

Birth to 3 Early Intervention Services

DEVELOPMENT GUIDELINES

Birth to 3 Early Intervention Unit
CHIPPEWA COUNTY DHS

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Baby's First Year

Congratulations! You have a new baby! Here are some of the many wonderful things your baby will learn during the first year of life. Remember, each child is different and may learn and grow at a difference pace.

Month 1

- **Cognitive**
 - alert about 1 out of every 10 hours
 - quiets when held or seeing faces
 - cries to let you know she needs you
- **Emotional/Social**
 - eyes fix on parent's face and eyes
 - listens to your voice
 - adjusts posture to body of person holding him
 - responds to a voice
- **Physical**
 - hands usually closed or slightly open
 - thrusts out arms and legs in play
 - rolls part way to side from back
 - brings hand to mouth
 - turns head to both sides when on tummy and back
 - stares at things without reaching for them
 - briefly grasps toy placed in hand before dropping

Month 2

- **Cognitive**
 - becomes excited in anticipation of objects
 - knows the difference among voices, people, tastes
 - enjoys watching brightly colored objects
 - vocalizes more
- **Emotional/Social**
 - shows excitement, delight, distress
 - smiles or vocalizes to talk and touch
 - quiets self with sucking (fist, pacifier, bottle)
 - makes brief eye contact during feeding
- **Physical**
 - holds head up to 45° angle for a few seconds on tummy
 - holds rattle briefly
 - tries to hold head up, but it still bobs
 - kicks feet one at a time
 - turns head to both sides on tummy
 - looks at surroundings
 - prefers looking at moving objects

- eyes will follow toy that moves in a circle
- eyes will follow toy up and down or side to side

Month 3

- **Cognitive**
 - shows memory, waits for feeding
 - explores her own face, eyes and mouth with hand
 - begins to recognize different family members
- **Emotional/Social**
 - interacts with cooing, gurgling, and facial expressions
 - protests when left alone
 - smiles!
 - crying decreases
- **Physical**
 - on stomach can lean on elbows and hold head up
 - on stomach may lift head for many minutes
 - sits when held with little head wobbling
 - moves arms and legs vigorously
 - lifts head and chest when pushing up on tummy
 - looks at fingers instead of fist
 - stops sucking to listen, sucks and looks at same time
 - turns head to look for sound
 - may hold and wave a toy

Month 4

- **Cognitive**
 - may be responsive for an hour or more at a time
 - Adjusts responses to different people
 - smiles and laughs while socializing
 - splashes and kicks in bath
 - may sleep through the night
 - stares at place from which toy drops
- **Emotional/Social**
 - cries if play is interrupted
 - enjoys play, games, and toys
 - quiets to music
 - tries to calm self
 - may briefly stop eating to play
- **Physical**
 - rolls from side to side on stomach
 - can turn head in all directions when lying or sitting
 - holds toy placed in hands
 - may roll over
 - can reach for toy

- bats at toys
- pulls dangling toy to mouth
- can focus at different distances
- turns head and eyes to follow sound or toy

Month 5

- **Cognitive**
 - Vocalizes with inflection and intonation of adults
 - says vowel sounds and a few consonants (d,b,l,m)
 - knows family, may fear strangers
 - mouths and shakes toys
 - imitates sounds or movements
- **Social/Emotional**
 - smiles and “talks” to get attention
 - protests when adult tries to take toy
 - makes a variety of noises
 - stops crying when hears mom or dad’s voice
 - likes to play at mealtime
- **Physical**
 - on back brings feet to mouth and lifts head
 - rolls from back to stomach or stomach to back
 - may move by rocking, rolling, kicking, twisting
 - head steady when held in sitting
 - transfers toy from one hand to other
 - good aim when grabbing toy
 - reaches with one or both hands
 - plays with rattles

Month 6

- **Cognitive**
 - inspects toys for a long time
 - has abrupt mood changes and different emotions
 - can say more consonants (f,v,th,s,sh,z,m,n)
 - makes lots of sounds
 - coos or listens to music
- **Social/Emotional**
 - plays with your face and hair
 - turns head when own name is heard
 - would rather play with people than toys
 - recognizes familiar people
- **Physical**
 - rolls from stomach to back and back to stomach
 - balance well when held in sitting, can lean and reach
 - may creep on tummy by pushing or pulling

- shakes and bangs toys
- loves to be held in standing position
- sits well in chair
- holds toy in each hand
- tries to reach for dropped toy
- plays with food
- may begin to hold cup
- sleeps through the night

Month 7

- **Cognitive**
 - makes more sound combinations (ma, mu, di, da)
 - may try to imitate sounds (cough, da-da-da)
 - pulls cloth off of face for Peek-a-Boo
 - makes several sounds in one breath
- **Social/Emotional**
 - wiggles in anticipation of play
 - begins to tease and show sense of humor
 - resists doing something he doesn't want to
 - begins to learn "no" by tone of voice
- **Physical**
 - may crawl with tummy off floor
 - creeps with toy in hand
 - sits alone for several minutes
 - prefers noisy toys
 - explores body with hands
 - plays with toes
 - loves baths

Month 8

- **Cognitive**
 - begins imitating people out of sight
 - remembers past events, anticipates future
 - enjoys games "So Big", "Pat-a-Cake", "Catch me"
 - looks where someone points
- **Social/Emotional**
 - plays for long periods of time
 - shouts for attention
 - pushes away something she doesn't want
 - is strongly attached to mother and fears separation
 - may have trouble sleeping
- **Physical**
 - crawls – may be backwards at first
 - rocks on hands and knees

- pivots when on stomach
- can bounce, lean, and reach while sitting
- can get to sitting by self
- uses furniture to pull to standing
- can pick up small objects with thumb and first two fingers
- claps and waves hands

Month 9

- **Cognitive**
 - can follow a couple of directions (wave bye-bye)
 - may use “mama” and/or “dada” as names
 - uncovers toys he sees hidden
 - understands many words
 - gets into everything!!
- **Social/Emotional**
 - starts games (Peek-a-Boo, Pat-a-Cake)
 - Deliberately chooses toys
- **Physical**
 - crawls with toy in hand
 - can turn around when crawling
 - feeds self cracker
 - uses thumb and pointer finger to pick up small objects
 - claps and bangs toys together
 - drinks from cup with handle
 - may side-step or “cruise” along furniture
 - takes toys out of container
 - enjoys rough and tumble play

Month 10

- **Cognitive**
 - looks for toy that rolls away or is hidden
 - imitates (combing hair, talking on phone, feeds others)
 - may repeat word or sound
 - performs for audience
- **Social/Emotional**
 - seeks attention and companionship
 - imitates sounds, facial expressions, gestures
 - shows moods (looks hurt, sad, happy, angry)
- **Physical**
 - stands with little support
 - steps along furniture
 - climbs on and of chairs, stairs
 - sits down from standing
 - holds two small toys in one hand

- tries to fit things together
- drops toys on purpose
- begins to help with dressing

Month 11

- **Cognitive**
 - obeys commands and understands “no”
 - recognizes words (looks for ball, mama, dada, bottle)
 - speech has lots of gibberish with few recognizable sounds
- **Social/Emotional**
 - seeks approval
 - rolls ball back and forth with parent
 - repeats action or game for attention
 - doesn’t always cooperate
- **Physical**
 - stands alone, can turn
 - lowers self to floor from standing
 - picks up very tiny objects
 - begins to get spoon to mouth
 - pulls off shoes and socks
 - puts objects into a container
 - turns pages of a book
 - drinks from cup
 - throws toys, balls

Month 12

- **Cognitive**
 - follows simple directions (come here, give it to me)
 - points to some body parts or pictures of animals
 - says first words
 - plays by self
 - can match two similar objects
- **Social/Emotional**
 - gives hugs to people and favorite toys
 - interested in what adults do and imitates it
 - explores drawers and cupboards
 - recognizes self in mirror
 - helps put things away
- **Physical**
 - may begin to walk by self
 - can walk with hands held
 - gets to standing in middle of room
 - can reach for toy without looking
 - puts things together

- makes tower of two or three blocks
- cares for doll (feeding, combs hair, hugs, washes)
- scribbles with crayon
- enjoys books
- prefers to feed self

Development of a One Year Old

The following skills are to be used as guidelines that you and your child can work on attaining between his/her first and second birthday.

Months 12 – 15

- **Motor Skills**
 - walks alone
 - creeps upstairs
 - bends over and looks through legs
 - puts objects in containers
 - turns pages of cardboard book, points to pictures
 - picks up small objects by pinching between thumb and pointer finger
 - feeds self with fingers, beginning to use spoon
- **Cognitive Skills**
 - hands toys back to adults
 - understands pointing
 - finds toy hidden under cup or cloth
 - looks at place where ball rolls out of sight
 - imitates your actions and sounds (comb hair, tongue clicks, kiss or feed the doll)
- **Language**
 - uses about 10 words
 - uses words and gestures to indicate needs
 - says “no” meaningfully
 - responds to requests “come here”, “go get your ball”
 - uses these sounds frequently in babbling: b,m,p,d,t,n,g,k,w,h,f,v,th,s,z,l,r
 - shows clothing, body part, or toy when asked
 - babbles as if talking foreign language
- **Self-help**
 - holds cup and drinks with some spilling
 - may be refusing morning nap
 - pulls off hat and socks

Months 16 – 18

- **Motor Skills**
 - walks upstairs with one hand held
 - carries large toy while walking
 - pushes and pulls toys
 - stacks up to three blocks
 - uses both hands to play with toy – one holds, one manipulates
 - squats in play
 - runs stiffly

- puts pegs in pegboards
- **Cognitive Skills**
 - brings objects from other rooms when asked
 - identifies self in mirror
 - points to distant objects
 - puts round and square pieces in holes or puzzles
 - stands on chair or uses stick to get out of reach object
- **Language**
 - uses 10 – 15 words
 - echoes important or last word spoken to him/her
 - points to three body parts on self or doll
 - names one object on request
 - follows familiar directions
- **Self-help**
 - uses spoon to eat most of meal
 - places hat on head
 - gives up bottle
 - needs and expects routines

Months 18 – 24

- **Motor Skills**
 - kicks ball forward
 - moves on riding toy without pedals
 - runs fairly well
 - picks up toy from floor without falling
 - walks upstairs holding rail/downstairs holding hand
 - jumps in place
 - copies lines and circular scribbles when shown
 - builds six cube tower
 - string one inch beads
- **Cognitive**
 - uses paints, playdough, paste
 - recognizes and points to several farm animals
 - matches animals to their sounds
 - enjoys nursery rhymes and fingerplays
 - points to five to seven pictures of familiar people and objects
 - identifies six body parts
 - figures out how to work a simple mechanical toy
- **Language**
 - imitates two to four word sentences
 - uses own name to refer to self
 - attempts to sing songs with words
 - imitates environmental sounds - cars, vacuum, dog
 - tell experiences using jargon and words
 - enjoys listening to simple stories

- **Self-help**

- defends possessions
- shows variety of emotions – affection, jealousy, fear,
- guilt, anxiety, joy, anger, embarrassment
- desires control of others – orders, resists
- plays along side peers
- washes and dries hands
- zips and unzips large zipper
- opens doors by turning knobs
- unwraps food
- unbuttons large buttons
- starts to undress with some help

SONGS & GAMES FOR A ONE YEAR OLD

The Eentsy Weentsy Spider

The eentsy, weentsy spider went up the water spout.
(Climb hands upward, alternating thumb and index finger)
Down came the rain and washed the spider out.
(Slowly bring hands down, wiggling fingers.)
Out came the sun and dried up all the rain.
(Bring arms out to sides, bring them together up over head.)
And the eentsy, weentsy spider went up the spout again.
(Climb hands upward, alternating thumb and index finger)

Ring Around the Rosy

Ring around the rosy.
(Join hands and walk around in a circle.)
Pocket full of posies.
Ashes, ashes, we all fall down.
(Sit down on the ground.)

Pat-A-Cake

Pat-a-cake, pat-a-cake, bakers man.
Bake me a cake as fast as you can.
(Put hands together.)
Roll it and pat it and mark it with a “B”.
(Roll arms around each other.)
Put it in the oven for baby and me.
(Put hands together.)

This Little Piggy

This little piggy went to market.

This little piggy stayed home.

This little piggy had roast beef.

This little piggy had none.

And this little piggy cried, "Wee, wee, wee!" all the way home.

(Wiggle one toe for each line of poem, starting with the big toe. After wiggling the last toe "run" your fingers from baby's foot to chin.)

Row Your Boat

Row, row, row your boat, gently down the stream.

Merrily, merrily, merrily, merrily, life is but a dream.

(Sit facing your child, hold hands and rock back and forth throughout song.)

Note:

As little ones become familiar with these rhymes and games, they will anticipate your next move. They may also give you signals that they want to do it again.

Development of a Two Year Old

The following is a list of skills a child attains between his/her 2nd and 3rd birthday. These skills are listed under the approximate age that most children will learn them. It is important to realize that children develop normally at different rates, so your child may attain these skills a couple months earlier or later than they are listed. If your child is late in learning several skills in his/her age level, you may want to discuss the delay with your doctor or county Birth to Three early intervention teachers.

Months 24 – 27

- **Motor Skills**
 - walks up and down and down stairs alone, holding rail or wall
 - jumps from bottom step with feet together
 - kicks ball
 - unscrews a jar lid
 - goes up and down a small slide
 - stands on tiptoes
 - catches large ball
 - builds tower of six cubes
 - holds crayon like an adult
- **Cognitive Skills**
 - assembles three piece puzzles
 - recognizes many pictures in a book
 - identifies rooms in own house
 - can name and point to familiar adults in photos
 - can find at least six different body parts
 - listens to entire story
 - when asked, your child can show you how mommy drives a car, grandma washes dishes, etc.
- **Language**
 - uses own name when referring to self
 - uses three word sentences
 - imitates words spontaneously
 - has vocabulary of 50 words or more
 - uses words for food or drink
 - can find and name pictures of common objects
- **Social**
 - chooses a toy and begins to play
 - uses word “mine” to defend property
 - prefers to play near, but not always with other children
 - pretends to do familiar activities – talking on phone, sleeping
- **Self-help**
 - unwraps food
 - helps put things away

- uses spoon and fork with some help
- enjoys bath time
- cooperates with tooth brushing
- enjoys messy play (sand, paint, playdoh)
- takes off some clothes without help (socks, sweatpants, t-shirts, etc.)

Months 28 – 31

- **Motor Skills**
 - builds 8 cube tower
 - imitates folding paper
 - walks on tiptoes
 - throws ball 5 to 7 feet
 - draws a circle
 - walks backwards and sideways
- **Cognitive Skills**
 - matches toys by color
 - understands concept of one (give me one _____)
 - matches 3 shapes
 - understands most action words (sit, jump, etc.)
 - joins in nursery rhymes and songs
 - listens to entire story
 - can select the biggest or smallest toy
- **Language**
 - will follow requests to put a toy in, on, or under
 - answers questions regarding functions of body parts (what do you see with?)
 - answers where, what, who questions
 - uses size words
 - vocabulary of 200 words or more
 - speaks in 3 – 5 word sentences
- **Social**
 - can tell the difference between boys and girls
 - identifies self in mirror
 - plays with other children and starts to share with reminders
- **Self-help**
 - washes hands
 - undresses without help
 - dresses with some help
 - wipes nose with help
 - may refuse to eat many foods
 - shows awareness of wet/dirty diaper
 - enjoys bath time
 - enjoys messy play (sand, paint, playdoh)

Months 32 – 36

- **Motor Skills**
 - rides tricycle using pedals
 - goes up and down stairs alternating feet
 - stands on one foot and balances for 1 – 5 seconds
 - runs well
 - cuts with scissors
 - hops on one foot
 - imitates building a 3 block bridge with blocks
- **Cognitive Skills**
 - matches 4 shapes
 - flips book right side up when upside down
 - stacks rings in correct order
 - completes a 4 piece puzzle
 - listens to entire story
 - understands concept of 2 (give me 2 _____)
 - points to several colors when named
- **Language**
 - gives first and last name when asked
 - participates in story telling
 - recites a few nursery rhymes and songs
 - asks what, where, and why questions
 - vocabulary of 300 – 1000 words
 - speech is easy to understand
- **Social**
 - shares toys
 - takes pride in own achievements
 - plays simple group games (Ring Around the Rosy)
 - enjoys make-believe play
- **Self-help**
 - knows proper place for own things
 - pours liquid from small container
 - uses fork well
 - washes and dries hands without help
 - enjoys bath time
 - enjoys messy play (sand, paint, playdoh)
 - can tell adult when he needs to use toilet and has some accidents
 - understands and stays away from common dangers (hot stove, hot food, knives, street)

SONGS & GAMES FOR A TWO YEAR OLD

Twinkle, Twinkle Little Star

Twinkle, twinkle little star.
How I wonder what you are.
Up above the world so high.
Like a diamond in the sky.
Twinkle, twinkle little star.
How I wonder what you are.

Old MacDonald Had a Farm

Old MacDonald had a farm, E-I-E-I-O.
And on his farm he had some chicks, E-I-E-I-O.
With a chick, chick here and a chick, chick there.
Here a chick, there a chick, everywhere a chick, chick.
Old MacDonald had a farm, E-I-E-I-O.

*Additional animals and sounds:

duck - quack

cow - moo

dog - woof

pig - oink

cat - meow

Where is Thumbkin

Where is Thumbkin? Where is Thumbkin?

(Hide both fists behind your back.)

Here I am. Here I am.

(Bring one fist out, showing your thumb, bring second thumb out.)

How are you today sir? Very well I thank you.

(Pretend thumbs are talking to each other.)

Run away. Run away.

(Return fists behind your back.)

*Follow the same actions using the pointer, ringman, tallman, pinky, and the whole family *(all of the fingers)*.

Put Your Finger On Your Shirt

(tune to: If You're Happy and You Know it)

Put your finger on your shirt, on your shirt.

Put your finger on your shirt, on your shirt.

Put your finger on your shirt.

Put your finger on your shirt.

Put your finger on your shirt, on your shirt.

(You can use any article of clothing or body part with this song, i.e. nose, hair, arms, sock, pants, shoes, etc.)

If You're Happy and You Know It

If you're happy and you know it, clap your hands (clap, clap).

If you're happy and you know it, clap your hands (clap, clap).

If you're happy and you know it, then you're face will surely show it.

If you're happy and you know it, clap your hands (clap, clap).

*Other verses:

Stomp your feet

Shout hurray

Development of a Three Year Old

The following is a list of skills a child attains between his/her 3rd and 4th birthday. These skills are listed under the approximate age that most children will learn them. It is important to realize that children develop normally at different rates, so your child may attain these skills a couple months earlier or later than they are listed. If your child is late in learning several skills in his/her age level, you may want to discuss the delay with your doctor or county Birth to Three early intervention teachers.

- **Language**
 - can tell how common objects are used
 - uses sentences of 4 or more words
 - asks and answers questions (who, what, where, why, how)
 - will attend for 5-minute story
 - uses plurals, opposites, prepositions (inside, over, under)
 - tells about experiences, describes activities
 - carries out two unrelated commands
 - **Motor Skills**
 - draws a cross, v, circle
 - snips with scissors, cuts on line
 - kicks, throws, and catches ball
 - walks up and down stairs, alternating feet
 - pedals tricycle
 - buttons and unbuttons buttons
 - jumps from height of 8 inches
- **Cognitive Skills**
 - knows big/little, long/short, heavy/light
 - knows finger plays/songs with action and words
 - sorts objects into categories
 - imitates counting to 10
 - starting to draw person
 - names 2 shapes, 3 colors
 - completes 6-piece interlocking puzzle
 - knows same and different
- **Social Skills**
 - greets, says please, thank you without reminders
 - takes turns, plays well with others
 - stays in own yard
 - cooperates with adults 75% of the time
 - follows rules in group games
 - helps with a few household chores
 - shows pride in what he/she makes
 - enjoys simple humor
 - **Self-Help Skills**
 - dresses self
 - wipes/blows own nose
 - avoids common dangers
 - uses toilet, usually dry all night
 - feeds self