

Children's Health Medical Center Dallas

## Children's Health Scholarly Collection

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Developmental Milestones

Healthy Steps Early Childhood - Caregiver  
Resources

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2017

### Ages and Stages: Birth to 5 Years

Child Development Institute

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## AGES AND STAGES: BIRTH TO 5 YEARS

	<i>Physical and Linguistic</i>	<i>Emotional</i>	<i>Social</i>
<i>Birth to 1 month</i>	5-8 feedings a day. Sleeps 20 hours per day. Makes basic distinctions with 5 senses as well as temperature and perception of pain.	Generalized Tension.	Helpless. Asocial. Fed by mother
<i>2 to 3 Months</i>	Can sense color, visual and oral exploration. Cries, coos, and grunts. Gains control of eye muscles, lifts head when laying on stomach.	Expresses delight and distress.	Smiles at faces, visually fixates on a face, may be soothed by rocking.
<i>4 to 6 Months</i>	Can localize sounds. Babbles, makes most vowels and around half of consonants. Gains control of head and arm moments, purposive grasping, rolls over. Feeds 3-5 times a day.	Enjoys being cuddled.	Recognizes mother, distinguishes between familiar people and strangers.
<i>7 to 9 Months</i>	Gains control of core and hands, can sit without support. Starts crawling.	Specific emotional attachment to mother.	Protests separation from mother. Enjoys "peek-a-bo".
<i>10 months To 1 year</i>	Gains control of legs and feet, apposition of thumb and fore-finger. Stands. Says first words, responds to simple commands. Eats 3 meals and 2 snacks, sleeps 12 hours and naps.	Shows anger, fear of strangers, curiosity, and exploration.	Responds to name. waves goodbye, understands "no", plays pat-a-cake. Gives and takes objects.
<i>1 year to 18 months</i>	Creeps up stairs, walks for 10-20 minutes, makes simple lines with crayons. Shows dependent behavior. Repeats a few words. Feeds self.	Very upset when separated from mother, fear of bath.	obeys limited commands. Interested in mirror image.
<i>1.5 to 2 years</i>	Runs, kicks ball, builds with blocks, controls bowels and bladder. Vocabulary of over 200 words.	Temper tantrums start.	Resentment of new baby. Does opposite of what they are told.
<i>2 to 3 Years</i>	Rides tricycle, uses crayons. Starts to use short sentences, controls and explores language. May stutter briefly. shows emotions on face. Uses "I", "me", "you".	Fear of separation. develops anger and humor	Enjoys other children. Negativism, resists demands, gives orders, insists on routine.
<i>3 to 4 Years</i>	Stands on one leg, jumps, draws simple shapes. Uses "we". Self-sufficient in many routines. Pleasure in genital manipulation. practices sex-role activities. Uses "we".	Romantic attachment to opposite sex parent, jealousy of same-sex parent. Fears the dark and injury.	Likes to share, cooperative play with other children, Intense curiosity & interest in other children's bodies. Imaginary friend.
<i>4 to 5 Years</i>	Mature motor control, dresses self, copies complex shapes, adult speech sounds, basic gamer, tells stories, 2,00 word vocabulary.	Develops responsibility, guilt, and pride	Prefers to play with other children, becomes competitive, prefers sex appropriate activities