draws a circle, when you show him how
- Avoids touching hot objects, like a stove, when you warn her

Sensitive Periods

Human Brain Development
Neural Connections for Different Functions Develop Sequentially



Source: C. A. Nelson (2000)

Sensitive periods are optimal times in development when certain areas of the brain are most ready to benefit from experience.

The brain's plasticity is high during sensitive periods, meaning the brain has a strong ability to adapt to and learn from experiences.



Always observe your children and reflect on these questions:

Is there anything your child does or does not do that concerns you?

Has your child lost any skills he/she once had?

What are some things you and your child do together?



If you see something, **act** early. It can make a difference in your child's ability to learn and practice the skills he/she is missing.



Help them become the best version of themselves!

THANK
YOU!



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Source: CDC's Developmental Milestones