

# Developmental Milestones

## Year 3

### Social/Emotional:

- ◆ copies adults and friends
- ◆ shows affection without being asked
- ◆ takes turns
- ◆ understands the idea of “mine” and “his” or “hers”
- ◆ shows many varying emotions
- ◆ may get upset with major changes in routine

### Language:

- ◆ follows instructions with 2 or 3 steps
- ◆ knows and communicates first name and age
- ◆ identifies self as girl or boy
- ◆ names a friend
- ◆ talks well enough for anyone to understand about 75% of the time
- ◆ converses using 2 to 3 sentences

### Cognitive:

- ◆ can work toys with buttons, levers, and moving parts
- ◆ plays make-believe with dolls, animals, and people
- ◆ successfully completes puzzles with 3 or 4 pieces
- ◆ copies a circle with pencil or crayon
- ◆ turns book pages one at a time
- ◆ uses more than 6 blocks in tower
- ◆ screws and unscrews jar lids or turns door handle

### Physical Development:

- ◆ climbs well
- ◆ runs with ease
- ◆ pedals a tricycle (3-wheel bike)
- ◆ walks up and down stairs, one foot on each step

# Developmental Milestones

## Year 3

- **Tell Your Health Care Provider if your child:**
  - ◆ falls down a lot
  - ◆ has trouble with stairs
  - ◆ drools or has very unclear speech
  - ◆ can't work simple toys
  - ◆ doesn't speak in sentences
  - ◆ cannot understand simple instructions
  - ◆ does not play pretend or make-believe
  - ◆ doesn't want to play with other children or with toys
  - ◆ no eye contact
  - ◆ loses skills he once learned

*\*Remember: all children grow/mature at different rates\**

# Developmental Milestones

## Year 4

- **Social/Emotional:**
  - ◆ enjoys doing new activities
  - ◆ is more and more creative with make-believe play
  - ◆ prefers to play with other children
  - ◆ cooperates with other children
  - ◆ may not know difference between what's real and what make-believe is
  - ◆ talks about what she likes and what she is interested in
  
- **Language/Communication:**
  - ◆ uses "he" or "she" correctly in a sentence
  - ◆ sings favorite song or says a poem from memory like: "ABC's"
  - ◆ tells stories
  - ◆ says first and last name
  
- **Cognitive:**
  - ◆ understands the idea of counting
  - ◆ remembers parts of a story
  - ◆ understands "same" and "different"
  - ◆ draws a person with 2 to 4 body parts
  - ◆ uses scissors under supervision
  - ◆ copies capital letters
  - ◆ plays simple board or card games
  - ◆ Interacts during story time
  
- **Physical:**
  - ◆ hops and stands on one foot up to 2 seconds
  - ◆ often catches a bouncing ball
  - ◆ pours liquids

# Developmental Milestones

## Year 4

- ❑ **Tell Your Health Care Provider If Your Child:**
  - ◆ has difficulty jumping in place
  - ◆ has trouble scribbling
  - ◆ shows no interest in interactive games or make-believe
  - ◆ ignores people outside the family
  - ◆ resists dressing, sleeping, and using the toilet
  - ◆ can't retell a favorite story
  - ◆ has difficulty following three part instructions
  - ◆ can't understand "same" and "different"
  - ◆ doesn't use "me" and "you" correctly

*\*Remember: All children grow and develop at their own pace.\**

# School Readiness

- Getting children prepared for kindergarten starts before birth with good prenatal care and habits
- As they grow the most important things to do are to read, talk and play with them daily
  - ◆ sharing these interactions builds brain power and important pre-reading skills
- Preparing your kids emotionally and socially for school is critical to learning success
- Children need to feel safe and loved to reach their full potential
- Academic skills are important, but can be added if the child is ready to learn, knows how to behave in a classroom setting, and can interact with other children and adults
- Preparation for school leads to learning success for years to come!

# **School Readiness**

## **Healthy Kids are Ready Kids!**

### **5 Ways to be Ready for**

#### **Kindergarten**

##### **Ready to Share and Care-**

Social/emotional skills are most important- children should:

- ◆ take turns
- ◆ try new things
- ◆ share
- ◆ control and express feelings
- ◆ independently use the bathroom
- ◆ dress and undress self
- ◆ clean up after self

##### **Ready to Learn and Listen-**

Teaching kids the “art of learning” is very important - children should:

- ◆ keep trying to master tasks when encouraged
- ◆ be building self-esteem
- ◆ be prepared to learn in the classroom
- ◆ have listening skills and follow directions

##### **Ready to Talk, Read and Write-**

Talking with and reading to children helps develop larger vocabularies, increased attention span and a desire to read more - children should:

- ◆ recognize letters
- ◆ write their own name

##### **Ready to Count and Experiment-**

Basic math and science skills, such as counting and curiosity, help prepare early learners - children should:

- ◆ explore the world around them
- ◆ ask questions
- ◆ know some numbers and count to 10

##### **Ready to Exercise and Eat-**

Exercise, healthy eating and getting enough sleep are critical for success in school - children should:

- ◆ follow Routines, especially bedtime and mealtime
- ◆ get 10 hours of sleep per night
- ◆ eat 5 servings of fruits and vegetables daily and eat healthful foods for good nutrition
- ◆ limit TV and game time to 2 hours or less daily
- ◆ get 1 hour or more of physical exercise daily
- ◆ drink only water and milk, and have 0 sugary drinks daily

*If your child is in the care of family, friends or neighbors during preschool years, or you are concerned about Kindergarten readiness contact the Montelores Early Childhood Council about opportunities and activities to help prepare you and your child for the transition*