



Understanding Child Development: An Overview of Developmental Milestones Children ages 0 to 5

Facilitated by: Romina M. Barros, MD, FAAP
*Developmental-Behavioral Pediatrician - Medical Director Trauma
Services-GABI*
Montefiore Medical Center – Einstein College of Medicine
CDC Ambassador Act Early – New York State

Who We Are

New York Center for Child Development

- NYCCD has been a major provider of early childhood mental health services through federal, state, city and philanthropic funded programs in New York
- NYCCD has a long history of providing system-level expertise to inform policy and support the field of Early Childhood Mental Health through training and direct practice

Training and Technical Assistance Center (TTAC)

- NYCCD was selected by the New York City Department of Health and Mental Hygiene under Thrive NYC to develop a citywide Early Childhood Mental Health Training and Technical Assistance Center (TTAC)
- NYCCD's Subcontractor in the TTAC Center is New York University McSilver Institute for Poverty Policy & Research which offers clinic, business, and system transformation supports statewide to all behavioral healthcare providers.

<http://www.TTACny.org>



Let's Talk About

- What are developmental milestones?
- Discuss progress in typical development in language, social-emotional, cognitive, and motor domains in children 0 to 5 years old.
- How to promote child development: Things you can do to help children learn and grow
- Recognize the child whose development falls outside of the expected range.
- Understanding Developmental Red Flags: Identify delays that warrant referral for further evaluation

What Are Developmental Milestones?

- Things most children can do by a certain age
 - How a child plays, learns, speaks, acts, and moves
- They offer important clues about your child's developmental health



Developmental Milestones

- Infancy and childhood are dynamic periods of growth and change.
- Neurodevelopmental and physical growth proceed in a sequential and predictable pattern.

Developmental Milestones

- Skills progress:
 - from cephalic to caudal
 - from proximal to distal
 - from generalized stimulus based reflexes to specific goal-oriented reactions that become increasingly precise.
 - “normal variation” is much broader in motor development than in other areas of development (*walking* 9-18 months)

Developmental Milestones

- "Infant" is derived from the Latin word, "infans," meaning "unable to speak."
- Infancy as the period from birth to approximately 2 years of age, when language begins to flourish.
- It is an exciting period of "firsts"--first smile, first successful grasp, first evidence of separation anxiety, first word, first step, first sentence.

Developmental Milestones Offer Important Clues About A Child's Developmental Health

- Reaching milestones at the typical ages shows a child is developing as expected.
- Reaching milestones much earlier means a child may be advanced compared with his or her peers of the same age.
- Not reaching milestones or reaching them much later than children the same age can be the earliest indication that a child may have a developmental delay.

Developmental Domains

- **Social/Emotional:**
 - This domain is about how children interact with others and show emotion.
- **Language/Communication:**
 - This domain is about how children express their needs and share what they are thinking, as well as understand what is said to them.
- **Cognitive (learning, thinking, problem solving):**
 - This domain is about how children learn new things and solve problems. It includes how children explore their environment to figure things out – whether by looking at the world around them, putting objects in their mouths, or dropping something to watch it fall. This domain also includes “academic” skills like counting and learning letters and numbers.
- **Movement/Physical Development:**
 - This domain is about how children use their bodies. It includes many milestones parents excitedly wait for.

Some Developmental Milestones Fit In More Than One Domain.

- Playing make-believe can be a social/emotional milestone as well as a cognitive milestone;
- Following instructions can be a language/communication milestone as well as a cognitive milestone; and
- Playing peek-a-boo can be a cognitive as well as a social/emotional milestone.

Developmental Milestones:

2-Months

- **Social/Emotional** - Begin to smile at people, tries to look at parents
 - **Language/Communication** - Coos, makes gurgling sounds, turns head to sounds
 - **Cognitive** - Pays attention to faces, begins to follow things with eyes
 - **Movement/Physical** - Can hold head up and begins to push up when lying on tummy
- Warning Signs of Possible Developmental Delay:**
- Doesn't respond to loud sounds
 - Doesn't watch things as they move
 - Doesn't smile at people
 - Doesn't bring hands to mouth
 - Can't hold head up when pushing up when on tummy

Valentina: Cooing

- Please hold as we play this video. Thanks for your patience.

Help Your 2-Months Old Baby Learn & Grow

- Cuddle, talk, and play with your baby during feeding, dressing, and bathing.
- Help your baby learn to calm herself. It's okay for her to suck on her fingers.
- Begin to help your baby get into a routine, have regular schedules.
- Act excited and smile when your baby makes sounds.
- Copy your baby's sounds sometimes, but also use clear language.
- Talk, read, and sing to your baby.
- Place a baby-safe mirror in your baby's crib so she can look at herself.
- Look at pictures with your baby and talk about them.
- Lay your baby on his tummy when he is awake and put toys near him.
- Encourage your baby to lift his head by holding toys at eye level in front of him.
- Hold a toy or rattle above your baby's head and encourage her to reach for it.

Developmental Milestones: 4-months

- **Social/Emotional** - Smile spontaneously, and start copying some movements like facial expression. Respond to affection.
Language/Communication - Begins to babble, cries in different ways to express hunger, pain or being tired.
- **Cognitive** - Reaches for toys, follows moving things and recognizes familiar faces.
- **Movement/Physical** - brings hand to mouth, holds head steady, may begin to roll over from tummy to back, holds a toy and shake it, and when lying on stomach pushes head up with elbows.

Warning Signs of Possible Developmental Delay:

- Doesn't watch things as they move
- Doesn't smile at people
- Can't hold head steady
- Doesn't coo or make sounds
- Doesn't bring things to mouth
- Doesn't push down with legs when feet are placed on a hard surface
- Has trouble moving one or both eyes in all directions

Valentina 3-Months Old

- Please hold as we play this video. Thanks for your patience.

Help Your 4-Months Old Baby Learn & Grow

- Hold and talk to your baby
- Set steady routines for sleeping and feeding.
- Copy your baby's sounds.
- Have quiet play times when you read or sing to your baby.
- Provide safe opportunities for your baby to reach for toys and explore his surroundings.
- Put toys near your baby so that she can reach for them or kick her feet.
- Put toys or rattles in your baby's hand and help him to hold them.
- Hold your baby upright with feet on the floor, and sing or talk to your baby as she "stands" with support.

Developmental Milestones: 6-Months

- **Social/Emotional** - Responds to other people's emotions and often seems happy, know familiar faces, likes to look at self in mirror.
- **Language/Communication** - Begins to say consonant sounds (jabbering with "m," "b"), respond to sounds by making sounds, makes sounds to show joy and displeasure.
- **Cognitive** - Begins to pass things from one hand to the other, tries to get things that are out of reach
- **Movement/Physical** - Begins to sit without support, rolls over in both directions, when standing support weight on legs and bounces

Warning Signs of Possible Developmental Delay:

- Doesn't try to get things that are in reach
- Shows no affection for caregivers
- Doesn't respond to sounds around him
- Has difficulty getting things to mouth
- Doesn't make vowel sounds ("ah", "eh", "oh")
- Doesn't roll over in either direction
- Doesn't laugh or make squealing sounds
- Seems very stiff, with tight muscles
- Seems very floppy, like a rag doll

6 Months Bouncing

- Please hold as we play this video. Thanks for your patience.

Help Your 6-Months Old Baby Learn & Grow

- Play on the floor with your baby every day. Help him sit with some support. Put your baby on his tummy or back and put toys just out of reach. Encourage him to roll over to reach the toys.
- Learn to read your baby's moods. If he's happy, keep doing what you are doing. If he's upset, take a break and comfort your baby.
- Use “reciprocal” play—when he smiles, you smile; when he makes sounds, you copy them.
- Repeat your child's sounds and say simple words with those sounds. For example, if your child says “bah,” say “bottle” or “book.”
- Read books to your child every day. Praise her when she babbles and “reads” too. Point out new things to your baby and name them.
- When your baby looks at something, point to it and talk about it.
- When he drops a toy on the floor, pick it up and give it back. This game helps him learn cause and effect.
- Read colorful picture books to your baby.

Developmental Milestones:

9-Months

- **Social/Emotional** - Clingy with familiar adults; may be afraid of strangers; has favorite toy
- **Language/Communication** - Copies sounds and gestures; makes a lot of different sounds like “mamama” and “babababa”; use fingers to point at things (Proto-imperative Pointing); understand “no”
- **Cognitive** - Plays peek-a-boo; looks for things you hide (Object Permanence)
- **Movement/Physical** - Pulls to stand; crawls; pick up little things using a radial digital grasp.

Warning Signs of Possible Developmental Delay:

- Doesn't bear weight on legs with support
- Doesn't sit with help
- Doesn't babble (“mama”, “baba”, “dada”)
- Doesn't play any games involving back-and-forth play
- Doesn't respond to own name
- Doesn't seem to recognize familiar people
- Doesn't look where you point
- Doesn't transfer toys from one hand to the other

Finn 9-Months Old: Typical Play

- Video

Help Your 9-Months old Baby Learn & Grow

- Pay attention to the way he reacts to new situations and people; As she moves around more, stay close so she knows that you are near.
- Continue with routines; they are especially important now.
- Play games with “my turn, your turn.”
- Say what you think your baby is feeling. For example, say, “You are so sad, let’s see if we can make you feel better.”
- Describe what your baby is looking at; for example, “red, round ball.”
- Talk about what your baby wants when he points at something.
- Copy your baby’s sounds and words.
- Teach cause-and-effect by rolling balls back and forth, pushing toy cars and trucks, and putting blocks in and out of a container.
- Play peek-a-boo and hide-and-seek.
- Read and talk to your baby.
- Provide lots of room for your baby to move and explore in a safe area.

Developmental Milestones: 12-Months

- **Social/Emotional** - Repeats sounds or actions to get attention; is shy or nervous with strangers; separation anxiety; cooperates with dressing; brings toys/books.
- **Language/Communication** - Says “mama and “dada;” uses simple gestures (shake head “no”, waves bye-bye); repeat sounds and words;
- **Cognitive** - Follows simple directions; explore things by shaking, banging throwing, putting things in a container and taking them out; imitates activities, respond to name.
- **Movement/Physical** - May stand alone; cruising or may take a few steps without holding; scribbles in imitation; develop pincer grasp.

Warning Signs of Possible Developmental Delay:

- Can't stand when supported
- Doesn't search for things that she sees you hide
- Doesn't say single words like “mama” or “dada”
- Doesn't learn gestures like waving or shaking head
- Doesn't point to things
- Loses skills he once had

Finn and Valentina: Pincer Grasp

- Please hold as we play this video. Thanks for your patience.

Help Your 12-Months Old Baby Learn & Grow

- Give your child time to get to know a new caregiver. Bring a favorite toy, stuffed animal, or blanket to help comfort your child.
- Give your child lots of hugs, kisses, and praise for good behavior. In response to unwanted behaviors, say “no” firmly. Do not yell, spank, or give long explanations. Spend a lot more time encouraging wanted behaviors than punishing unwanted behaviors.
- Talk to your child about what you’re doing. For example, “Mommy is washing your hands with a washcloth.”
- Read with your child every day. Have your child turn the pages. Take turns labeling pictures with your child.
- Build on what your child says or tries to say, or what he points to. If he points to a truck and says “t” or “truck,” say, “Yes, that’s a big, blue truck.”
- Give your child crayons and paper, and let your child draw freely. Show your child how to draw lines up and down and across the page.
- when she tries to copy them.
- Play with blocks, shape sorters, and other toys that encourage your child to use his hands.
- Hide small toys and other things and have your child find them.
- Ask your child to label body parts or things you see while you are changing a diaper.
- Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise.
- Provide lots of safe places for your toddler to explore.

Developmental Milestones: 18-Months

- **Social/Emotional** - Plays simple pretend; explores with parent nearby; may cling to caregiver in new situations; afraid of strangers; temper tantrums
- **Language/Communication** - Point to share things with others (Protodeclarative pointing) Points to things in a book; says several single words, says “no.”
- **Cognitive** - Know how ordinary things are used (Phone, brush); follows one step command without gesture; points to body parts
- **Movement/Physical** - Walks; runs; eats with a spoon; drinks from a cup; scribbles spontaneously, can help get undress

Warning Signs of Possible Developmental Delay:

- Doesn't point to show things to others
- Can't walk
- Doesn't know what familiar things are for
- Doesn't copy others
- Doesn't gain new words
- Doesn't have at least 6 words
- Doesn't notice or mind when a caregiver leaves or returns
- Loses skills he once had



Points out a plane in the sky

Valentina 18-months: Language Development

- Please hold as we play this video. Thanks for your patience.

Help Your 18-Months Old Baby Learn & Grow

- Praise good behaviors more than you punish bad behaviors (use only very brief time outs).
- Use words that describe feelings and emotions. o Use simple, clear phrases. Describe her emotions. For example, say, “You are happy when we read this book.”
- Encourage pretend play. Provide toys that encourage pretend play; for example, dolls, play telephones.
- Encourage empathy. For example, when he sees a child who is sad, encourage him to hug or pat the other child.
- Read books and talk about the pictures using simple words. Ask simple questions. Name pictures in books and body parts.
- Hide things under blankets and pillows and encourage him to find them.
- Play with blocks, balls, puzzles, books, and toys that teach cause and effect and problem solving.
- Provide safe areas for your child to walk and move around in.
- Provide balls for her to kick, roll, and throw.
- Encourage him to drink from his cup and use a spoon, no matter how messy.
- Blow bubbles and let your child pop them.

Developmental Milestones: 2-Years

- **Social/Emotional** - Gets excited when with other children; plays mainly beside other children; but enjoy chase games; shows defiant behaviors.
- **Language/Communication** - Uses 2-4 word sentences; points to pictures of common use; name things of common use; knows names of familiar people and of body parts;
- **Cognitive** - Plays simple make-believe; can follow a 2-step commands; begins to sort shapes and colors; builds towers of 4 or more blocks.
- **Movement/Physical** - Kicks a ball; throws a ball overhand; copies straight lines; climbs onto furniture; walks up and down stairs holding on.

Warning Signs of Possible Developmental Delay:

- Doesn't use 2-word phrases (for example, "drink milk")
- Doesn't know what to do with common things, like a brush, phone, fork, spoon
- Doesn't copy actions and words
- Doesn't follow simple instructions
- Doesn't walk steadily
- Loses skills she once had



Valentina: Copying a straight line

- Video

Help Your 24-Months Old Baby Learn & Grow

- Encourage your child to help with simple chores at home, like sweeping and making dinner. Praise your child for being a good helper.
- Praise when he follows instructions. Limit attention for defiant behavior. Spend a lot more time praising good behaviors than punishing bad ones.
- Teach your child to identify and say body parts, animals, and other common things.
- Do not correct your child when he says words incorrectly. Rather, say it correctly.
- Encourage your child to say a word instead of pointing. Hide your child's toys around the room and let him find them.
- Help your child do puzzles with shapes, colors, or farm animals. Name each piece when your child puts it in place.
- Encourage your child to play with blocks. Take turns building towers and knocking them down.
- Do art projects with your child using crayons, paint, and paper.
- Kick a ball back and forth with your child. Take your child to the park to run and climb on equipment or walk on nature trails. Watch your child closely.

Developmental Milestones: 3-Years

- **Social/Emotional** - Takes turns in games; shows concerns for crying friend, shows affection without prompting; separates easily from mom and dad; shows a wide range of emotions; dress and undress self
- **Language/Communication** - Talks well enough for strangers to understand most of the time; understand prepositions; understands the concept of “mine” and “his/hers”; say first name, age and sex; name friends; carries a conversation using full sentences.
- **Cognitive** - Does puzzles with 3 or 4 pieces; understands the meaning of “one”; copies a circle; builds towers of 6 or more blocks; screw and screw jars lids.
- **Movement/Physical** - Runs easily; climbs well; pedals a tricycle; walks up and down stairs alternating feet; turn book pages one at the time.

Warning Signs of Possible Developmental Delay:

- Falls down a lot or has trouble with stairs
- Drools or has very unclear speech
- Can't work simple toys (such as peg boards, simple puzzles, turning handle)
- Doesn't speak in sentences
- Doesn't understand simple instructions
- Doesn't play pretend or make-believe
- Doesn't want to play with other children or with toys
- Doesn't make eye contact
- Loses skills he once had



Valentina 3 Years Old: Drawing A Three-part Person

- Please hold as we play this video. Thanks for your patience.



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Help Your 3 Year Old Baby Learn & Grow

- Work with your child to solve the problem when he is upset.
- Talk about your child's emotions. For example, say, "I can tell you feel mad because you threw the puzzle piece." Encourage your child to identify feelings in books.
- Set rules and limits for your child, and stick to them.
- Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
- Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
- Give your child an "activity box" with paper, crayons, and coloring books. Color and draw lines and shapes with your child.
- Play matching games. Ask your child to find objects in books or around the house that are the same.
- Play counting games. Count body parts, stairs, and other things you use or see every day.
- Play outside with your child. Go to the park or hiking trail. Allow your child to play freely and without structured activities. Give opportunities to play with other children.

Developmental Milestones:

4-years

- **Social/Emotional** - Plays “mom” and “dad”; more creative make believe play; enjoys playing with other children; cooperates in play; often can’t tell what’s real and what’s make believe.
- **Language/Communication** - Knows basic rules of grammar; sings songs and says poem from memory; tells stories; can say first and last name.
- **Cognitive** - Names colors and numbers, understands idea of counting; begins to copy some letters; starts to understand time; understands “same” vs. “different; draws a person with 2 to 4 body parts; play board games; tells what he thinks is going to happen next in a book.
- **Movement/Physical** - Hops; stands on one foot for 2 seconds; use scissors; pours; mashes own food.

Warning Signs of Possible Developmental Delay:

- Can’t jump in place
- Has trouble scribbling
- Shows no interest in interactive games or make-believe
- Ignores other children or doesn’t respond to people outside the family
- Resists dressing, sleeping, and using the toilet
- Can’t retell a favorite story
- Doesn’t follow 3-part commands
- Doesn’t understand “same” and “different”
- Doesn’t use “me” and “you” correctly
- Speaks unclearly
- Loses skills he once had

Valentina: Language Development

- Please hold as we play this video. Thanks for your patience.

Help Your 4 Year Old Baby Learn & Grow

- Play make-believe with your child. Give your child toys to build imagination, like dress-up clothes, kitchen sets, and blocks.
- Give your child simple choices whenever you can. Let your child choose what to wear, play, or eat for a snack. Limit choices to 2 or 3.
- During play dates, let your child solve her own problems with friends, but be nearby to help out if needed.
- Encourage your child to use words, share toys, and take turns playing games of one another's choice.
- Use words like “first,” “second,” and “finally” when talking about everyday activities. This will help your child learn about sequence of events.
- Take time to answer your child's “why” questions. If you don't know the answer, say “I don't know,” or help your child find the answer in a book, on the Internet, or from another adult.
- When you read with your child, ask him to tell you what happened in the story as you go.
- Say colors in books, pictures, and things at home. Count common items, like the number of snack crackers, stairs, or toy trains.
- Teach your child to play outdoor games like tag, follow the leader, and duck, duck, goose.
- Play your child's favorite music and dance with your child. Take turns copying each other's moves.

Developmental Milestones: 5-Years

- **Social/Emotional** - Wants to please parents/ friends; wants to be like friends; follow game rules; aware of gender; can tell what's real and what's make-believe; shows more independence.
- **Language/Communication** - Speaks very clearly; tells a simple story using full sentences; understands future tense; says full name and address.
- **Cognitive** - Counts to 10 or more things; can print some letters and numbers; copies a triangle; can draw a person with at least 6 body parts.
- **Movement/Physical** - Begin to skip; stands on one foot for 10 seconds or longer; use fork and spoon; swings and climbs.

Warning Signs of Possible Developmental Delay:

- Doesn't show a wide range of emotions
- Shows extreme behavior (unusually fearful, aggressive, shy or sad)
- Unusually withdrawn and not active
- Is easily distracted, has trouble focusing on one activity for more than 5 minutes
- Doesn't respond to people, or responds only superficially
- Can't tell what's real and what's make-believe
- Doesn't play a variety of games and activities
- Can't give first and last name
- Doesn't use plurals or past tense properly
- Doesn't talk about daily activities or experiences
- Doesn't draw pictures
- Can't brush teeth, wash and dry hands, or get undressed without help
- Loses skills he once had



Help Your 5 Year Old Baby Learn & Grow

- Continue to arrange play dates, trips to the park, or play groups. Give your child more freedom to choose activities to play with friends, and let your child work out problems on her own.
- This is a good time to talk to your child about safe touch. No one should touch “private parts” except doctors or nurses during an exam or parents when they are trying to keep the child clean.
- Teach your child her address and phone number.
- When reading to your child, ask him to predict , what will happen next in the story.
- Encourage your child to “read” by looking at the pictures and telling the story.
- Teach your child time concepts like morning, afternoon, evening, today, tomorrow, and yesterday. Start teaching the days of the week.
- Explore your child’s interests in your community. For example, if your child loves animals, visit the zoo or petting farm. Go to the library or look on the Internet to learn about these topics.
- Keep a handy box of crayons, paper, paint, child scissors, and paste. Encourage your child to draw and make art projects with different supplies.
- Play with toys that encourage your child to put things together.
- Go on walks with your child, do a scavenger hunt in your neighborhood or park, help him ride a bike with training wheels (wearing a helmet).

THANK YOU!

Visit our Website

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NYC Early Childhood Mental Health **TTAC** Training and Technical Assistance Center

TTAC is funded by the New York City Department of Health and Mental Hygiene through [ThriveNYC](#).

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Monday, November 26, 2018

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