

CHILD-DEVELOPMENT MILESTONES-IN FIRST THREE YEARS

Development Milestones



- ❖ A child's development can be measured through developmental milestones.
- ❖ Development milestones are signs in children which tell us about their progress as they grow and develop.
- ❖ Each child reaches a milestone at her/his own pace.
- ❖ These milestones are not absolutely fixed, but normally most of the children go through them at almost same age.
- ❖ A delay of 2-3 months in a milestone of a child requires medical advice/developmental assessment and stimulation.





Recommendations for Development Milestones:



Age	What you can do	What children can do
0-3 months	<ul style="list-style-type: none"> * Smile at your child, look into child's eyes and talk to your child * Provide ways for the child to see, hear, feel and move 	<ul style="list-style-type: none"> * Smile in response * Track a ribbon bow * Begin to make sounds
3-6 months	<ul style="list-style-type: none"> * Have large colourful objects for your child to see and to reach for * Talk to & respond to your child. Get a conversation going with sounds or gestures 	<ul style="list-style-type: none"> * Hold head steady when held upright * Turn to a voice * Reach out for objects
Around 9 months	<ul style="list-style-type: none"> * Give your child clean safe items to handle and things to make sounds with * Play games like peek-a-boo * Tell the child names of things & people 	<ul style="list-style-type: none"> * Sit up from lying position * Pick up with thumb and finger * Sit without support
Around 1 year		<ul style="list-style-type: none"> * Stand well without support * Wave * Say papa/mama
Around 1^{1/2} years	<ul style="list-style-type: none"> * Give your child things to stack up & to put into containers and take out * Ask your child simple questions. Respond to your child's attempts to talk 	<ul style="list-style-type: none"> * Express wants * Put 3 pebbles in a cup * Walk well
Around 2 years		<ul style="list-style-type: none"> * Stand on one foot with help * Say one other word * Imitate household work
Around 2^{1/2} years	<ul style="list-style-type: none"> * Help your child count and compare things; make simple toys for your child * Encourage your child to talk & respond to your child's questions. Teach your child stories, songs, and games 	<ul style="list-style-type: none"> * Point to 4 body parts * Feed self spilling little * Name one colour correctly
Around 3 years		<ul style="list-style-type: none"> * Copy & draw straight line * Wash hands by herself * Name 3 out of 4 objects