

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 for the last few months and their body is beginning to adjust to being on the outside. In the first month they are now working against gravity.

Having being curled up for so long your baby is now finding out how to move their arms and legs in this big wide world.

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!

If you need help with breastfeeding or feeding your baby ask your Midwife, Health Visitor or Family Nurse. Breast milk or first stage infant formula is all your baby needs until they are around 6 months old. Babies need to be close to their parents. This helps them to feel secure and loved. This also helps you to learn your baby's signals for when they are hungry. Let your baby guide you on how much and how often they need fed.



You can find lots of information and resources using the links below.



0 - 4 Weeks

NHS Greater Glasgow and Clyde

- [Early Years Breast and Formula Feeding](#)

Parent Club

- [Feeding](#)

UNICEF

- [Baby Friendly Support for parents](#)

Ready Steady Baby

- [How your body prepares to feed your baby](#)
- [Meeting your new baby](#)

Public Health Scotland

- [Off to a Good Start: all you need to know about breastfeeding](#)
- [Formula feeding: How to feed your baby safely](#)

First Steps Nutrition

- [Infant milks for parents & carers](#)

If you live in NHS Greater Glasgow and Clyde you can also access Breast Feeding Support using the links below.

- The [National breastfeeding helpline](#) offers both telephone and web chat services. Tel 0300 100 0212 open 9.30am – 9.30pm every day. British Sign Language users in Scotland can contact the helpline via [contact SCOTLAND-BSL](#)
- [NCT Glasgow Breastfeeding Buddies](#) are hosting virtual Peer led Breastfeeding Support groups. These are open to any mum in the Greater Glasgow and Clyde.
- Breastfeeding Network have a [BfN Greater Glasgow and Clyde Families facebook page](#) which families can join and join a virtual peer group every Tuesday and Friday at 2.00pm.

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.





0 - 4 Weeks

Social/Language

Whilst it might appear that your baby can only eat, sleep and poo, they are already developing social and communication skills. They watch you watching them and they love that you love them.

Listening and Understanding

Your baby was born recognising Mum's voice and any music they were exposed to regularly in the womb. They will be responsive to your mood and will react to your tone of voice or emotion.

Talking

Crying is the most obvious way that your baby communicates. It can be tricky to work out when they are crying in pain, hunger or because their nappy needs changed. Your baby will make gurgling sounds when they are content.

Interacting

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 them 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 feed.

Breast milk or first stage infant formula is still the only form of nutrition your baby needs. Time between feeds continues to increase as your baby takes more milk at each feed.

If you have any concern about feeding your baby contact your Health Visitor or Family Nurse.



You can find lots of information and resources using the links below:

NHS Greater Glasgow and Clyde

- [Early Years Breast and Formula Feeding](#)

Ready Steady Baby

- [How your body prepares to feed your baby](#)
- [Meeting your new baby](#)



4 - 8 Weeks

Parent Club

- [Feeding](#)

Public Health Scotland

- [Off to a Good Start: all you need to know about breastfeeding](#)
- [Formula feeding: How to feed your baby safely](#)

UNICEF

- [Baby Friendly Support for parents](#)

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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'.





4 - 8 Weeks

Social/Language

Your baby is already becoming much more interactive with you, and respond to your voice and expressions. Keep making those funny faces and 'cooing' at them as they really like it!

Listening and Understanding

Your baby is already becoming much more interactive with you, responding to your voice and expressions. Your baby will stop whimpering and turn to the sound of a nearby soothing voice.

Talking

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

Interacting

Your baby is starting to copy your facial expressions, for example if you stick your tongue out and wait, they will copy you. Your baby is 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

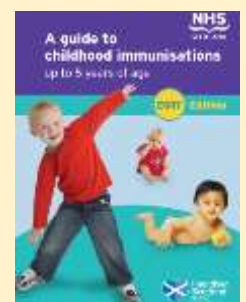
Now is the time to start your baby's immunisation programme. It is vital that your child receives protection against significant illnesses. Remember to take your red book with you to the appointment so that the nurse can record the immunisations carried out.

Your child will receive the following vaccines:

- **The 6-in-1 Vaccine** (helps protect your baby against Diptheria, Tetanus, Whooping Cough, Polio and Haemophilus Influenzae Type B (Hib) and Hepatitis B).
- **MenB Vaccine** (helps protect your baby against meningitis and septicaemia (blood poisoning)).
- **Pneumococcal Vaccine for Babies** (helps protect your baby against meningitis caused by pneumococcal bacteria).
- **Rotavirus Vaccine** (helps protect your baby against rotavirus).



[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 starting 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. Keep placing them in a variety of different positions to help them 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 as well as the different 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. Keep chatting to them throughout the day, the more attention they get the better!

Listening and Understanding

Your baby will take turns in 'chats' by smiling, squealing, cooing and gurgling.

Talking

Your baby is beginning to make a wider range of noises.

Interacting

Your baby is starting to get used to interacting with more people and will turn their head to people who are talking or singing.



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 2nd dose of immunisation. Although it stings for a second 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:

- **The 6-in-1 Vaccine** (helps protect your baby against Diphtheria, Tetanus, Whooping Cough, Polio and Haemophilus Influenzae Type B (Hib) and Hepatitis B).
- **Rotavirus Vaccine** (helps protect your baby against rotavirus).



[NHS Inform](#) 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.





4 Months

4 Months

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Fine Motor

Your baby is now fully 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 infant formula continues to provide your baby with all they need until they are around 6 months old.

In the first six months babies get all **the nutrients** they need from breast milk or from first stage infant formula. There is no need to introduce any solid foods before this time.

You should never wean before 17 weeks (4 months). **If you are thinking about starting solids early, discuss this with your Health Visitor, Family Nurse or GP before you start.**

Until your baby is around 6 months old:

- all equipment must be sterilised
- any tap water used must be boiled and cooled
- foods must be pureed (your baby won't be able to cope with lumps)



You can find more information in the [Fun First Foods booklet \(Audio Version\)](#).

Self Awareness

Your baby is beginning to recognise and experience enjoyment. They are aware that they like some sensations!

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.



Sensory Development

Your baby becomes more in control of their own movements and aware of the world around them. They are starting 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.



4 Months

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 loves to listen to your songs and rhymes now. They will stop and listen to your voice even if they can't see you.

Listening and Understanding

Your baby will stop and turn to familiar noises like a favourite rattle or spoon in a dish. Your baby enjoys it if you do something funny and will look forward to you doing it again and again.

Talking

If you make noises and wait, your baby will try to copy you. Your baby will laugh, chuckle and blow raspberries. Soon they will start to make sounds on their own like 'ma' and 'ba'. Your baby knows that you will respond if they make noises like a squeal and they love this.

Interacting

Your baby will scream with annoyance if you take something they like away or if they can't reach it. They enjoy interacting in everyday routines like bath time.





5 Months

5 Months

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Fine Motor

Your baby is now aware of their hands and continues to practice using 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 of annoying you, as they enjoy the response and social interaction.



Gross Motor

Your baby is beginning to use their tummy muscles and they are starting to develop a six-pack!!

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. They might start to appear shy or upset around people they don't know so well.

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

Your child's visual skills are now mature. Their eyes can see as well as yours!

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.



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. They are more able to reach out for something and grab it without missing!

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. Show them eating is fun!

Let's get weaning. In the first six months babies get all the nutrients they need from breast milk or from first stage infant formula. There is no need to introduce any solid foods before this time.

Every baby is different but the evidence tells us that babies around 6 months old, who can:

- Stay in a sitting position and hold their head steady.
- Reach out, grab something and take it to their mouth by themselves.
- Are ready to try solid foods alongside their usual milk. You can try offering a spoonful of soft, well mashed food to see how they cope.

[Click here to watch the GG&C Starting Solids Show Getting Started video.](#)

It is important to make sure you introduce lots of different foods and let your baby make a mess. As well as well mashed foods, you can offer soft finger-sized batons of cooked vegetables, fruit, pasteurised cheese, well cooked chicken breast/fish/eggs or bread/toast for your baby to explore. Show them eating is fun!

Baby's usual milk is the main part of their diet until they are around 9 months old. You can offer tap water from a free-flow or open cup with meals.

For more information, you can check out the [Fun First Foods booklet \(Audio Version\)](#), the [Starting Solids Show](#) and the [Complementary Feeding \(Weaning\) fact sheet](#).

If you have any questions then please speak to your Health Visitor or Family Nurse.

Self Awareness

Your child is developing a sense of self and an awareness that their actions cause a reaction in you!

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.



6 Months

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. They may grumble briefly but they can go back to sleep!

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



Skills for Independence

Although your baby is totally dependent on you for everything, they are beginning to develop some self-help skills. Putting their hands on the bottle, or your breast, whilst you feed them is the very first step in the long process that will end up with your child being able to drink from a cup!

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

Your child loves to listen to your songs and rhymes now. They will stop and listen to your voice even if they can't see you.

Listening and Understanding

Your baby will stop and turn to familiar noises like a favourite rattle or spoon in a dish. Your baby enjoys it if you do something funny and will look forward to you doing it again and again.



Talking

If you make noises and wait, your baby will try to copy you. Your baby will laugh, chuckle and blow raspberries. Soon they will start to make sounds on their own like 'ma' and 'ba'. Your baby knows that you will respond if they make a noise like a squeal and they love this.

Interacting

Your baby will scream with annoyance if you take something they like away or if they can't reach it. They enjoy interacting in everyday routines like bath time.



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!

Food comes in all colours, shapes and sizes. This is the time to let your baby explore them all! It is important that you offer your baby a wide variety of textures, flavours and a rainbow of colours. Babies should be offered the same foods as the rest of the family.

You should continue to avoid salty and sugary foods and honey. Pasteurised cow's milk and unsweetened non-dairy alternatives (avoid rice milk until your child is 4 ½ years old) can be used with cereal or in food but not as a main drink until 12 months of age. For more information see [Infant milks for parents & carers](#) and [Fun First Foods booklet](#)

Move on from mashed to lumpy foods, and from lumpy to well chopped foods. Continue to offer finger foods cut into batons e.g. vegetables, fruit, cheese, well cooked chicken breast/fish/eggs or bread/toast.

It is normal for a baby to gag while they are learning to eat a new food or explore a new taste or texture. It is important to avoid offering **only** smooth foods for too long as this can lead to babies refusing lumps.

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

Your baby's usual milk should still be the biggest part of their fluid intake. You should offer tap water in a free flow or open cup with meals.

For more information, you can check out the [Fun First Foods booklet \(Audio Version\)](#), the [Starting Solids Show](#) and the [Complementary Feeding \(Weaning\) fact sheet](#).

If you have any questions then please speak to your Health Visitor or Family Nurse.

Knowledge

Your baby's sense of self continues to develop.

Self Awareness

Your baby now consistently responds to their own name.





7 - 8 Months

Sensory Development

Your baby's hearing and vision are working more closely together.

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

Your baby is eager to explore with their hands and mouths.

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

Your baby is beginning to understand the meaning of words, so please remember the more they hear the more they will start to understand!

Listening and Understanding

Your baby can recognise their own name and will turn in response. They can understand important words like 'no' and 'bye' and enjoy listening to other people.

Talking

Your baby will use their voice to get your attention. They are starting to string sounds together like 'bababa'. They can change the tone of their voice.

Interacting

Your baby really enjoys sharing games with you like 'round and round the garden'. They can say 'bye-bye' and shake their head for 'no'. Your baby like copying you.



9 - 10 Months

9 - 10 Months

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Fine Motor

Your baby's pincer grasp is developing.

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!

It is time to move on to a well chopped up texture. Continue offer your baby a wide variety of textures, flavours and a rainbow of colours. Come back to foods your baby has refused before. Offer these foods again but don't force your baby to eat them. It can take up to 10-15 attempts before a baby will accept a food. Your baby will be able to enjoy minced and chopped textures, and continue with finger foods. Make life easier, cook the same healthy foods for the whole family! Watch the [Starting Solids Show Cookalong and Short Recipes Videos](#) for ideas. Or you can explore the [Eating well resources](#) on the [First Steps Nutrition Trust](#) website.

At this stage, your baby might need less of their usual milk to make more room for food during the day. Develop a routine of three meals a day and start adding healthy snacks, e.g. vegetables, fruit, cheese, well cooked chicken breast/fish/eggs or bread/toast. Look at the [Fun First Foods booklet \(Audio Version\)](#) for more information.

Although your baby will be having less of their usual milk it should still be the biggest part of their fluid intake. You should offer tap water in a free flow or open cup with meals. Click here for more information on [Drinks for babies and young children](#).

Knowledge

Your baby is becoming more aware of their daily routine and is starting to express more if they don't like parts of it!

Self Awareness

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

Skills for Independence

Your baby tries to help you in small ways as you dress and feed them. You might not always appreciate their input but you should encourage them as it will make life easier in the long run!

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.



9 - 10 Months

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

Your baby is starting to understand everyday words in their daily routines like 'clap hands' and 'up'. You might hear them starting to babble and say strings of sounds together.

Listening and Understanding

Your baby recognises familiar sounds in their own world and respond to them.

Talking

Your baby can imitate playful sounds like smacking their lips or pretending to cough. They can be quite noisy now – their babble sounds like a conversation with their toys. The babble to chat with you all the time now.

Interacting

Now your baby can play peek-a-boo with you. Your baby hold out objects to show and share with you. They enjoy dropping things for you to pick up. They can point and look at you to get your attention. Your baby will reach for things they want whilst looking at you.





11 - 12 Months

11 – 12 Months

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Fine Motor

Your baby is becoming more precise in their use of a pincer grasp.

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.

You can now chop food into a manageable size for your baby. Continue to offer healthy foods at meal times for all the family. Continue to offer healthy snacks such as finger sized sandwiches, toast, cheese, well cooked egg, chicken, fish and slices of fruit and vegetables. Watch the [Starting Solids Show Cookalong and Short Recipes Videos](#) for ideas. Or you can explore the [Eating well resources](#) on the [First Steps Nutrition Trust](#) website.

Your baby needs less of their usual milk to make more room for food during the day. Offer tap water from a free-flow or open cup at meals and between meals. You can find out more about what your baby can drink safely in the [Drinks for babies and young children](#) booklet. Most babies will still take a breastfeed or bottle to settle at bedtime.

Knowledge

Your baby is keen to learn and explore all the time.

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. Your baby is started to develop the complex skill of responding to joint attention. That means basically that they will look at something your point to. This skill will develop over the next year and not only will they learn to respond to joint attention but will start to attempt to get your attention too.

Sensory Development

Your baby uses all their senses to explore the world around them and will touch everything with their hands and mouth.

Vision

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



11 - 12 Months

Skills for Independence

Although it may not feel like it your child is trying to help you during dressing and feeding tasks. Be patient with them as these are skills worth learning.

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

Your baby may say a few words but don't worry if they don't, they understand a lot more than they can say.

Listening and Understanding

Your baby understands a lot more words than they use. They can follow simple instructions such as 'come here' and 'give it to me'.

Talking

Your baby may use some simple words but they may not be clear like 'ba' for 'ball'.

Interacting

Your baby can wave 'bye' on their own. They will show affection to familiar people. Your baby will start a favourite game by themselves to get you to join in for example 'round and round the garden'.

11 - 13 Months Immunisations

12 – 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 1st birthday.

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

Your child will receive immunisations against the following illnesses:

- **Hib/MenC Vaccine** (helps protect your baby against 2 causes of meningitis and septicaemia).
- **MenB Vaccine** (helps protect your baby against meningitis and septicaemia (blood poisoning).
- **MMR Vaccine** (helps protect your baby against measles, mumps and rubella).
- **Pneumococcal Vaccine for Babies** (helps protect your baby against meningitis caused by pneumococcal bacteria).



[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.





13 - 15 Months

13 - 15 Months

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Fine Motor

Welcome to toddlerhood!! Your toddler can use their hands more effectively now to explore and manipulate objects.

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 or more.

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.





13 - 15 Months

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 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!

Your child should be eating the same healthy foods as the rest of the family. Your child should be able to manage lots of different textures. Food can be still be offered in finger-sized pieces or chopped into bite-sized pieces. Offer three regular meals and two or three healthy snacks e.g. small butter sandwiches, cucumber sticks, fruit slices or bread with pasteurised cheese or houmous. The amount your child eats will vary day to day and even meal to meal.

It is common at this stage for children to start rejecting foods they liked and to 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!

You can continue to breastfeed for as long as you and your child like. All other drinks should now be offered from a free-flow or open cup. Tap water and pasteurised full fat cow's milk are the best drinks for your child. If you are thinking about using an unsweetened calcium fortified milk alternative (e.g. soya, nut, oat, hemp, coconut based milk alternatives) as a main drink then great care is needed as these are lower in energy and other nutrients than animal milk. You should seek advice from a Health Visitor or GP before using these as the main milk drink. Rice milk should not be given until your child is over four-and-a-half years old. For more information try [Drinks for babies and young children](#) and [Infant Milks](#).

You can find more information and ideas using the links below:

Parent Club

- [Guide to introducing solid foods 12-15 months](#)

Ready Steady Toddler

- [Feed 'em well](#)
- [Food, glorious food](#)
- [Teatime is fun time](#)
- [Full audio version](#)



13 - 15 Months

First Steps Nutrition

- [Eating well in the early years](#)

British Dietetic Association

- [Healthy eating for children](#)
- [Cooking at Home](#)
- [Cooking with children of different ages](#)
- [Cooking safely with children](#)

Knowledge

Your toddler enjoys interacting with you and showing off their developing knowledge and understanding, both of themselves and of others.

Self Awareness

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

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.

Skills for Independence

Your toddler is keen to try and do things for themselves.

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

Your toddler might have a few words and can point to show you what interests them. This is the stage that they will start to be able to copy animal sounds. Have lots of fun with nursery rhymes.

Listening and Understanding

Your toddler can follow simple instructions such as 'give me the ball' and 'kiss teddy goodnight'.



13 - 15 Months

Talking

Your toddler can copy sounds like animals or cars. They are using more words for things in their world like 'drink', 'dog', or 'teddy'. Your toddler can get what they want by vocalising, pointing or using gestures.

Interaction

Your toddler will bring you their favourite toy to play with them. They are starting to show an interest in other children's play. Your toddler is interested in pictures and will point to them in books for you to name.



16 - 18 Months

16 - 18 Months

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Fine Motor

By giving your toddler lots of opportunities to look at books and scribble on paper you will continue to support the development of their fine motor skills...you never know, their art work might be worth millions one day!

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.

Your toddler is now able to post items into holes. If they don't have a shape sorter let them post toys in empty plastic cups.



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.

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.

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.



16 - 18 Months

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.

Nutrition

Fussy Eating

You might be finding that meal times can be stressful as your child is refusing foods. Try to keep mealtimes fun!

It is common at this stage for children to start rejecting foods they liked and to 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 and relaxed!

Below are some top tips to reduce stress at mealtimes.

- If you are relaxed and having fun your child will be too
- Turn off the TV, tablet and phones, make mealtimes fun without distractions
- Eat together if you can, be a good role model
- Keep mealtimes to no longer than 30 minutes
- Getting messy is really important, using all the senses to explore food helps children to try new foods
- Give them foods you know they will eat with something new on the side
- Get them involved in shopping and preparing food, it can be as simple as washing the fruit and vegetables before you chop them or choosing a new fruit or vegetable to try at the shops

Keep offering three regular meals and two or three healthy snacks.

You can continue to breastfeed for as long as you and your child like. All other drinks should now be offered from a free-flow or open cup. Tap water and pasteurised full fat cow's milk are the best drinks for your child. If you are thinking about using an unsweetened calcium fortified milk alternative (e.g. soya, nut, oat, hemp, coconut based milk alternatives) as a main drink then great care is needed as these are lower in energy and other nutrients than animal milk. You should seek advice from a Health Visitor or GP before using these as the main milk drink. Rice milk should not be given until your child is over four-and-a-half years old. For more information try [Drinks for babies and young children](#) and [Infant Milks](#).



16 - 18 Months

You can find more tips and ideas using the links below

Parent Club

- [Tips if your toddler is a fussy eater](#)

Ready Steady Toddler

- [Feed 'em well](#)
- [Food, glorious food](#)
- [Teatime is fun time](#)
- [Full audio version](#)

First Steps Nutrition

- [Eating well in the early years](#)

British Dietetic Association

- [Healthy eating for children](#)
- [Cooking at Home](#)
- [Cooking with children of different ages](#)
- [Cooking safely with children](#)

Knowledge

Feed your toddlers expanding mind by reading them stories and labelling everyday objects around them e.g. 'Mummy's cup' and 'Baby's cup'.

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

All play is a sensory experience for your toddler. Add a variety of textures and objects to their toy box including soft cloths, washing up sponges and even decorators paintbrushes! They don't need expensive toys.



Touch

Your toddler is starting to enjoy messy play.

For messy play ideas [click here](#)



16 - 18 Months

Skills for Independence

Your toddler is beginning to develop an awareness of having a wet nappy.

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.

[Click her for more advice on toileting](#)

Social/Language

Your toddler might say a few short phrases like 'all done'. They love to copy you so keep talking to them and let them hear new words every day.

Listening and Understanding

Your toddler will use a few words together that they have learned from you in familiar situations like 'all done'.

Talking

Your toddler will chatter continuously to themselves and will also attempt to sing familiar songs and rhymes.

Interacting

Your toddler will play alongside other children but not with them.



19 - 21 Months

19 - 21 Months

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Fine Motor

Your toddler is using their hands all the time to explore and manipulate toys.

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.

Click here for some early [manipulative play ideas](#) or some [explorative play ideas](#).



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.





19 - 21 Months

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.

Knowledge

Your toddler is able to make you aware of their needs and wants. They can ask for food, drink and toys (just remind them to ask nicely!).

Cognitive Skills

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.

Social/Language

Your toddler can understand a variety of simple words and can follow basic instructions e.g. 'get your shoes' and 'show me your nose'.

Listening and Understanding

Your toddler still loves listening to nursery rhymes, books and enjoys music.

Talking

Your toddler is learning new words each week. They will use their words to communicate with you. You will hear your toddler 'talk' when they play. Their words are still very unclear. Their talking might sound like gibberish to you, with some clear words that you will understand. They might start trying to put two words together like 'more juice' but don't worry if they are not.

Interacting

Your toddler can pull or tug on you to show you things that they are interested in. They might use their own words too. They are interested in other children around them. They will start to copy everyday household activities that they see e.g. making the dinner or washing the dishes.



22 - 24 Months

22 - 24 Months

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Fine Motor

You may start to notice that your toddler prefers to use one hand more than the other.

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 now turn the pages one at time.



Gross Motor

Your toddler is bigger now and happy to explore the world by themselves, but they need to stay close by as they 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!

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

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

From 2 years of age you can start looking at the [Eatwell Guide](#) for healthy eating advice. Before the age of 2 babies and toddlers need a full fat diet, which is relatively low in fibre. Between the ages of 2 and 5, children should gradually move to eating the same foods as the rest of the family, in the proportions shown in the Eatwell Guide. Anyone with special dietary requirements or medical needs might want to check with a registered dietitian on how to adapt the Eatwell Guide to meet their individual needs. From 2 you are looking to SLOWLY introduce more fibre and lower the fat content but only if your child is eating well (e.g. swapping to semi-skimmed cow's milk).

You can find more tips and ideas using the links below:

Parent Club

- [Eat Better Feel Better](#)
- [Cooking with the Kids](#)
- [Eating well at home](#)

First Steps Nutrition

- [Eating well in the early years](#)

Childsmile

- [Snack Ideas for Children](#)

Ready Steady Toddler

- [Feed 'em well](#)
- [Food, glorious food](#)
- [Teatime is fun time](#)
- [Full audio version](#)

British Dietetic Association

- [Healthy eating for children](#)
- [Cooking at Home](#)
- [Cooking with children of different ages](#)
- [Cooking safely with children](#)



22 - 24 Months

Knowledge

Your toddler loves, loves, LOVES to be the centre of attention so give them lots of praise when they do something new.

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

Your toddler wants to help with simple tasks such as putting the toys back in the box. Starting to develop these skills now will make for an easier life as they get older!

Dressing

Your toddler can now pull on a hat and shoes.

Click here for some advice on [dressing](#).

Feeding

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

Click here for some advice on [feeding](#).





22 - 24 Months

Social/Language

Spends time talking, as well as listening, to your toddler. Even if you don't understand every word they say have a guess and turn their attempts to communicate with you into a conversation!

Listening and Understanding

Your toddler will listen with interest to other people talking to each other. They can remember and understand longer sentences e.g. 'kick the big ball'. They understand many more words than they can say.

Talking

Your toddler might call themselves by their name or they might say 'I', 'me' or 'mine'. They can name body parts and name items in a book or around the house. They may use a few words together and simple sentences. They still make lots of mistakes with their words and sounds.

Interacting

Your toddler is starting to take turns and can play for a few minutes with others but finds sharing difficult. They will ask for help if they find something hard. They are starting to chat with others but may interrupt.





25-30 Months (2 - 2½ Years)

2 - 2½ Years

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Fine Motor

Your child should be encouraged to 'mark-make'. Make sure this is on paper rather than on the walls (unless you have a chalk paint wall in your house!).

Tool Use

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



Try some messy play with your child. You can encourage them to draw shapes in different textures e.g. sand, shaving foam, flour, gloop or dried lentils.

Click here for more [manipulative play ideas](#).

Gross Motor

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

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.



25-30 Months (2 - 2½ Years)

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.

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.

Knowledge

Welcome to the 'Terrible Twos!!' As their awareness and understanding develop your child will begin to exert more of their own will; this plays out in the form of tantrums and testing the boundaries when they are told 'no'. Be consistent in your approach to them, stay calm and stay firm. They will improve again (usually just before they leave home in 16 years time!).

Self Awareness

Your child can point to themselves in the mirror.

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

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.



Skills for Independence

Continue to give your child lots of opportunities to help with dressing. On days you are not rushing out of the house let them put their coat on themselves.

Dressing

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

Click here for some advice on [dressing](#).



25-30 Months (2 - 2½ Years)

Social/Language

Your child can follow a 2 step instruction like 'get your coat and put it on'. They are starting to link words into short phrases and sentences.

Listening and Understanding

Your child can point to parts of their body if you name them e.g. head, tummy and nose. They might repeat back parts of what you say to them, to help them make sense of it.

Talking

Your child can usually use fifty or more words appropriately, but these aren't always clear. They are starting to put two or more words together to make phrases like 'Mummy go' and 'Daddy car'. Their favourite question is 'what's that?' When they are talking, they might stumble over words sometimes e.g. 'I...I...I want a biscuit'.

Interacting

Your child sometimes throws tantrums when they are frustrated but you can usually distract them. They will chat away while playing, but you might not understand everything they say. They like to join in nursery rhymes and songs. They can act out familiar routines with dolls or teddies e.g. feeding and bedtime. They are very possessive of their own toys. They are interested in other children and can play alongside them for a short time.





31 - 36 Months (2½ - 3 Years)

2½ - 3 Years

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Fine Motor

Allow your child lots of opportunities to play with a variety of objects to encourage fine motor development. Putting lids on and off empty bottles, bursting bubbles and helping with develop controlled movement of the fingers.

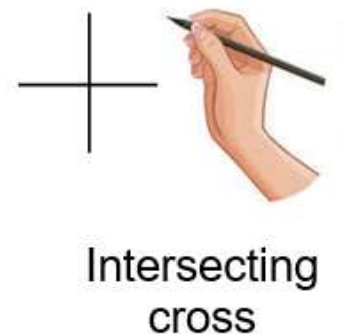
Hand Function

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. Your child is not learning many new skills but 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.

Click here for some [active/energetic play ideas](#).



31 - 36 Months (2½ - 3 Years)

Knowledge

Your child's brain is like a sponge, absorbing new information all the time and making connections between the information they already have.

Cognitive

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.

They 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

It is time to start letting your child get more involved with self-care. Remind them before snacks and mealtimes, and after going to the toilet, to wash their hands.

Dressing

Your child can now completely undress themselves.

Click her for some advice on [dressing](#).

Toileting

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

Click her for some advice on [toileting](#).

Self Care

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

Click her for some advice on [hand washing](#) and [teeth brushing](#).





31 - 36 Months (2½ - 3 Years)

Social/Language

Your child can listen to and remember simple stories with pictures. They might have so much to say that they stumble over their words. They are beginning to share and take turns in their play and conversation.

Listening and Understanding

Your child can understand longer instructions, such as 'wash your hands and have your snack'. They understand simple 'who', 'what' and 'where' questions.

Talking

Your child might use 200 or more words. They are starting to make short sentences with 3-4 words e.g. 'want more milk' or 'he took my ball'. They ask lots of questions like 'what....?' And 'who...?' They can stumble over their words when they have lots to say or are trying to put sentences together. It's hard work! They can say a few nursery rhymes. Their speech isn't always clear although people who know them can mostly understand them. They might shorten words like 'banana' to 'nana'. They can have difficulty where a few sounds come together in a word and say e.g. 'poon' instead of 'spoon'.

Interacting

Your child will use words like 'I', 'me' and 'you' to talk about people. They are beginning to share and take turns, and can follow some rules in games. They like getting their own way and can throw tantrums when they don't get it. They like watching other children play and sometimes join in with them. They look for your comfort when they are upset or scared.



37-42 Months (3 - 3½ Years)

3 - 3½ Years

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Fine Motor

Give your child the chance to practice threading by using dried pasta tubes and a pipe-cleaner or a piece of dried spaghetti.

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

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

Ball Skills

Your child can 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.



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.



37-42 Months (3 - 3½ Years)

Knowledge

Your child loves music and movement. Let them listen to a variety of styles of music to enable their sense of rhythm to develop.

Cognitive Skills

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

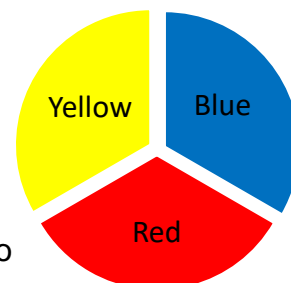
They know some nursery rhymes off by heart.

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 from 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.

Skills for Independence

Encourage independence by saying to your child 'you do it' when they present their foot for a shoe to be added!

Dressing

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

Click here for some advice on [dressing](#).

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.

Click here for some advice on [toileting](#).



Self Care

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



37-42 Months (3 - 3½ Years)

Social/Language

Your child is at the stage of being able to use their language skills to charm others! They are using longer phrases and can tell stories. They love jokes and having fun with talking.

Listening and Understanding

Your child is starting to follow longer instructions, for example 'get your bag, put your boots on and wait at the door'. They are learning the names of colours and can match two or three, usually red and yellow. They really enjoy listening to stories and will want you to read their favourite over and over again. They can also answer some questions about the book you have just read to them. They are starting to understand time related words, such as yesterday/tomorrow. They will laugh at simple jokes and funny things that happen.

Talking

Your child is using longer sentences that have 4-6 words, such as 'I want to play with cars'. They are also starting to join sentences together using words like 'and', 'but', 'because'. They will change their volume and the tone when talking. They want to chat to people more and tell them about what they are doing and things that have happened, e.g. 'we went to the park'. They will still make some mistakes and may say things like 'runned' instead of 'ran'. They can tell you 'why' something has happened. They can use words like 'he', 'she', 'yours' and 'mine'. They can tell people their name and how old they are. They can count up to ten or higher. They like to sing some of the nursery rhymes that they know. People who don't know them can understand them as their speech is becoming clearer but they may still find some sounds tricky, for example your child might say 'seep' for 'sheep' or 'wed' for 'red'. They might stumble over their words when they have lots to say or when they are excited.

Interacting

Your child likes to play with lots of different toys and will play on their own and with other children. They will join in games that other children have made up. They are starting to talk about games with other children to decide what they are going to play. They are learning to take part in short group tasks in nursery and will sit for around 5 minutes. They are very caring towards their littler brother or sister. They will look at you when you are speaking to each other, but sometimes they may get distracted and look away.

37 - 42 Months Immunisations

37 – 42 Month Immunisations

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37 – 43 Months Immunisations

At around the age of 3 years 4 months your child require more immunisation. They may be older and more aware of what is happening but the momentary discomfort is worth the benefit of avoiding serious medical conditions.

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

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

Your child will receive the following vaccines:

- **The 4-in-1 vaccine** (helps protect against diphtheria, tetanus, whooping cough and polio).
- **MMR vaccine** (helps protect your child against measles, mumps and rubella).
- **Child Flu vaccine** (helps protect your child against flu (influenza)).

[NHS Inform](#) 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

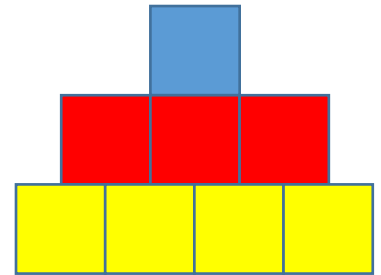
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Fine Motor

Your child is becoming increasingly successful in co-ordinating hand and eye movements.

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

Your child is enjoying playing with their friends and testing their skills against them and your 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.

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.

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.



43-48 Months (3½ - 4 Years)

Knowledge

Your child's ability to concentrate is improving and when they are interested in something they are able to pay full attention.

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

Your child may be expressing preference to different touch sensations e.g. they like soft clothing or they want to have a favourite fluffy toy with them at all times.

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

Encourage simple kitchen skills; let your child put toppings on a pizza base or stir a cake mix. You never know, but encouraging them now you may be creating a future MasterChef!

Dressing

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

Click her for some advice on [dressing](#).

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.

Click here for some advice on [feeding](#).





43-48 Months (3½ - 4 Years)

Social/Language

Your child is becoming better at mixing with others, and enjoy group settings more and more. They can tell you stories about things that have happened in their day.

Listening and Understanding

Your child can follow instructions that have simple concepts like size, position, shape and colour e.g. 'find me 3 big blue crayons' or 'get your shoes that are under the chair'. They can listen to a story and answer a range of 'wh' questions including 'why?'.

Talking

Your child can use sentences with 6 or more words and link sentences together with 'and' and 'because'. They like to tell you stories about things that have happened. Sometimes they may sound a bit jumbled and they may repeat words and phrases. They may still get sounds mixed up especially r, l, th, sh, ch and j but most people can understand them.

Interacting

Your child is able to work in a small group for about 10 minutes. They like to share their news and take part in chats with adults and friends. They enjoy friendships and understand more about how to make and keep friends. They like to tell tales on their friends if they do something wrong! They like to bring new ideas into their play.



49 - 54 Months (4 - 4½ Years)

4 - 4½ Years

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Fine Motor

Your child is getting much better at fine motor tasks.

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

Your child is now quite capable and independent in most things they 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

Your child's touch system is maturing and they are now able to recognise items using touch alone.

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.

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



Skills for Independence

Your child responds well to praise so give them lots of it when they try to do something for themselves!

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.

Click here for some advice on [feeding](#).





49 - 54 Months (4 - 4½ Years)

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).

Click here for more information on [toileting](#).

Self Care

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

Click here for more information on [self care](#).

Social/Language

Some of your child's sounds might be a little immature. They can be a real chatterbox and learn new words every day.

Listening and Understanding

Your child can listen to a story from beginning to end and will remember it later. They can pay attention to your talking whilst they are playing. They are learning new words all the time and they can sort things into categories e.g. animals, shapes and food. They are starting to understand what a joke is and will make up their own. They are starting to understand multiple step instructions like 'get your socks from under your bed and put them in the washing machine'. They are beginning to understand sequence words like 'first', 'next' and 'last'. They understand everyday conversations with their family.

Talking

Your child's sentences are getting longer and more complicated. They can use more question words like 'when' and 'how'. They are more creative in their talk and can talk about things in the past or future or in their imagination! They are beginning to talk about language and will ask you what words mean or talk about how words sound. They can be understood by most people now although they may still mix up sounds like 'th and f' and 'r and w' e.g. they might say 'fumb' for 'thumb' or 'wed' for 'red'. More complicated groups of sounds can still be tricky for them like 'scratch'. They can find words with lots of syllables a bit tricky e.g. gingerbread.

Interacting

Your child enjoys interacting with their friends and can take turns and share most of the time. They can use language for lots of different reasons like asking questions, telling people what to do, commenting on what they see and telling you how they feel. They like to find out lots of things about other people. They are beginning to understand consequences and discuss this with you.



55 - 60 Months (4½ - 5 Years)

4½ - 5 Years

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Fine Motor

Your child will soon be starting school so give them lots of opportunities to practice their fine motor skills. Try completing the [Moving On To School questionnaire](#) to get further activity ideas to help them reach their potential.

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 they go! Your child needs to be as independent as possible to manage with the big 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.

Click here for some [active/energetic play ideas](#).



55 - 60 Months (4½ - 5 Years)

Knowledge

Read to your child; encouraging a love of books at an early age will make school life much easier!

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.

Skills for Independence

Give your child a simple chore to do each day, whether it's handing up a jacket or putting their shoes away, helping sort out the recycling or putting away items of shopping.



Dressing

Your child can open zips and buttons without assistance.

Click here for some advice on [dressing](#).

Feeding

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

Click here for some advice on [feeding](#).

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.

Click here for some advice on [self care](#).



55 - 60 Months (4½ - 5 Years)

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