

TRACK YOUR CHILD'S MILESTONES



Dear Parents,

We believe that having a child turns you into the greatest cheerleader. You are always beside him/her to celebrate each and every milestone, big or small.

There is a sense of pride every time your child learns. Every new word learned, every shoe tied on his/her own and every playground fort conquest is a little sign that shows he/she is learning, growing and developing to become smarter, brighter and braver.

To support you in tracking their growth and development, here's a **milestone tracker**. It's a helpful tool to monitor your child's development every step of the way.



COGNITIVE

- Can draw a circle, when you show him how
- Avoids touching hot objects. Like a stove, when you warn her

LANGUAGE

- Talks with you in conversation
- Asks "who," "what," "where," or "why" questions
- Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"
- Says first name, when asked
- Talks well enough for others to understand, most of the time

PHYSICAL

- Strings items together, like large beads
- Puts on some clothes by himself
- Uses a fork

SOCIAL

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

	YES	NOT SURE	NOT YET
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PARENTAL STIMULATION

3 YEARS OLD

- ◆ **Encourage your child to solve her own problems**
Ask questions to help her understand the problem. Help her think of solutions.
- ◆ **Read with your child**
Ask questions, such as “What is happening in the picture?” and/or “What do you think will happen next?”
When she gives you an answer, ask for more details.
- ◆ **Play counting games**
Count body parts, stairs, and other things you use or see every day. Children this age are starting to learn about numbers and counting.
- ◆ **Give your child an “activity box” with paper, crayons, and coloring books**
Color and draw lines and shapes with your child.
- ◆ **Speaking to your child in longer sentences than his sentences, using real words**
Repeat what he says, for example, “need nana,” and then show how to use more “grown-up” words by saying, “I want a banana.”
- ◆ **Talk about your child’s emotions and help him explain how he’s feeling**
Help your child manage stressful feelings by teaching him to take deep breaths, hug a favorite toy, or go to a quiet, safe place when he is upset.

PARENTAL STIMULATION

3 YEARS OLD

- ◆ **Set simple and clear rules to follow**
Sample rules such as use gentle hands when playing. If he breaks a rule, show him what to do instead. Later, if your child follows the rule, recognize and congratulate him.
- ◆ **Let your child help with making meals**
Give him simple tasks, such as washing fruits and vegetables or stirring.
- ◆ **Give your child instructions with 2 or 3 steps**
For example, “Go to your room and get your shoes and coat.”
- ◆ **Limit screen time**
Should be no more than 1 hour per day of a children’s program with an adult present.
- ◆ **Teach your child simple songs and rhymes**
- ◆ **Encourage play with other children**

COGNITIVE

- Names a few colors of items
- Tells what comes next in a well-known story
- Draws a person with three or more body parts

LANGUAGE

- Says sentences with four or more words
- Says some words from a song, story, or nursery rhyme
- Talks about at least one thing that happened during his day
- Answers simple questions like "What is a crayon for?"

PHYSICAL

- Pretends to be something else during play
- Asks to go play with children if none are around, like "Can I play with Alex?"
- Comforts others who are hurt or sad
- Avoids danger, like not jumping from tall heights at the playground
- Likes to be a "helper"
- Changes behavior based on where she is (place of worship, library, playground)

SOCIAL

- Catches a large ball most of the time
- Serves himself food or pours water, with adult supervision
- Unbuttons some buttons
- Holds crayon or pencil between fingers and thumb

	YES	NOT SURE	NOT YET
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PARENTAL STIMULATION

4 YEARS OLD

- ◆ **Help your child learn about colors, shapes, and sizes**
For example, ask the color, shapes, and size of things she sees during the day.
- ◆ **Encourage your child to use “his words” to ask for things**
He may not know the words he needs. For example, help your child say, “Can I borrow?” instead of taking something from someone.
- ◆ **Help your child be ready for new places and meeting new people**
For example, you can read stories or role play (pretend play) to help him be comfortable.
- ◆ **Help your child learn about others’ feelings, and about positive ways to react**
For example, when he sees a child who is sad, say “He looks sad. Let’s bring him a teddy.”
- ◆ **Use positive words and give attention to behaviors you want to see**
For example, say “You’re sharing that toy so nicely!”

PARENTAL STIMULATION

4 YEARS OLD

- ◆ **Explain to her why she can’t do something you don’t want her to do**
Give her a choice of what she can do instead. For example, “You can’t jump on the bed. Do you want to go outside and play?”
- ◆ **Eat meals with your child when possible**
Let her see you enjoying healthy foods and drinking milk or water.
- ◆ **Create a calm, quiet bedtime routine**
Avoid any screen time for 1 to 2 hours before bed. Children this age need 10 to 13 hours of sleep a day (including naps).
- ◆ **Give your child toys or things that encourage his imagination**
Join him in pretend play, such as eating the pretend food he cooks.
- ◆ **Take time to answer your child’s “why” questions**
If you don’t know the answer, say “I don’t know,” or help your child find the answer in a book, on the Internet, or from another adult.
- ◆ **Let your child play with other children**

COGNITIVE

- Counts to 10
- Names some numbers between 1 and 5 when you point to them. Uses words about time, like “yesterday,” “tomorrow,” “morning,” or “night”
- Pays attention for 5 to 10 minutes during activities. For example, during story time or making arts and crafts (screen time does not count)
- Writes some letters in her name. Names some letters when you point to them

LANGUAGE

- Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it
- Answers simple questions about a book or story after you read or tell it to him
- Keeps a conversation going with more than three back-and-forth exchanges
- Uses or recognizes simple rhymes (bat-cat, ball-tall)

PHYSICAL

- Buttons some buttons. Hops on one foot

SOCIAL

- Follows rules or takes turns when playing games with other children. Sings, dances, or acts for you
- Does simple chores at home, like matching socks or clearing the table after eating

	YES	NOT SURE	NOT YET
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PARENTAL STIMULATION

5 YEARS OLD

- ◆ **Your child might start to “talk back” in order to feel independent and test what happens**
Limit the attention you give to the negative words. Find alternative activities for her to do that allow her to take the lead and be independent. Make a point of noticing good behavior.
- ◆ **Talk about and label your child’s and your own feelings**
Read books and talk about the feelings characters have and why they have them.
- ◆ **Create a spot in your home for your child to go to when he’s upset**
Stay nearby so your child knows he is safe and can come to you for help calming as needed.
- ◆ **Ask your child what she is playing**
Help her expand her answers by asking “Why?” and “How?”
- ◆ **Play with toys that encourage your child to put things together** such as puzzles and building blocks.
- ◆ **Use words to help your child begin to understand time**
For example, sing songs about the days of the week and let him know what day it is.

PARENTAL STIMULATION

5 YEARS OLD

- ◆ **Let your child do things for himself, even if he doesn’t do it perfectly**
For example, let him make his bed, button his shirt, or pour water into a cup. Celebrate when he does it and try not to “fix” anything you don’t have to.
- ◆ **Encourage your child to “read” by looking at the pictures and telling the story.**
- ◆ **Play rhyming games**
For example, say “What rhymes with cat?”
- ◆ **Play games that help with memory and attention**
For example, play card games, Tic Tac Toe or I Spy.
- ◆ **Teach your child to follow rules in games**
For example, play simple board games, card games, or Simon Says.
- ◆ **Set limits for screen time**
No more than 1 hour per day.
- ◆ **Eat meals with your child and enjoy family time talking together**
Give the same meal to everyone. Avoid screen time during mealtime.

Celebrate their **MILESTONES**

Give your child a
well-deserved sticker
for every milestone achieved



Source: Center for Disease Control and Prevention
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