

EARLY CHILDHOOD

DEVELOPMENT STAGES & BEYOND

Children develop at different rates, so while one child may be walking at nine months, another may not walk until they are two years old. However, no matter the age at which a child finally gets the hang of it, there's no disputing that children grow very rapidly. Physical and mental changes occur from birth through late childhood and adolescence.

TYPICAL DEVELOPMENTAL MILESTONES

4 - 5 months

- Looks at a talking adult
- Calmed by human contact
- Follows object with eyes

8 - 9 months

- Reaches for things
- Uses facial expressions
- Rolls from stomach to back and back to stomach

1 YEAR - 1 YEAR, 1 month

- Goes from sitting to standing
- Shows likes/dislikes
- Imitates gestures

1 YEAR, 4 months - 1 YEAR, 5 months

- Conveys wanting more
- Looks at something when it's mentioned
- Walks at least four steps

1 YEAR, 8 months - 1 YEAR, 9 months

- Expresses fondness for relatives
- Waves "bye-bye" correctly
- Points to body parts

2 YEARS, 8 months - 2 YEARS, 11 months

- Uses vocal sounds or signs for words
- Understands "one more"
- Uses pencils or crayons

4 YEARS - 4 YEARS, 5 months

- Understands nonverbal gestures
- Repeats familiar songs
- Knows dolls represent living creatures

5 YEARS - 5 YEARS, 5 months

- Takes off jacket
- Plays phone or computer game
- Sorts things by color, form, or size

6 YEARS - 6 YEARS, 5 months

- Throws a ball
- Copies a circle

7 YEARS - 7 YEARS, 11 months

- Understands cartoon characters are not real
- Balances on one foot for 10 seconds
- Says "I'm sorry"

9 YEARS - 9 YEARS, 11 months

- Reads aloud
- Does single-digit subtractions
- Orders from a menu

11 YEARS - 12 YEARS, 11 months

- Tells plot of story
- Makes up a story
- Carries on a back-and-forth conversation

17 YEARS - 21 YEARS, 11 months

- Gathers/shares information on the Internet
- Wants to be part of a peer group
- Prioritizes assignments

6 - 7 months

- Holds up head
- Looks toward someone talking
- Laughs

10 - 11 months

- Creeps or crawls
- Picks up a dropped object
- Reacts differently to different people

1 YEAR, 2 months - 1 YEAR, 3 months

- Looks where someone points
- Answers with simple gestures
- Imitates sounds

1 YEAR, 6 months - 1 YEAR, 7 months

- Stacks three blocks
- Holds out arms for dressing

2 YEARS - 2 YEARS, 3 months

- Walks upstairs with support
- Uses nonverbal cues
- Follows simple instructions

3 YEARS - 3 YEARS, 5 months

- Takes off shoes and socks
- Uses a fork
- Points to correct pictures

4 YEARS, 6 months - 4 YEARS, 11 months

- Prefers playing with others
- Responds to familiar adults
- Desires playtime with peers

5 YEARS, 6 months - 5 YEARS, 11 months

- Wipes hands and face
- Urines in toilet without help
- Knows difference between living and nonliving things

6 YEARS, 6 months - 6 YEARS, 11 months

- Carries an open container
- Walks upstairs and downstairs with alternating feet
- Is aware of others' feelings

8 YEARS - 8 YEARS, 11 months

- Jumps over things
- Carries on a conversation
- Keeps working for 30 minutes

10 YEARS - 10 YEARS, 11 months

- Copes when mad
- Becomes embarrassed
- Has a greater understanding of social complexity and relationships

13 YEARS - 16 YEARS, 11 months

- Catches a thrown tennis ball with one hand
- Rides a bike
- Gives a presentation

DOMAINS OF DEVELOPMENT

INFANCY

EARLY CHILDHOOD

MIDDLE CHILDHOOD

LATE CHILDHOOD

Physical

The child's ability to perform tasks requiring large- and small-muscle coordination, strength, stamina, flexibility, and sequential motor skills



Bends down to pick something up



Twists hand to unscrew a lid or wind a toy



Ties a bow



Rides a bike

Adaptive Behavior

The child's competence in activities of daily living



Holds out arms for dressing



Clicks objects on a screen



Bathes self



Manages money

Social-Emotional

The child's interpersonal relationship skills, social and emotional understanding, and functional performance in social situations



Calmed by human contact



Seeks out playmates



Becomes embarrassed



Does chores for 10 minutes

Cognitive

The skills necessary for successful academic and intellectual functioning



Turns to follow a noise



Sorts things by color, form, or size



Writes numbers and letters



Does single digit multiplication

Communication

The child's expressive and receptive communication skills, as indicated through both verbal and nonverbal language



Uses facial expressions



Understands nonverbal gestures



Carries on a back-and-forth conversation



Uses social media

Assessing Childhood Development with the Developmental Profile 4 (DP®-4)

The most effective evaluation of children's development begins with an assessment covering a broad age range, updated norms, growth scores to monitor progress over time, and updated items to reflect changes in society, technology, and culture



- Identifies areas where a child or young person needs extra support reaching any of these developmental milestones



- Assesses those who show signs of developmental delays and provide interventions



- Addresses needs of clinicians and other professionals to best assess children and young people in their care



- Identifies development traits from ages 0-21 years, 11 months

- 1 physical
- 2 social-emotional
- 3 adaptive behavior
- 4 cognitive
- 5 communication