

# Development of Children in the First Two Years

AGE GROUP	MOVEMENT	HAND SKILLS	LANGUAGE	PERSONAL - SOCIAL	WANT YOU CAN DO
0 - 1 mth	Little head control Legs mostly bent	Hands fisted Grasps tightly to anything placed into palms	Cries when hungry, in pain or lonely Vocalizes	Reacts to sound of bell, rattle or voice Smiles when spoken to	Smile at baby from about 30 cm away Sing or talk in a soothing voice
1 - 4 mth	Legs straighten Lifts head briefly when lying on tummy Rolls over from tummy	Hands mostly open Grasps rattle or finger	Gurgles and coos when spoken to Laughs	Eyes follow moving object Imitates facial expression	Hang brightly-colored mobile above cot String colorful objects across cot top Decorate sides of cot with pictures of people's faces or contrasting pictures
4 - 8 mth	Legs kick Lifts head and chest when lying on tummy Sits	Reaches out to grasp with palm Plays with fingers and toes Explores with mouth	Imitates sounds & action Laughs and squeals Makes babbling sounds like "mmm", "da", "ba"	Likes familiar face Raises arms to be held Upset when toy removed	Sit baby on floor supported by cushion Play finger games such as peek-a-boo and pat-a-cake Provide blocks for stacking Talk as you play with him
8 - 12 mth	Crawls Pulls to standing position with support Walks with support	Transfers other hand Picks up tiny objects with thumb and finger Claps hands Waves goodbye	Understands many words Calls "mama" and "dada" specifically Babbles expressively	Recognizes family Stranger anxiety Plays peek-a-boo Drinks from cup Assists in dressing	Place objects just out of reach to encourage crawling Hold hands when walking on bare feet Show how to clap and wave goodbye Practice calling "mama" and "dada"
12 - 18 mth	Stands, walks alone Pushes, pulls toys Stoops to pick up Kicks ball	Turns pages of book Scribbles with pencil Pokes, twists toys Hand dominance	Carries out one-step instructions Vocabulary 8-20 words Joins 2 words together	Separation anxiety Feeds self messily Undresses self	Arrange furniture to allow cruising Hold his hands when climbing up steps Practice feeding with spoon, drinking from cup and scribbling
18 - 24 mth	Runs Climbs up or down the stairs, 2 feet to a step Kicks a ball	Copies straight lines Likes choosing toys Stacks 4-7 blocks	Vocabulary 20 - 50 words Uses "you", "me", "no" Uses 2 - 3 worded phrases	Drinks through straw Feeds self without spill Dresses self	Use see-saws, climbing frame, swings to develop balance & co-ordination Provide jigsaws, crayons, toy cook set Practice undressing and potty-train
2 years	Walks up or down stairs, 1 foot to a step Walks backwards Squats Throws ball	Unscrews cap or lid Stacks 6-10 blocks Fills and dumps container	Vocabulary 50 words Enjoys stories, rhymes and songs	Learns to use toilet Possessive about toys and attention Shows jealousy Brushes teeth	Practice climbing small ladders Play running, jumping, skipping games Read aloud from books with brightly-colored pictures and simple language Practice brushing teeth and bathing

