

# Child Development Timeline

Greater Glasgow and Clyde



The Child Development Timeline captures how your child develops gross and fine movements, speech, thinking and problem solving skills from the point of birth to the threshold of independence.

The amount of development your child makes over the first few years of life is nothing short of remarkable. Typically they go from being completely helpless newborns to physically able youngsters in a very short space of time.

Not all children develop at the same rate and the following information provides general guidance only. Do not be concerned if your child is not meeting all the milestones for their age range; it is perfectly normal for one area to develop quicker than another. If however your child is not meeting any of the milestones for their age range or the age range below it is worth having a discussion with your health visitor for further advice.

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## 0 - 4 Weeks

### 0 – 4 Weeks

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### Motor Function

*Your baby has been curled up in a tight space. In the first month they are now working against gravity.*

You will need to help position them and support their movements.

- Help build their muscles and promote a more rounded head shape, place them in a variety of positions e.g. lying on their tummy on your chest, supported in side lying or lying on their back.
- You and your baby are getting to know each other, and bonding at this time is really important. Physical contact through massage and touch is a good way to build this, particularly skin to skin.
- Carrying your baby in a variety of positions provides them with movement experience and helps strengthen their muscles.



### Nutrition

*At this stage feeding takes up a lot of your baby's day.*

#### Types of Feed

Breastfeeding is the best form of nutrition for all infants but some mothers are unable to or choose not to breastfeed. In this case a first stage standard infant formula will give them what they need.

If you need help with breastfeeding ask your Midwife or Health Visitor.



#### Volumes

Try feeding on-demand, your baby will guide you as to how much and how frequently they need to be fed. Every baby is different, it may take them a few weeks to find their feeding pattern and this may vary slightly day-to-day. If you are concerned that your baby is not feeding well or not gaining weight, discuss this with your Health Visitor.



## 0 - 4 Weeks

### Sensory Development

*From the minute your baby is born they start to use all their senses. Anything they experience contributes to the development of their sensory skills.*

Your baby can only see clearly faces and objects that are very close (approximately 10 inches) at birth, everything else will appear out of focus. By 4 weeks old this range will have increased to 18 inches.

From birth your baby responds to touch, and feels most secure when swaddled or held close.

Your baby has little awareness at this stage of night and day so do not be surprised if they sleep all day and feed all night.



### Social/Language

*Whilst it might appear that your baby only eats, sleeps and poops they are actually already developing social and communication skills.*

#### Understanding

Your baby is born recognising Mum's voice and any music they were exposed to regularly in utero. Your baby will be responsive to your mood so if you are anxious your baby will be too or if you are irritable so will your baby.

#### Speech

At this stage your baby's only way of communication is through crying it is not yet possible to differentiate between when your baby is crying in pain, hunger, or because their nappy needs changed. Babies at this stage make gurgling sounds when they are content.

#### Social Communication

Your baby will enjoy looking at your face and being talked to in a slow gentle voice.





## 4 - 8 Weeks

### 4 – 8 Weeks

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#### Motor Function

*Your baby is beginning to use their muscles, and are likely to have jerky and uncontrolled arm and leg movements.*

When lying on their back their head will tend to turn to the side.

If they are lying on their side, they will roll onto their back.

When they lie on their tummy they will attempt to lift their head up briefly. Their head control will still be developing.

Make sure you encourage them to turn to each side.



When pulled to a sitting position, your baby's head may still lag but this should start to improve. Support your baby at their shoulders to help improve their head control.

Your baby is beginning to take their hands to their mouth, will open their hands from time to time and will grasp an adult's finger.

#### Nutrition

*Time between feeds are gradually increasing as your baby takes more milk at each feed.*

##### Types of Feed

Breast milk or first stage infant formula is still the only form of nutrition your baby needs.

##### Volumes

Time between feeds continues to increase as your baby takes more milk at each feed.





## 4 - 8 Weeks

### Sensory Development

*Your baby's vision is becoming clearer and they can be startled by sudden noises.*

#### Vision

Your baby will start to follow the movement of bright objects moving slowly in their field of vision. They are able to focus on objects held further away (up to 6 feet).

#### Hearing

Your baby will be startled by sudden noises and when hearing a certain sound may 'freeze'.



### Social/Language

*Your baby is already becoming much more interactive to you, responding to your voice and expressions.*

#### Understanding

Your baby will stop whimpering and turn to the sound of a nearby soothing voice.

#### Speech

Your baby will blow bubbles and coos when you talk gently and play with them.

#### Social Communication

Your baby is starting to mimic your facial expressions, for example if you stick your tongue out they will copy you. Your baby is also beginning to develop a social smile (it's not all down to wind!).



## 4 - 8 Weeks

### 6 Week Post Natal Check

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*Remember to make an appointment with your GP for your 6 week post natal check-up.*



#### 6 Week Post Natal Check

It is important to take care of yourself so make sure you attend your GP for your post natal check-up. Being a new mum is exhausting and maintaining your health is vital.

## 7 – 9 Week Immunisations

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### 8 Week Immunisations

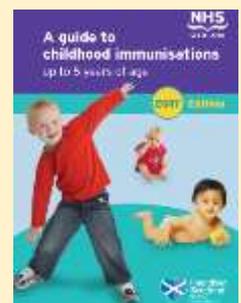
Now is the time to start your baby's immunisation programme. It is vital that your child receives protection against significant illnesses. Remember to take your red book with you to the appointment so that the nurse can record the immunisations carried out.

Your child will receive immunisations against the following illnesses:

- **Diphtheria, Tetanus, Pertussis (whooping cough), Polio and Haemophilus Influenzae type B (Hib)**
- **Pneumococcal Infection**
- **Rotovirus**



[Immunisation Scotland](#) have produced a [guide to childhood immunisations](#). This guide is for parents and carers of children up to the age of 5 years. It provides information on the routine immunisations that are offered to help protect them from serious childhood diseases. It describes these diseases and explains why young children need protection against them. It also answers some of the most common questions about immunisations.





## 8 - 12 Weeks

### 8 – 12 Weeks

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#### Fine Motor

*Your baby is showing an interest in the world around them and is beginning to use their hands to learn and explore.*

Your baby can bring their hands together and is starting to play with their fingers.

Your baby is also starting to reach for things and show an interest in their surroundings.

Your baby can now successfully get their hands to their mouth!



#### Gross Motor

*Your baby is getting stronger and is developing more functional, smoother movements. They should continue to be placed in a variety of different positions to discover the world around them.*

Your baby's head control is improving, they are more likely to hold it in the middle for longer. Tummy time is vital at this stage, they now are able to lift their head by propping on their forearms.

The Association of Paediatric Chartered Physiotherapists (APCA) have created a poster that highlights the importance of [tummy time](#).



NHS Health Scotland have published three books to encourage parents to establish good exercise habits and setting the foundation for learning throughout life.

Each book has a programme of play activities for babies and young children which will help your child's development and well-being. There are three books available:

- Play@home Baby (birth to one year)
- Play@home Toddler (one to three years)
- Play@home Pre-School (three to five years)

These books are issued free of charge to all parents with children under 5 years within Scotland. If you have not received the books then contact your Health Visitor. [Click here for further downloadable activities sheets from NHS Health Scotland.](#)





## 8 - 12 Weeks

### **Self Awareness**

*Your baby is becoming more aware of the world around them.*

It is thought that around 12 weeks a baby starts to make and retain memories.

### **Sensory Development**

*Your baby is becoming increasingly aware of the world around them and the sensations they are experiencing.*

Your baby starts looking towards you when you speak to them.

Your baby is becoming more aware of and starting to enjoy their daily caring routines e.g. they respond to bath time, feeding routines etc.

Your baby is more aware of night and day and the difference between them and should be awake for longer during the day and sleeping more at night.

Your baby has become fascinated by faces and can now recognise faces in photographs.



### **Social/Language**

*Your baby communication skills are improving daily.*

#### **Understanding**

Your baby responds and participates in two way conversations by smiling, squealing, cooing and gurgling.

#### **Speech**

Your baby is beginning to babble and attempting to imitate some sounds.

#### **Social Communication**

Your baby interacts with both familiar faces and strangers happily.



# 11 - 13 Weeks Immunisations

## 11 - 13 Weeks (3 Months) Immunisations

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### 12 Weeks (3 Months) Immunisations

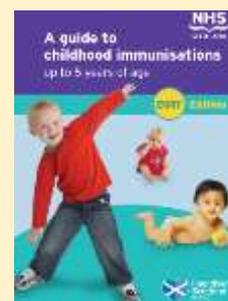
Now is the time for your baby's 2<sup>nd</sup> dose of immunisation. It is vital that your child receives protection against significant illnesses. Remember to take your red book with you to the appointment so that the nurse can record the immunisations carried out.

Your child will receive immunisations against the following illnesses:

- **Diphtheria, Tetanus, Pertussis (whooping cough), Polio and Haemophilus Influenzae type B (Hib)**
- **Meningococcal C (Men C)**
- **Rotovirus**



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## 4 Months

### 4 Months

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#### Fine Motor

*Your baby is now aware of their hands and is starting to use them purposefully.*

By 4 months your child should be reaching for objects (e.g. milk bottle) grasping them and bringing them to their mouth.



#### Gross Motor

*Your baby should now have much better head control which allows them to explore the world around them. Your baby is now starting to move under their own steam and react to the environment around them.*

Your baby should be able to hold their head still when being moved into sitting.

When held upright, they should be starting to look around them to both sides.

When they are lying on their tummy, they should now be starting to prop on their forearms, lifting their chest off the floor and beginning to look around them.



When laid on the floor your baby can now roll from their back onto their side. If placed on their side your baby is able to play in this position with their hands together.

When playing on the floor, make sure they are able to reach some of their toys and work harder to reach others.



## 4 Months

### Nutrition

*Breast milk or first stage formula continues to provide your baby with all the nutrition they need until they are 6 months old.*

#### Early Weaning

Guidelines recommend exclusive milk feeding until six months (26 weeks). Some parents may wish to introduce solid food earlier.

Four months (17 weeks) is the earliest age that this should be started and your child should be showing the developmental signs that they are ready for this. If you are thinking of starting solids early discuss this with your Health Visitor or another health professional.

[NHS Choices](#) has more information on introducing your baby to solid foods and have created a video called [‘How do I introduce my baby to solid foods?’](#)



If you choose to wean your child before 6 months you should avoid wheat, cow's milk, soft and unpasteurised cheeses, eggs, liver, fish & shellfish, nuts, seeds and soya. Your baby's digestive system is more developed after 6 months and so better able to cope with these foods.

All equipment should be sterilised and only provide smooth purees as your baby will not be able to cope with lumps.



### Self Awareness

*Your baby is beginning to recognise and experience enjoyment.*

Your baby will now smile at themselves in the mirror; they may not recognise that the baby they see is actually them but they like the look of them!

Your baby will now repeat activities they enjoy over and over again.





## 4 Months

### Sensory Development

*Your baby becomes more in control of their own movements and aware of the world around them they start to explore their world using different senses.*

#### Vision

Your baby's eyes now work together effectively to let them look at things both nearby and further in the distance. This enables them to start making sense of the world around them and how they interact with it.

#### Touch

Your baby will now be touching everything within reaching distance so make sure to keep an eye on them as they will put everything to their mouth in order to explore it.

### Social/Language

*Your baby is a social animal and likes nothing better than opportunities to interact with you and others!*

Your child now laughs socially.





## 5 Months

### 5 Months

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#### Fine Motor

*Your baby is now aware of their hands and is starting to use them purposefully.*

By 5 months your child can transfer an object from one hand to the other. They can also hold an object in each hand.

Your baby is now starting to drop objects probably to the point on annoying you as they enjoy the response and social interaction.



#### Gross Motor

*Your baby is beginning to use their tummy muscles.*

When lying on their back, your baby will touch their knees with their hands, in preparation for sitting.

When you place your baby on your knee you can feel them tensing their tummy muscles to get them ready for sitting independently. They now start to enjoy movement through songs and actions whilst sitting on your knee.



#### Self Awareness

*You will start to see changes in how your baby reacts to others.*

Your baby not only smiles at their reflection in the mirror but recognises that it is themselves they are seeing.

By 5 months your baby will start to display stranger anxiety.



## 5 Months

### Sensory Development

*Visual skills are now mature.*

#### Vision

By the time your baby is 5 months your baby's eyes are fully working together to give them a much better concept of depth perception.

Your baby's colour perception is also now fully mature so they can see the world in all its shades and hues.

### Social/Language

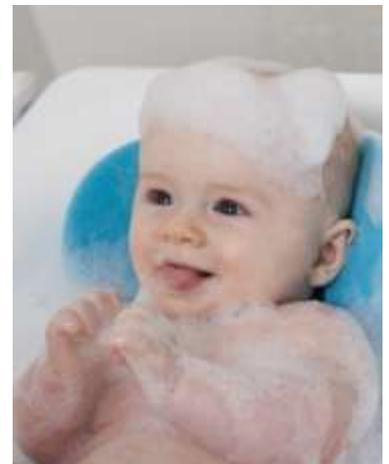
*Your baby's awareness of you and how their behaviour causes a reaction with you is increasing daily.*

#### Understanding

Your baby is now starting to be aware of the difference between happy and angry and can tell what mood you are in.

#### Social Communication

Your baby enjoys interactive play in all settings including bath time routines.





## 6 Months

### 6 Months

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#### Fine Motor

*Your baby is developing more control over their hands and is starting to use them more effectively.*

##### Hand Function

Your baby uses a raking grasp (using all fingers together) to pick up objects. They can now poke objects with their index finger and have discovered the joy of banging objects on the tray of their high chair whilst you are trying to feed them.



#### Gross Motor

*Your baby is beginning to enjoy moving under their own steam and loves spending time on the floor.*

Your baby can roll from their tummy to their back and back again with purpose.

Your baby should now be starting to sit by themselves for short periods. Placing cushions around them will allow them to enjoy learning this important skill in a safe environment.

Your baby is beginning to enjoy lying on their tummy and reaching for toys by lifting their head and chest to look around their environment. This allows them to push on their arms, and pivot round, which looks like they are swimming.





## 6 Months

### Nutrition

*Let's get weaning! Try a wide variety of foods, let your baby make a mess and show them eating is fun!*

#### Foods

Start with a variety of fruit and vegetables, cereals, porridge or baby rice. Introduce protein-rich foods such as chicken, lean red meat, flaked fish, lentils and beans next. Home cooked foods are more nutritious and lets your baby have a wider taste experience.



#### Amounts

At first offer a few teaspoons at one meal. Then gradually increase the amount to a few tablespoons. Move onto two and then three meals daily, being led by your child's appetite.

#### Textures

Start with smooth purees, well mashed or blended foods, and then moving on quickly to introducing soft lumps.



#### Drinks

Begin to offer a cup of water with meals but milk continues to be the main part of your child's diet.

[NHS Choices](#) has more information on introducing your baby to solid foods and have created a video called ['How do I introduce my baby to solid foods?'](#)





## 6 Months

### Self Awareness

Your baby is now showing separation anxiety. This means they become distressed when you leave them.

Your baby now recognised objects and can anticipate what they are used for e.g. they become excited when they see their milk bottle or know they are going to be fed when they see a spoon.

If you hold your baby up to a mirror they will try to touch themselves in the mirror.

### Sensory Development

*Your baby is developing self-regulatory skills. This means they are starting to be able to sleep themselves or can settle themselves without being lifted.*

Your baby should now be sleeping for between 4 and 10 hours at night.



### Skills for Independence

#### Feeding

Your baby will now put their hands round the bottle as if trying to hold it, and will pat it while you are feeding them.

### Social/Language

#### Speech

Your baby is progressing with their vocal skills in preparation for learning to speak. They can now make sounds such as 'da' and 'ka'. They will sometimes repeat these sounds to say 'da da' and 'ka ka'.



## 7 - 8 Months

### 7 – 8 Months

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#### Fine Motor

*Your baby is now starting to use their thumb purposefully.*

##### Hand Function

Your baby now uses their thumbs whilst grasping objects and enjoys banging two objects together.



#### Gross Motor

*Your baby is actively exploring the world around them, using all their balance and coordination skills.*

As your baby's core balance skills develop they are now able to sit unsupported on the floor for several minutes, but remember to keep an eye on them.

Whilst lying on their back, your baby may have discovered that they can put their feet in their mouth, early baby yoga!

Your baby will find their own way of exploring when they are on the floor in a variety of ways including wriggling, rolling, crawling on their stomach (commando crawling).



Your baby will start to push up onto their hands and knees, and may enjoy rocking backwards and forwards in this position, in preparation for crawling.

Once your baby has mastered sitting, encourage them to reach out to the front, side, back and up for toys. Eventually they will be able to move from sitting to lying in a controlled way.

Some children at this stage may start to crawl, or others may choose to bottom shuffle across the floor, but many will still be rolling as their main way of moving.



## 7 - 8 Months

### Nutrition

*Food comes in all colours, shapes and sizes. This is the time to let your baby explore them all!*

#### Foods

Variety is key and all food groups should now be included - offer them the same as the rest of the family, avoiding salty and sugary foods, and eat together. Your baby now needs iron from their food. Ensure good sources such as minced meats, well cooked eggs, no-sugar breakfast cereal with added iron, lentils and beans are offered regularly.



[Raising Our Healthy Kids](#) has created a video called '[Iron Rich Foods for Babies](#)' which provides information on iron rich foods and suggested which iron rich foods should be offered first.

Cow's milk can now be used with cereal or in food.

#### Amounts

Most babies will be moving on from two to three meals a day by this stage. Your baby will guide on how much they need to eat. It is normal for their intake to vary day to day.



[Raising Our Healthy Kids](#) has created a video called '[Responding to Baby's Cues](#)' which provides information on understanding hungry and not hungry signs from your baby.

#### Textures

Move on from mashed to lumps, and from lumps to minced food. Offer soft foods they can eat with their fingers e.g. sliced melon, soft cooked carrot batons or fingers of buttered toast.

It is normal for a baby to gag while they are learning to eat a new texture. It is important to avoid offering smooth/pureed foods for too long as this can lead to babies refusing lumps.



[Raising Our Healthy Kids](#) has created a video called '[Offering a Variety of Textures to your Baby](#)' which provides information on a variety of different textures.



## 7 - 8 Months

### Drinks

Offer water in a cup with meals. As your baby starts to eat more they gradually need less milk. Continue to offer breastfeeds or around 600ml of formula a day but drinking too much milk at this stage can reduce their progression with solid foods.

### Knowledge

*Your baby's sense of self continues to develop.*

### Self Awareness

Your baby now consistently responds to their own name.

### Sensory Development

Even when you are out of your baby's line of vision they are able to turn to the direction of your voice.

### Skills for Independence

#### Feeding

Your baby is now starting to finger feed. They enjoy holding food and putting it to their mouth. They are also able to drink from a sippy cup if they are helped with holding it.



### Social/Language

#### Understanding

As your baby's levels of understanding continue to develop they are now starting to respond to the word "no".

Your baby also recognises their own name and will turn in response.



## 9 - 10 Months

### 9 - 10 Months

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#### Fine Motor

##### Hand Function

Your baby uses a lateral pinch (thumb and side of index finger) to pick up objects. Once they have picked up a small object they are able to release it in a precise and controlled fashion. Your baby is now able to clasp their hands together.

##### Tool Use

Your baby can hold a spoon independently and is trying to feed themselves with it. This is likely to be a messy experience as they will not be able to turn the spoon effectively for several months!



#### Gross Motor

*Your baby is beginning to find their feet and explore the world from new heights. This is a very hectic stage and your baby will move faster than you think - so be prepared!*

Your baby won't be spending much time lying in one place by now, they will often prefer to sit to play, and are able to stay in this position for 10 minutes or more.

They will begin to change their own position, from lying to sitting, and attempt to kneel and pull themselves up into standing against furniture. They don't have much control when getting back down again, and often bump down. These are learning bumps!

They should now be getting better and faster at crawling, but some babies may be bottom shuffling to get around.

Your baby may be starting to take some steps when both their hands are held. This is how they learn to balance and support their own weight in standing. Baby walkers will delay this process.

Moving toys to a higher surface such as a low table or sofa will encourage your child to be up on their feet in preparation for walking.



## 9 - 10 Months

### Nutrition

*Baby should now be able to manage most family foods. Make life easier, cook the same healthy foods for the whole family!*

#### Foods

Continue to offer a wide variety of foods. Come back to ones they have refused before as it can take many attempts before a baby will accept a food.

#### Amounts

Develop a good routine of three meals a day and include a nutritious dessert, e.g. fruit and custard - once or twice daily.

#### Textures

Your baby will be able to enjoy minced and chopped textures, and solid finger foods.

#### Drinks

Your baby will be drinking less milk, usually around 600mls/20oz a day. Try to offer it from a cup instead of a bottle.



They will be coping better with a cup or beaker, offer water with meals and between meals if they see thirsty.



Sweetened drinks damage children's teeth - [Childsmile](#) is a NHS Scotland programme promoting oral health. They have produced a document called '[Drinks for babies and young children](#)' which discusses breast milk, infant formula, drinking cups and advice on other drinks (specifically for hidden sugars). You will also find lots more hints and tips on promoting good oral health for your child.

### Knowledge

#### Self Awareness

Your baby is now displaying definite likes and dislikes at meal times and also at bed times.



## 9 - 10 Months

### Skills for Independence

#### Dressing

When you are dressing your baby they should now start putting their foot up in expectation of you putting their sock on. This is the first stage in learning dressing skills.

#### Feeding

Your baby is now holding a spoon and tries to feed themselves although you are still doing the bulk of the work! Prepare for a messy few months ahead as they learn how to get their hand to their mouth effectively!



### Social/Language

#### Understanding

Enjoy this phase, your baby now understands and obeys you....it won't last for long!

#### Social Communication

Your baby can now play peek-a-boo with you. They respond, anticipate and participate with pleasure. Your baby holds out objects to show and share with you. Your baby now also points to objects out of their reach to show to you.





## 11 - 12 Months

### 11 – 12 Months

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### Fine Motor

#### Hand Function

Your baby can stack two building blocks and put three objects into a container.

If you are reading a story to them they will try to help turn the pages of the book.

Your baby has developed a proper pincer grasp (tip of thumb to tip of index finger) and can pick up tiny objects. They are beginning to show a preference for one hand but will use either hand for most activities.



#### Tool Use

When given a piece of paper and a crayon your baby will make marks on the paper.

### Gross Motor

*Your baby is now up, up and away...their leg and trunk muscles are getting stronger every day!*

#### Ball Skills

Your baby is beginning to be able to roll and throw a ball. They haven't quite mastered the art of aiming so do not have control over direction.

#### Balance

Your baby can sit from standing without bumping down. They can also stand alone without holding on to anything for 3-5 seconds. They can sit independently on the floor for as long as needed and can move from one position to another e.g. lying down to standing.

#### Mobility

Your baby can cruise around the furniture or walk holding on with one hand. They may be attempting 2-3 independent steps between furniture. They will now be able to squat down to pick up a toy from the floor.



## 11 - 12 Months

### Nutrition

*Food is now providing the main nutrition your baby needs.*

#### Foods

Continue to offer healthy foods at meals for all the family. Introduce healthy snacks such as bite-size sandwiches, fingers of toast with spread, cubes of cheese and slices of fruit.



#### Amounts

Introduce two to three small snacks a day alongside three regular meals. Leave two to three hour gaps between to ensure your child comes to a meal hungry.

#### Textures

Baby can enjoy all the same textures as you. Chop food into a manageable size.

#### Drinks

Your baby needs less milk to make room for food during the day. Offer water and milk from a cup instead of a bottle. Most babies will still take breastfeed or bottle to settle at bedtime. Sugary drinks are damaging to teeth and should be avoided.

### Knowledge

#### Cognitive Skills

Your baby now uses objects in an appropriate way. For example, if you hand them a teddy bear they will cuddle it or give them a brush and they will brush their hair.

Their visual memory is now fully functioning.

#### Self Awareness

Your baby can be emotionally labile (up and down) laughing one minute and crying the next. They can be affectionate towards familiar people but remains shy with strangers. Your baby now responds immediately to their name.





## 11 - 12 Months

### Sensory Development

#### Vision

Your baby's eyesight has fully matured and they can see as well as an adult.

### Skills for Independence

#### Dressing

Your baby is now starting to offer all their limbs to assist you whilst dressing e.g. holding arms out for jacket and legs for trousers.

#### Feeding

Your baby is now having greater success bringing the spoon to their mouth.



### Social/Language

#### Understanding

Your baby follows simple commands such as 'come here' and 'give it to me'.

#### Speech

Your baby has a repertoire of between two and six words, although they recognise many more.

# 11 - 13 Months Immunisations

## 11 – 13 Month Immunisations

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### 11 – 13 Months Immunisations

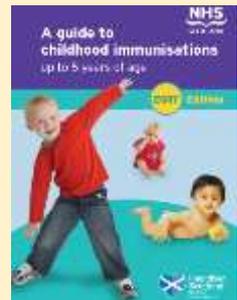
It is time to visit your G.P Practice again as your baby is now due their next round of immunisations. These should be given within a month of the 1<sup>st</sup> birthday.

Your child will receive immunisations against the following illnesses:

- **Haemophilus Influenzae type B (Hib) and Meningococcal C (Men C)**
- **Measles, Mumps and Rubella (German Measles)**
- **Pnemococcal**



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## 13 - 15 Months

### 13 - 15 Months

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#### Fine Motor

*Welcome to toddlerhood!! Your toddler is continually developing their hand skills through play.*

##### Hand Function

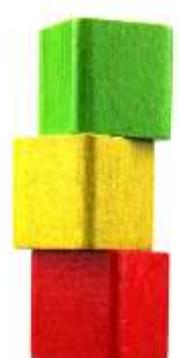
Your toddler should be using their hands to explore how objects work. They will try turning the pages of a book and should be able to confidently pick up tiny objects using a proper pincer grasp (tip of thumb to tip of index finger).

Your toddler's building skills are developing; they can now stack a tower of 3 building blocks.

Your toddler can also hold 2 objects in one hand now.

##### Tool Use

Your toddler will enjoy making marks on paper when they are given the right tools.



#### Gross Motor

*Standing tall? Time to test the balance and explore the world seen from new heights. For the next 3 months your toddler will become more confident on their feet and develop their balance skills.*

##### Balance

Your toddler should be trying to pick up an object from the floor without holding on to furniture, whilst maintaining their balance. They may be trying to change direction when cruising along furniture. They will walk with their feet wide apart, and may have their hands up high to help their balance. Carrying a toy may assist in their balance. Your toddler can now kneel whilst playing on the floor.

##### Mobility

Your toddler may now be choosing to walk more often than crawl. They will still have frequent falls, and they learn through these falls to improve their balance. They may be falling up to 17 times an hour! This is to be expected at this stage. Starting to walk is relatively easy, however stopping is harder. They may have to stop by bumping down to the floor or by walking into



## 13 - 15 Months

furniture. Your toddler may now be attempting to climb up on to the sofa and down again and starting to crawl up the stairs coming down backwards.

They will enjoy using push along toys to help improve their confidence in walking such as trolleys, prams etc.



### Nutrition

*Enjoy meals together, you can all eat the same foods now!*

#### Foods

Your toddler should now be eating all the same healthy, balanced foods as the rest of the family. [NHS Choices](http://www.nhs.uk/choices) provides more information on what to feed young children by listing and describing a variety of foods e.g. fruit, vegetables, bread, rice, potatoes, and dairy products etc.



It is common at this stage for toddlers to start rejecting foods previously liked and refuse new foods. This is a normal part of development called the **Neophobic** phase. It is important to continue to offer a variety and try to keep meal times fun! This may get worse as they get older, see **fussy eating section** for 18 months on the developmental timeline for more information.

#### Amounts

Offer three regular meals and two or three healthy snacks. The amount they eat will vary day to day and even meal to meal. Ensure that snacks provided are not given too close to meal times, and avoid allowing them to graze throughout the day, as this will affect their appetite for meals.

#### Textures

Your toddler should be able to manage all textures of food chopped into bite size pieces. They may prefer to feed themselves finger foods than be fed.



#### Drinks

All drinks should now be offered from a cup. Plain water and blue-top milk are the best drinks for your child. Offer approximately six small cups a day. As a drink, milk should be limited to 300ml (10oz) daily, more than this will spoil your toddler's appetite for solids.



## 13 - 15 Months

### Knowledge

#### Cognitive Skills

Your toddler now recognises the names of various body parts and can point to them. Your toddler can also point to toys, people or animals on request.

#### Self Awareness

Your toddler is now deliberately throwing objects to the floor both playfully and in rejection.

### Skills for Independence

#### Dressing

Your toddler can now remove their socks independently.

#### Feeding

Your toddler can use their spoon with much less mess and more success! They can also pick up and use a cup without much spilling.



### Social/Language

#### Understanding

Your toddler can now obey simple instructions such as 'give me the ball' and 'kiss Daddy goodnight'.

#### Speech

Your toddler is starting to make recognisable animal sounds.



## 16 - 18 Months

### 16 - 18 Months

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#### Fine Motor

##### Hand Function

When your toddler is sitting looking at a book they will turn several pages at a time when meaning to only turn one page.

Your toddler is starting to use both hands in a more co-ordinated fashion; using one hand to hold an object steady and using the other to manipulate it.



##### Tool Use

After watching you drawing a single line, your toddler can copy you.

#### Gross Motor

*Gaining more confidence, your toddler is now getting quicker and steadier at walking but some toddlers may only be starting to take their first independent steps.*

##### Ball Skills

Now that your toddler has mastered walking, they will start to be able to kick a ball with one foot, although their aim may not be great as yet.

##### Balance

Your toddler may now be standing with feet closer together, and reaching out for objects! Falls still occur, but your child may be able to start getting back up again independently using furniture rather than relying on you. They will be more stable when squatting to play with a toy and should be able to kneel without support. Your toddler can climb into an adult chair and turn around to sit properly.

##### Mobility

Walking will start to be the main way of getting around, and your child will be gaining speed and confidence in changing direction. They may start to try stepping up on to stairs with their hands held and two feet per step, but coming down backwards or bumping down on their bottom. They may be starting to pull a toy along on a string while walking.



## 16 - 18 Months

### Nutrition

#### Fussy Eating

*You might be finding that meal times are becoming quite stressful as your child is refusing foods.*

#### Foods

This is a normal part of development called the Neophobic phase. It is important to continue to offer a variety and try to keep meal times fun and relaxed.



[Raising Our Healthy Kids](#) has created a video called '[Follow the Feeding Relationship: Patience Works Better than Pressure](#)' which provides information on trying new foods.

The following are suggestions and hints:

- Your toddler should be sitting in a highchair.
- Distractions such as TV, tablets and toys should be removed.
- Offer your toddler regular meals and snacks with a variety of foods.
- Limit mealtimes to approximately 20 minutes, your toddler will show you when they have had enough.
- If they reject a meal offered, do not provide an alternative just wait until the next meal or snack time.
- Do not use food as a reward. Ignore bad behaviour and offer praise for the bits they are doing well.
- If you seem relaxed your toddler will feel more relaxed.

For more information look at the [NHS Choices](#) website for a video '[How do I manage a fussy eater \(18 - 30 months\)](#)' as well as tips for parents.



Alternatively try visiting [Eat Better Feel Better](#) Website.



## 16 - 18 Months

### Knowledge

#### Cognitive Skills

Your toddler is developing an awareness of size and is starting to recognise big and small.

#### Self Awareness

Your toddler can not point at different body parts when you ask them e.g. 'where are your eyes?'

### Sensory Development

#### Touch

Your toddler is starting to enjoy messy play.

### Skills for Independence

#### Toileting

Your toddler may be beginning to show signs of urgent toilet needs for example becoming restless or squirming. They may also let you know if they have a wet or soiled nappy.



### Social/Language

#### Understanding

Your toddler will often use phrases they have learned from you in an appropriate context.

#### Speech

Your toddler will chatter continuously to themselves and is also now attempting to sing.

#### Social Communication

Your toddler now engages in parallel play (playing alongside but not with other children). They start to copy adult activities for example sweeping the floor or feeding dolly.



## 19 - 21 Months

### 19 - 21 Months

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#### Fine Motor

##### Hand Function

Your toddler is able to string a large bead onto a piece of cord.

They can open a door by turning a handle.

##### Tool Use

After watching you drawing a circle, your toddler will be able to copy a circular scribble.



#### Gross Motor

*Your toddler is now much more confident on their feet and are determined to do as much as they can themselves. They are enjoying their freedom and it's now time to keep parents on their toes! Keep up, this is fun!*

##### Balance

Your toddler will enjoy sitting on moving toys and moving them forwards with their feet. This includes sit on walkers and playground equipment. They will be exploring different surfaces and starting to become more confident playing outside. Now is the time to really introduce unstable surfaces such as slides, swings, roundabouts and climbing frames which will all help to improve their balance. They will still need a lot of help, support and encouragement.



##### Mobility

Your toddler is now much more active and keen to explore all their environment – high and low! They are able to change their speed and direction quickly. They will enjoy this being made into a game using music, songs and actions like marching, creeping and follow the leader.



**19 - 21 Months**

## **Social/Language**

### **Understanding**

Your toddler understands simple requests and is beginning to make sense of 2 part requests such as 'put down the toy and come here'.

### **Self Awareness**

Your toddler will pull at your arm and use gestures to get your attention or to point out something out of reach.



## 22 - 24 Months

### 22 - 24 Months

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#### Fine Motor

##### Hand Function

Your toddler is now able to flick switches on and off, in fact may become fascinated by doing so, so keep a close eye on their safety!

Their building skills are also improving and they can now build a tower of 6 blocks.

Whilst still using both hands your toddler will more and more often use their preferred hand.

When looking at a book your toddler can not turn the pages one at a time.



#### Gross Motor

*I'm bigger now and happy to explore the world by myself, but stay close by as I still need you sometimes.*

##### Balance

Practice makes perfect. Your toddler will be perfecting all these new found skills and becoming more confident and more daring. They may not always have a clear sense of danger and you will need to be aware whilst allowing them to try out new things.

##### Mobility

Your toddler should now be walking as their main way of getting around. They will be able to reach higher by going up on tiptoes, you may need to be careful where you place things safely now. They should now be able to walk up and down a couple of steps without adult support but may hold onto the wall or handrails for confidence. They may now be able to walk backwards and can get themselves out of a tight space.

They will still be enjoying their push along toys and will take them around obstacles and be able to use them without your help.

Your toddler will be becoming much quicker on their feet attempting to run at times.



## 22 - 24 Months

### Nutrition

*Your child now has a sense of what they like. Offering them healthy foods at this age will set them up to eat healthily for life!*

#### Foods

Eating a combination of foods from all the different food groups will give your child all they need to grow and develop:

- Involve your child in meal planning and preparation. They are more likely to eat something they have helped to prepare.



[Raising Our Healthy Kids](#) has created a video called '[Food Skills](#)' which provides information on preparing food with your child.

- Offer three regular meals and two or three healthy snacks.
- Portion size will gradually increase as they get older, let them guide you.
- Give small amounts with the option of more if they want it.
- Keep encouraging them to try new foods.
- Let them see you eating healthy foods you enjoy.
- Keep giving Healthy Start Vitamins until they are school age.



#### Foods High in Fats and Sugar

Foods which are high in sugar and fat will provide extra energy but few nutrients. This group includes biscuits, cake, ice-cream, sweets, chocolate, and savoury snacks such as crisps, chips and sugary drinks.

Avoid providing these foods regularly and swap them for healthier options. For example, fruit like bananas, apples and raisins; or vegetables such as sticks of carrots or cucumber with hummus or salsa.

High sugar intakes often lead to tooth decay. It is important to avoid giving your child frequent sugary drinks, snacks or sweets to protect their teeth and overall health. If you want to give them something sugary, it is best at mealtimes.



The British Dietetic Association (BDA) has produced a Food Fact Sheet on '[Healthy Eating for Children](#)'.



## 22 - 24 Months

### Knowledge

#### Cognitive Skills

Your toddler has figured out they can reach things you have placed out of the way but finding something to stand on. It is time to move valuables and potentially dangerous items well out of harm's way!

Your toddler can match a square, circle and triangle in a form board puzzle.



Your toddler can now pretend an object is something else e.g. can use a building block as a car.

#### Self Awareness

Your toddler has an increased understanding of themselves in size and relation to other objects e.g. knows if they can fit into a cupboard, and will have a good try to make sure!

Your toddler can now point to 7 body parts.

Your toddler can now experience jealousy for example will resent the arrival of a new baby into the family.

### Skills for Independence

#### Dressing

Your toddler can now pull on a hat and shoes.

#### Feeding

Your toddler can use their spoon without mess and is now beginning to eat effectively with a fork.





## 22 - 24 Months

### Social/Language

#### Understanding

Your toddler will now refer to themselves by name.

#### Speech

Your toddler when talking about themselves will use the term 'I', 'me' and 'mine'.

#### Social Communication

Your toddler is beginning to take turns when playing with others.





## 25-30 Months (2 - 2½ Years)

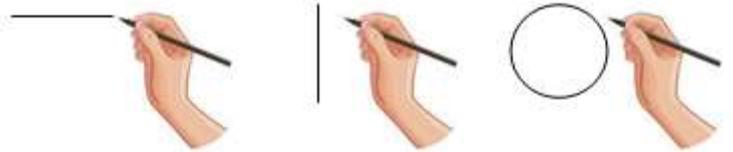
### 2 - 2½ Years

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#### Fine Motor

##### Tool Use

Your child can now copy vertical, horizontal and circular lines.



#### Gross Motor

*Walking is sooo last month. I can now run, jump and bounce and never stop!*

##### Ball Skills

Your child will try to kick a large ball but can't always get it where they aim for. They can pick up and throw overarm but their catching ability is still developing.

##### Balance

Your child can now lift their leg and balance to help get dressed but only for about a second.

They will try to jump with feet together but they might only be able to have one foot leave the ground first. But with a bit of adult help, they will soon be able to use both feet together.

Your child will enjoy using a sit and ride toy and push along with their feet but they haven't grasped how to pedal yet. They will like to be able to get on and off by themselves.



##### Mobility

Your child can now fun around safely, avoiding objects most of the time.

They are really exploring the world, climbing up onto furniture, and reaching up high b standing on their tiptoes. The world is just a big climbing frame to them, but they still don't understand what is really dangerous, so will need supervision.

They will now be able to go up the stairs like a grown up using one foot per step but will still need to hold for reassurance. Coming down is still scary so will need to take their time.



## 25-30 Months (2 - 2½ Years)

### Knowledge

#### Cognitive Skills

Your child now knows where things belong so should be able to help tidy up after play.

If looking at a picture your child can tell you what is happening e.g. 'the dog is chasing the cat'.

If they have drawn a picture they will tell you what is happening in it even if to you it looks like a scribble.



#### Self Awareness

Your child can point to themselves in the mirror.

Your child is becoming very strong willed; welcome to the **Terrible Two's!!**

### Skills for Independence

#### Dressing

Your child can pull their pants up and down and can put on a coat but cannot yet do fastenings.

### Social/Language

#### Understanding

Your child can not follow a 2 step instruction e.g. 'fetch your coat and put it on'.



## 31 - 36 Months (2½ - 3 Years)

### 2½ - 3 Years

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#### Fine Motor

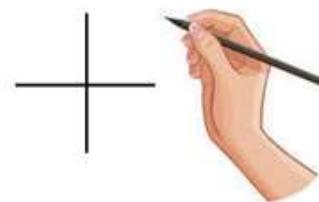
##### Hand Function

Your child can now roll, squeeze and pull play dough into shapes. They should also now be using one hand consistently.

##### Tool Use

Your child can now copy a cross shape.

If given safety scissors your child can snip a piece of paper.



Intersecting  
cross

#### Gross Motor

*Practice make perfect. I'm not learning many new skills, I'm just getting much better at everything!*

##### Ball Skills

Your child ball skills are improving and they enjoy being able to kick the ball most of the time and it goes where they want it to.

##### Balance

Your child can now stand on one leg for a couple of seconds. Their jumping skills are improving and they can now jump forward.

They are still perfecting their climbing skills and they still may need some help to get down off the big equipment.

##### Mobility

Your child should be able to walk in all directions; forward, backwards, sideways and on tiptoes.

They should be able to walk and run for longer. They don't need to be carried as much and you can start to leave the buggy behind.

They are becoming more confident on the stairs but still need to hold on.



## 31 - 36 Months (2½ - 3 Years)

### Knowledge

#### Cognitive Skills

Your child understands the concept of up and down.

They also know their full name.

By this age your child is asking lots of questions. This can be exhausting but try to be patient; their brain is like a sponge and they are keen to learn!

#### Self Awareness

Your child understands gender and knows what sex they are.

The can also express likes and dislikes for example about toy preference, what colours they like and who they like to play with.

Your child is also expressing emotions e.g. 'I'm happy' or 'I'm sad'.

### Skills for Independence

#### Dressing

Your child can now completely undress themselves.

#### Toileting

Your child is starting to use the toilet or potty with assistance. They may have even developed day control.

#### Self Care

Your child is able to wash their hands and make an attempt at brushing their teeth.



### Social/Language

#### Speech

Your child is now uttering sentences with 3-4 words.

#### Social Communication

Your child is beginning to share toys and can participate in pretend play. They should be happier taking turns and are beginning to be able to follow rules in games.



## 37-42 Months (3 - 3½ Years)

### 3 - 3½ Years

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#### Fine Motor

##### Hand Function

Your child is able to string small beads and place small pegs into holes.



They are also to do simple jigsaw puzzles (2-4 pieces) and more complex form boards.

#### Gross Motor

*I'm becoming more independent and off on my own exploring the world whether it's at nursery or playgroups. I need to be fast enough to keep up with others now.*

##### Ball Skills

Your child can now catch a large ball and throw it or kick it back to you with more force over a longer distance (up to 2 metres).

##### Balance

Your child should be able to stand on one leg for up to five seconds now.

They should be able to jump off the bottom step with both feet together but may need some encouragement at first.

They can climb a ladder in the playground and come down the chute by themselves.

Your child should now be able to pedal a trike and start to use a scooter.





## 37-42 Months (3 - 3½ Years)

### Mobility

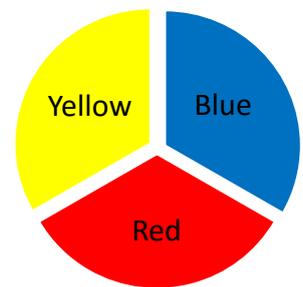
Your child can now climb 3-4 stairs one foot to a step without holding on. They can also come downstairs more confidently, two feet to a step.

Their spatial awareness has improved, in that they know where their body is in relation to other objects or people.

### Knowledge

#### Cognitive Skills

Your child is now able to match 2-3 primary colours e.g. can put the red toy beside the red picture.



They know some nursery rhymes off by heart.

Your child understands the concept of past and future and can look forward to forthcoming events.

They have an awareness of approval and disapproval. They know big and little and can categorise accordingly e.g. 'I'll have the big slice of cake and you can have the little slice'.

When looking at a favourite book they will be able to tell you if you have skipped some pages.

Your child is developing an awareness of common dangers e.g. cooker is hot, stay away for the road etc.

#### Self Awareness

Your child likes to be independent, choosing their own clothes for example.

They know their own age.

Your child moves their body to the beat of the music.



## 37-42 Months (3 - 3½ Years)

### Skills for Independence

#### Dressing

Your child should now be able to pull on and off clothes by themselves but still needs help with fastenings.

#### Toileting

Your child can now go to the toilet independently but will need reminding to wipe their bottom, flush and wash their hands for many years to come! Your child by now should have full bowel control.



#### Self Care

Your child can now brush their own hair (you will probably need to finish the job!).

### Social/Language

#### Understanding

Your child can now use pronouns correctly e.g. 'he did it!' or 'Give it to me'.

Your child's sense of humour is continuing to develop and they will laugh appropriately at funny incidents and simple jokes.

#### Speech

Your child's speech can still be hard to understand.

Your child can carry a conversation with around 4 words per sentence.

Your child uses please and thank you.

#### Social Communication

Your child should by now be looking at a person when they are speaking to them.

They are learning the power of persuasion through language e.g. 'I want a sweetie please'.

# 37 - 42 Months Immunisations

## 37 – 42 Month Immunisations

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### 37 – 43 Months Immunisations

Now is the time for another dose of immunisation for your child.

Remember to take your red book with you to the appointment.

Between the ages of 3 and 3½ years old your child requires another round of immunisations to protect them from some dangerous childhood illnesses.

These include

- **Diphtheria**
- **Tetanus**
- **Whooping Cough**
- **Polio**



Your child will also be offered a second round of the Measles, Mumps and Rubella (German Measles) MMR vaccine as not all children develop immunity with only one injection.

[Immunisation Scotland](#) have produced a [guide to childhood immunisations](#). This guide is for parents and carers of children up to the age of 5 years. It provides information on the routine immunisations that are offered to help protect them from serious childhood diseases. It describes these diseases and explains why young children need protection against them. It also answers some of the most common questions about immunisations.





## 43-48 Months (3½ - 4 Years)

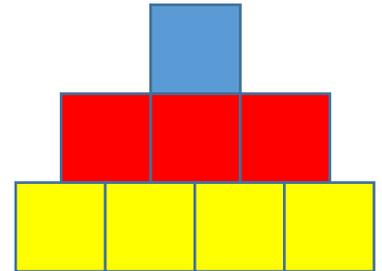
### 3½ - 4 Years

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#### Fine Motor

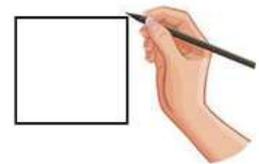
##### Hand Function

If you were to build a pattern of blocks your child should now be able to copy your model using the same colours of blocks, the correct amount of blocks and in the same order.



##### Tool Use

If you were to draw a square on a piece of paper your child should be able to copy this shape.



Square

#### Gross Motor

*I am enjoying playing with my friends and testing my skills against them and my family and in fact everyone in the world!*

##### Ball Skills

Your child can now throw a ball at a large target and can kick a moving ball.

##### Mobility

Your child can do most things including managing stairs and running around with their friends without falling and hurting themselves at the time. But they are bound to still have the odd accident when they go too fast or they are distracted and they will still need cuddles.

##### Balance

Most of your child's balance skills are in place and they just need to practice them by trying lots of different things getting harder all the time. For example; walking along lines and different surfaces, stepping stones, benches, balance beams and rope bridges etc.

They may be starting to learn to ride a proper bike first with and then without stabilisers.



## 43-48 Months (3½ - 4 Years)

### Knowledge

#### Cognitive Skills

When playing with toys your child can sort them into order according to shape, size or colour.

Your child is able to stick to an activity even when distractions are present. This is the start of concentration developing; a skill they will need for school.

### Sensory Development

#### Touch

Your child is aware of the different textures and will have developed preferences for certain items of clothing. They will be able to tell you if they don't like the feel of something e.g. itchy jumper.

### Skills for Independence

#### Dressing

Your child should now be able to put their clothes on the right way around.

#### Feeding

Your child likes to help you prepare simple foods for eating e.g. putting snacks in a bowl or a slice of cheese on bread.



### Social/Language

#### Understanding

Your child can now follow a 3 step instruction e.g. 'Go to the fridge, get the juice, and put it on the table'.

#### Social Communication

Your child is able to work in a small group for 5 minutes, and can participate in group songs.



## 49 - 54 Months (4 - 4½ Years)

### 4 - 4½ Years

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### Fine Motor

#### Hand Function

Your child is now able to touch their thumb to each finger in turn.

If you show them a sequence of beads, they will be able to thread them onto a lace in the correct pattern and colour order.



#### Tool Use

Your child scissor skills continue to develop and they can now cut out a square shape with reasonable accuracy. They are also starting to make an attempt at cutting out a circle.

Their letter writing is also developing and they can now copy the letters X, V, H, T and O. By now they are also attempting to write their name, and can do zigzag line WW.

Their drawing skills are maturing and when they draw a man more recognisable features are beginning to appear e.g. fingers at the ends of arms. They can also draw a basic house shape.

### Gross Motor

*I am now quite capable and independent in most things I do.*

#### Ball Skills

Your child can catch, throw, bounce and kick a ball, and will start to be able to manage smaller ones such as tennis balls.

#### Balance

They can now walk along a line and can run easily. Your child is able to stand on one leg for longer periods and will begin to start to practice hopping.

They may enjoy more gymnastic type activities like forward rolls.

They should now be able to pedal a trike for longer distances and can also steer round corners and make u-turns.



## 49 - 54 Months (4 - 4½ Years)

### Mobility

Your child can get about in a variety of ways such as walking, marching, galloping, jumping and hopping.

They can hop up to 3 steps all by themselves.

### Sensory Development

#### Touch

Your child is now able to identify objects through touch alone e.g. if you place various items in a pillowcase they are able to put their hand in and pull out a teaspoon at your command.

The can also tell the difference between hard and soft, fat and thin.



### Skills for Independence

#### Dressing

Your child can now zip up their jacket when the bottom of their zip is put together.

They can also do front facing buttons provided they can see them. They will not manage top buttons where their vision is obscured by their chin.

[Click here to watch a short video on buttons.](#) You will notice that Leo struggled to do his buttons but given a few minutes and some verbal prompts he was able to achieve this independently.

#### Feeding

Your child can effectively eat using a fork and spoon. They can also drink through a straw whilst holding a juice carton in one hand.

#### Toileting

Your child can now wipe themselves after toileting. They are also aware enough of their bodily sensations to be able to go to the toilet when they need to (infrequent accidents).



#### Self Care

Your child can brush their own hair and dry their body with a towel.



## 55 - 60 Months (4½ - 5 Years)

### 4½ - 5 Years

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### Fine Motor

#### Hand Function

Your child can sort a series of up to 5 objects by size. They can complete up to 9 piece jigsaw and lace a sewing card using running stitch.



#### Tool Use

Your child's drawing skills are continuing to develop and they can now draw a recognisable face with eyes, nose and mouth.

### Gross Motor

*It's off to school I go. I need to be as independent as possible to manage with big primary school.*

#### Ball Skills

Your child has now mastered ball skills and may start to enjoy them in games.

#### Balance

Your child can now stand confidently on either leg and enjoy using this in games like musical statues. They are learning to hop with both legs.

They can skip and jump over an object and land with both feet together.

#### Mobility

Your child can now run up and down stairs using one foot per step. They are enjoying moving to music and are developing some rhythm.

### Knowledge

#### Cognitive Skills

Your child is able to spot differences in a group of items, place 4 pictures in sequence to tell a story, sort items by category (i.e. separating their toys into various piles such as cars, teddies and books).

Your child is also able to identify and name printed letters and will also be able to recognise shop and supermarket names.



## 55 - 60 Months (4½ - 5 Years)

### Skills for Independence

#### Dressing

Your child can open zips and buttons without assistance.

#### Feeding

Your child can spread butter or jam on toast using a knife.



#### Self Care

Your child can wash their face when asked, and will help you with hair washing. They can now blow their own nose independently (but usually require a gentle reminder to do so!).

At bedtime they should now be able to settle themselves down to sleep.

### Social/Language

#### Understanding

Your child can describe events from the past and future experiences in a logical sequential order e.g. talk about what they got last Christmas and when they hope to get for the upcoming birthday.

#### Speech

Your child can now speak using multiple word simple sentences, as well as describe both past and future events.

#### Social Communication

Your child is now happy to work in a small group with other children for between 10 and 25 minutes.