

## About this brochure

There is a wide range of normal development in children. Each child can develop at his or her own pace. Information in this brochure was compiled by community professionals who are invested in early child development using the references listed below. If you have any questions regarding this information or would like to order more brochures, please contact the Children First Initiative at 250-565-7331.

*REFERENCES:* Speech and Language Development Chart 2nd Ed. Pro Ed (1993), Ages and Stages Questionnaire 2nd Ed. Bricker et. al (1999), Motor Assessment of the Developing Infant W.B. Saunders Co. (1994), Developmental Profiles Delmar Publishers (1999), From Birth to Five Years Routledge Pub. (1997)

### Contacts - North Peace

Fort St. John Child Development Centre  
250-785-3200

Fort St. John Infant Development Program  
250-785-3200

Fort St. John Aboriginal Infant Development Program  
250-785-0887

Fort St. John Health Unit  
250-263-6000

Hudson's Hope Health Centre  
250-783-9991

Fort Nelson Health Unit  
250-774-7092

Fort Nelson Family Development  
250-774-2596

Fort Nelson Infant Development Program  
250-774-2596

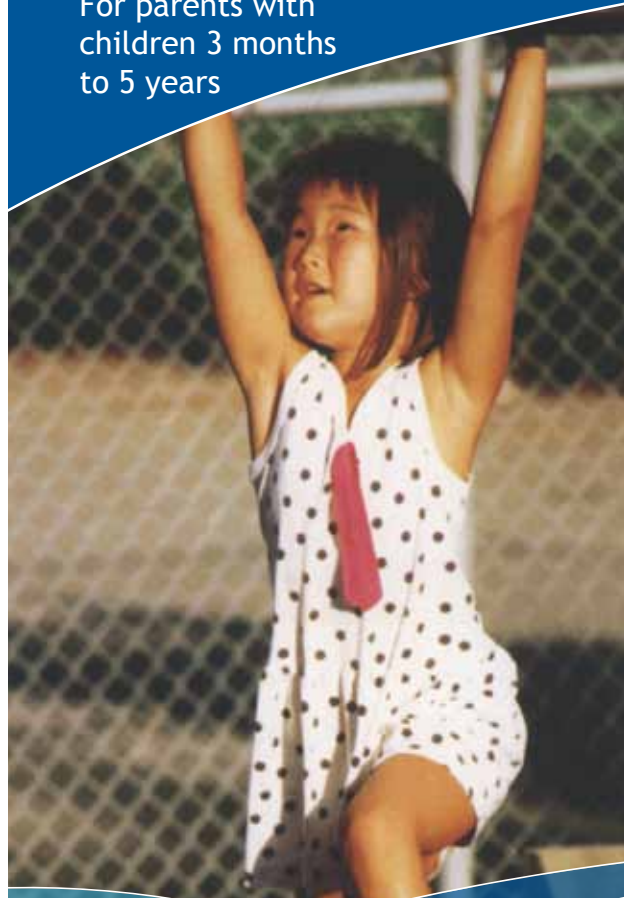
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**northern health**  
*the northern way of caring*  
[www.northernhealth.ca](http://www.northernhealth.ca)  
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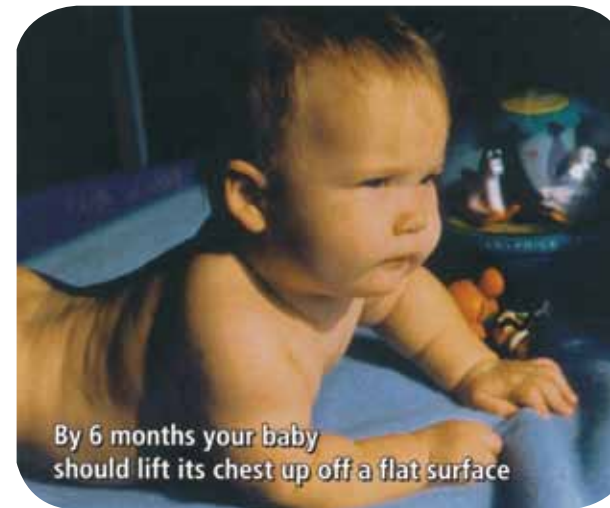
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## How is my child developing?

For parents with  
children 3 months  
to 5 years



  
**northern health**  
*the northern way of caring*



## Milestones

The milestones in this brochure are when up to 90% of children can achieve them.

### By 3 months your baby should...

- Look at and follow your face when you are close to her
- Smile, make cooing sounds, and suck well on the nipple
- Enjoy being touched and cuddled
- Stop crying when comforted

By 3-4 months your child should turn her head towards a sound or your voice and smile in response to others.

Mention to your doctor if your infant consistently prefers to turn or tilt her head to one side only.

### By 6 months your baby should...

- Laugh and copy sounds made by a caregiver
- Bang, shake and bring a toy to mouth
- Swallow without tongue thrust and gagging
- Roll over

By this age your child should be able to lift her chest up off a flat surface when lying on her tummy by pushing on her arms and straightening her elbows.

See your doctor if you find your baby feels very floppy or very stiff.

### By 9 months your baby should...

- Begin pointing
- Copy actions (e.g. wave bye, clap hands)
- Sit by herself
- Begin to crawl
- Begin to search for hidden objects
- Play with objects placed in hands
- Use thumb and finger when picking up small pieces of soft food
- Hand you objects
- Probably be guarded with strangers

By 10 months your child should be saying lots of different sounds (babbling) and even be laughing out loud.

Speak to your doctor if your baby consistently ignores one hand.





By 12–15 months your baby should begin to be able to say first word (e.g. up, more, all gone)

### By 12-15 months your baby should...

- Copy actions with everyday things (e.g. tries to comb hair, talk on phone)
- Use many different connected sounds that sound like sentences (e.g. jargon)
- Look at books and turn several pages at one time
- Begin to say first word (eg. up, more, all gone)
- Point to some body parts (e.g. where's your nose)
- Follow one-step directions (e.g. get your diaper)
- Begin to crawl around the room, start pulling to stand and may stand alone
- Be moving around furniture and may begin walking
- Feed self finger foods
- Move things from hand to hand



By 12 months your child should be interacting playfully with others (e.g. enjoys peek-a-boo, or patty cake).

### By 18 months your toddler should...

- Stack 3 or more blocks
- Squat down to play
- Try to feed self and try to hold own cup



By 19 months your child should use approximately 50 words.

### By 24 months your child should...

- Use two word sentences (e.g. “more cookie”)
- Walk up and down stairs with help
- Follow two directions at a time (e.g. “Go get your boots and then put them on.”)
- Eat with a spoon spilling little
- Like running, climbing
- Do several actions with one toy (e.g. dials phone, puts phone to ear and talks)
- Turn pages one at a time and is interested in pictures
- Talk about herself using own name
- Start to put pieces in a puzzle board



Ask your doctor if your child mostly walks on her toes, or if your child was walking well but now seems weaker or more clumsy.



By 18 months your toddler should be walking alone



By 24 months your child should be able to follow two directions at a time

### By 3 years your child should...

- Walk confidently with few stumbles and avoid bumping into objects
- Show interest in toileting or be toilet trained
- Follow longer directions (e.g. “Put your coat on, come outside and get a shovel”)
- Use short sentences (at least three words)
- Begin to ask simple questions
- Jump off floor with both feet
- Understand words like big, little, one, all
- Pretend with toys and act out a familiar event (e.g. act out a trip to the doctor)
- Snip paper with scissors
- Match colours (e.g. put the same coloured blocks together)
- Begin to copy or imitate nursery rhymes
- Watch or copy other children

### By 4 years your child should...

- Listen to stories
- Join sentences with “and”
- Be mostly understood by others
- Enjoy climbing on playground equipment and can ride a tricycle
- Stand on one foot briefly
- Not always be able to distinguish reality from fantasy

- Be interested in letters and numbers and can name colours
- Sing rhymes by herself
- Pull clothes on and off by self
- Hold a pencil in an adult fashion
- Draw a person with about five body parts (e.g. nose, eyes)
- Copy a circle
- Enjoy cooperative play with other children
- Stay with an activity for at least three to four minutes
- Play alone for 10 or more minutes
- Go up and down stairs alternating feet holding a rail

### By 5 years your child should...

- Count to 10 and say names of several colours
- Use almost all adult sounds
- Cut on a line
- Tell stories
- Show definite sense of humour
- Memorize pattern books (e.g. Brown bear, brown bear what do you see?)
- Hop on one foot
- Run lightly on toes
- Throw and catch a ball
- Draw a person with nine body parts
- Dress self with little help
- Take care of own toilet needs



By 4 years your child should enjoy cooperative play with other children