

Checklist Childhood

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- Birth to 3 Months
 - During this time, you can expect your newborn to change from a sleeping lump to a smiling baby that can track people and objects with his or her eyes.
 - Your newborn prefers to look at faces and bright colors.
 - They can reach toward their hands and feet, and turn their head toward a sound.
 - You can expect your newborn to cry during this stage, but be easily soothed when held.
 - During this time, your baby depends totally upon your care.
 - Adequate nutrition and healthcare, such as immunizations and hygiene, is important to your newborn.
 - It is also imperative that you respond quickly to your newborn's cries to help relieve stress.
 - Stimulate your newborn's motor, sensory and language development by moving his or her hands and feet, providing them with colors and sounds, and talking to them often.
- Age 4-6 Months
 - During this developmental stage, your baby will begin to repeat actions that have a result that interests them, such as dropping a toy for you to retrieve.
 - Your baby will be able to listen and respond with his or her eyes or with noises when you speak to your baby.
 - Laughing, cooing and imitating sounds are milestones during this time.
 - Your child may say "da da" or "ma ma".
 - Your baby will explore his or her hands and feet, and begin to put objects in his or her mouth.
 - Your child can sit up with help, as well as roll over.
 - Your baby will grasp items using the raking method of all four fingers and palm.
 - Continue to provide your child with the nutrition and health care that he or she needs.
 - Baby food is often started during this time, and your baby should continue to nurse or take formula.

- Talk to your baby often to encourage language and social development, and provide your baby with tummy time to strengthen muscles in the neck and those needed for crawling."
- Age 7-12 Months
 - Babies during this stage can identify themselves, body parts and voices and people that are familiar to them.
 - They begin to know common words and their own name.
 - You may expect your baby to say his or her first meaningful words (not just da da and ma ma sounds).
 - Your baby can sit unattended, as well as crawl, and pull him or herself up to stand.
 - Your baby may also begin to walk during this time.
 - He or she may begin to notice strangers and be shy around anyone unfamiliar.
 - Your baby is becoming independent, crawling and exploring new areas.
 - It is important, then, that you baby-proof your home with outlet covers, baby gates, etc.
 - Continue to stimulate your baby's motor and language development, pointing out names of objects and reading simple books to your baby.
 - Never force your baby to go to someone unfamiliar if your baby is shy or scared.
- Age 1-2 Years
 - Your child is continuing to become independent and is walking, climbing stairs and running.
 - He or she may wish to do simple tasks alone, as well as help you with tasks.
 - Toddlers may imitate adult actions (so be careful!), as well as speak and understand more words and ideas.
 - They may begin to know objects, such as toys and clothes, that belong to them.
 - Your toddler will begin to develop friendships, as well as pretend play.
 - Encourage your toddler's social development by providing him or her with opportunities to play with other children.
 - This is a good time to encourage sharing and self-control.
 - Allow your child to develop independence by allowing your child to complete tasks as well as giving him or her choices in food, clothing, etc.

- Age 2 - 3,5 Years
 - It may seem that your child is always on the go during this time.
 - At this age, children enjoy learning and continue to add new words to their vocabulary.
 - Their fine motor skills are developing.
 - They are more independent, but easily frustrated.
 - Continue to provide your child with social opportunities.
 - Focus on choice-making, dramatic play and reading to your child.
- Age 3,5 -5 Years
 - Your child's attention span is longer during this time.
 - He or she may talk a lot and ask questions ("why?"), or be outgoing physically.
 - Your child will enjoy playing with friends and will begin to understand the concept of sharing and taking turns.
 - Your child will probably be potty trained during this time, but he or she may still wet the bed.
 - Help your child expand language skills by talking with him or her often, as well as reading and singing.
 - Allow your child to gain pre-writing and pre-reading skills by telling you a story, drawing pictures and mastering a pencil.
 - Encourage cooperation by giving opportunities to help and share.
- Age 5-8 Years
 - During this stage of development, your child's world may begin to change.
 - He or she will begin school, so relationships and learning will come to the forefront.
 - Your child will begin to notice the world and the people in it, and become more outgoing.
 - Language will continue to flourish with your child using words to express his or her feelings and help cope with experiences.
 - Your child will become more interested in numbers and letters, as well as reading and writing.
 - Help your child develop reading skills by reading with them, as well as pointing out sounds of letters.
 - Strengthen social skills by giving your child opportunities to practice teamwork, as well as problem solve.

- Encourage and praise your child often in order to help develop a sense of competency and increase self esteem.
- Aid your child in acquiring basic life skills, such as taking care of his or her own hygiene, belongings, etc.
- These stages and checklists are only to be taken as a guide Know that every child is unique, so your child may develop at a different pace.
- If you have questions or concerns about your child's development, discuss these issues with your child's pediatrician.