

EARLY CHILDHOOD DEVELOPMENTAL TASKS



Milestones at 2 – 4 months old

- Try to look at parents; begin to smile
- Copy some movements and facial expressions
- Turns head toward sounds
- Tracks movement with their eyes
- Starts to babble
- Holds head up, can push up while lying on tummy

Milestones at 6–9 months old

- Recognize faces
- Sit without support
- Have favorite toys
- Can pick up objects between thumb and index finger
- Pull themselves to stand while holding on to objects

Milestones at one year old

- Are often shy or nervous with strangers
- Use simple gestures
- Say “mama” and/or “dada”
- Follow simple directions like, “Pick up that toy.”
- Find hidden items easily
- May stand or take a few steps without support

Milestones at 18-months old

- Initiate play by handing things to others
- Point at what they want
- Say several single words
- Know how ordinary objects (telephone, spoon) are used
- Eat with spoons and drink with cups

Milestones at two years old

- Show excitement around other kids
- Repeat words or sentences often overheard
- Begin to sort shapes and colors
- Begin to run, climb, throw and stand on tiptoe

Milestones at three years old

- Exhibit a wide range of emotions
- Show concern for others
- Follow instructions with two or three steps
- Play make-believe
- Dress and undress themselves

Milestones at four years old

- Enjoy trying new things and talking about interests
- Know some basic grammar rules
- Start to understand time and the idea of counting
- Pour, cut and mash their food with supervision

Milestones at five years old

- Like to sing, dance and playact
- Speak clearly in full sentences
- Can print some letters or numbers
- Can use the toilet on their own

- ❖ Early childhood is characterized by basic tasks such as learning to walk, to take solid food, and to control the elimination of body wastes.
- ❖ In addition, young children have to achieve more complex cognitive and social tasks, such as learning to talk, to form simple concepts of reality, and to relate emotionally to other people.
- ❖ In middle childhood, developmental tasks relate to the expansion of the individual's world outside of the home (e.g., getting along with age mates, learning skills for culturally valued games) and to the mental thrust into the world of adult concepts and communication (e.g., skills in writing, reading, and calculating).

