Milestones in Development

MAJOR MILESTONES IN DEVELOPMENT:

Early childhood is a time of rapid growth and exciting changes! When we better understand the key milestones of a child's development, we can better support the child's growth and create an environment that encourages healthy development across all areas. Here is a list of CDC recommendations for development milestones.

Early Infancy (1-6 Months)
Babies develop physical strength by lifting their heads, rolling over, and pushing down on their legs at this age. Socially, they start smiling at people and recognizing familiar faces. Cognitive development occurs as they start tracking objects that move and exploring their surroundings. Babies at this age can learn communication skills from cooing, babbling, and responding to their names which all boosts their brain development.

Late Infancy and Toddlerhood (7-24 Months)
Infants at this age begin developing into toddlers, which is an exciting time of their development both physically, socially, and cognitively! This means they progress to sitting up, pulling up to stand, walking with support, and eventually standing/walking. Social development in this age range typically looks like showing preferences for certain people and favorite items and objects. Their communication develops from making a variety of sounds to using several single words and pointing to objects as you name them.

Preschool Age (2-5 Years)
Preschool-aged children refine their physical abilities with climbing, hopping, and doing somersaults. Socially, they prefer playing with other children and engaging in activities like singing and imaginative play. Language development at this stage looks like understanding basic concepts, communication becomes more complex and clearer – children are typically able to follow multi–step instructions and grasp ideas of similarity and difference.

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