

9 months

"Learn the Signs. Act Early." is a campaign by the Center for Disease Control and Prevention (CDC) that provides information on developmental milestones and how you can help your child learn and grow. The boxes below include just a **few** of the CDC's examples of some things most children do at these ages. Look for complete lists with **many more** milestones and activities for children ages 2 months-5 years at **www.cdc.gov/ActEarly.** You can also download the **CDC's free Milestone Tracker App** to help track your child's development.

Always talk to your child's doctor if you have concerns.

Your child may:

- Be afraid of strangers and clingy with familiar adults.
- □ Understand "no."
- Make a lot of different sounds like "mamamama" and "bababababa."
- \Box Use a finger to point at things.
- \Box Look for things he sees you hide.
- □ Sit without support, pull herself up to stand, and crawl.

18 months

Your child may:

- □ Show affection to familiar people (hugs, high fives, etc.)
- □ Point to show others something interesting.
- □ Say several single words.
- □ Say and shake her head "no."
- □ Pretend to feed a doll or stuffed animal.
- □ Follow 1-step verbal commands without any gestures (for example, "Sit down.")
- \Box Drink from a cup and eat with a spoon.

To encourage development:

- > Encourage empathy. (When he sees a child who is sad, show concern for the other child's feelings, and encourage him to as well).
- > Blow bubbles for her to pop. Point to and name pictures in books.
- > Repeat his words back to him.
- $\,\,$ $\,$ Use words that describe feelings and emotions.
- Provide toys that encourage pretend play (dolls, cooking equipment, play telephones).
- $\,\,$ $\,$ Use simple, clear phrases when giving instructions.
- > Encourage him to drink from a cup and use a spoon, even when messy.

2 years

Your child may:	To encourage development:
Become excited around other children.	 Arrange play dates, trips to the park, or play groups.
 Play mainly beside other children but begin to include other children in activities. 	 Provide several toys for a group of children, as they may not be ready to share or play together.
\Box Point to things or pictures when they are named.	 Ask her to point to pictures in a book.
□ Say sentences with 2 to 4 words.	 Instead of correcting him when he says a word incorrectly, say it correctly for him.
Begin to sort shapes and colors.	 Help him do puzzles with shapes, colors, animals, etc., and name each piece.
□ Build towers of 4 or more blocks.	> Take turns building and knocking down towers of blocks or other items.
Follow two-step instructions such as "Pick up your shoes, and put them in the closet."	 Encourage her to help with simple chores and give lots of praise for being a good helper.
□ Kick a ball.	 Kick a ball back and forth.
Begin to run.	 Encourage him to run and climb on play equipment.

The Child Health and Development Project: Mississippi Thrive!, funded by the Health Resources Services Administration (HRSA), is a project of the University of Mississippi Medical Center (UMMC) and the Social Science Research Center (SSRC) of Mississippi State University (MSU). Our goal is to improve the developmental health of children ages 0-5 in Mississippi.

To encourage development:

- Pay attention to the way he reacts to new situations and people. Try to do things that make him happy and comfortable.
- Ask for behaviors you want. (Say "It's time to sit" instead of "Don't stand.")
- > Repeat her sounds and words back to her.
- > Talk about what he wants when he points at something.
- > Play peek-a-boo, hide-and-seek, and games with "my turn, your turn."
- > Provide lots of room for her to move and explore in a safe area. Place her close to things she can use to pull up on safely.

3 years

Your child may:		To encourage development:		
	Take turns in games, and understand the idea of "mine," "his," "hers," etc.	>	Take him to places where there are other children, and encourage getting along with others.	
	Show a wide range of emotions.	>	Talk about feelings. (Say, "I can tell you feel mad because you threw the toy.")	
	Play make-believe with dolls, animals, and people.	>	Encourage pretend play,	
	Follow instructions with 2 or 3 steps.	>	Give instructions with 2 or 3 steps. (Say "Go to your room, and get your shoes and coat.")	
	Talk well enough for strangers to understand most of the time. Use 2 to 3 sentences in conversations.	>	Read to him every day. Ask him to point to pictures and repeat words after you.	
	Understand what "two" means.	>	Play counting games by counting body parts, stairs, and other things you see every day.	
	Climb and run.	>	Play outside with her. Give her time for free play when she can make up her own activities.	
	Walk up and down stairs with one foot on each step.	>	Hold his hand when going up and down stairs.	

4 years

Your child may:			To encourage development:		
	Rather play with other children than alone and usually cooperate with others.	>	Let her solve her own problems with friends, but be nearby to help if needed.		
	Say his first and last name. Talk about his interests and things he likes.	>	Encourage him to use his words, share toys, and take turns.		
	Sing a song or say a poem from memory.	>	Play her favorite music and dance together.		
	Name some colors and numbers and understand the idea of counting.	>	Say colors of things he sees. Count things like crackers, stairs, or toys.		
	Understand "same" and "different."	>	Play matching games by asking him to find objects in books or around the house that are the same.		
	Draw people with 2 to 4 body parts.	>	Give her an "activity box" with paper, crayons, and coloring books. Color and draw shapes with her.		
	Tell what she thinks will happen next in books.	>	When reading together, ask her to tell you what is happening in the story.		
	Catch a bounced ball and hop.	>	Teach her to play outdoor games like four square.		

5 years

Your child may:	To encourage development:
□ Want to please friends and be like them.	> Continue to arrange play dates, trips to the park, or play groups.
 Show more independence, such as using the toilet by herself. 	 Talk to her about safety and privacy.
□ Be able to tell what's real and what's make-believe.	 When reading to him, ask him to predict what will happen next in the story.
 Speak very clearly and tell simple stories using full sentences. 	 Ask her to pretend she is reading a book by looking at pictures and telling stories.
Know his address.	 Teach him your address and phone number.
□ Count 10 or more things.	> Count common items, like the number of crackers, stairs, or toys.
\Box Draw a person with 6 or more body parts.	> Encourage him to use art supplies like scissors, paint, and glue.
\Box Do somersaults, hop, swing, and climb.	 Take her to the park and let her play freely. Teach her to pump her legs back and forth on a swing. Help her climb on the monkey bars.

Developmental milestone content provided by the U.S. Centers for Disease Control and Prevention, "Learn the Signs. Act Early." program (www.cdc.gov/ActEarly; accessed 4/13/2018).