

## Birth to 6 Months

- Shows excitement by waving arms, kicking and wiggling
- Fears loud or unexpected noise, strange objects, sudden movements and pain
- Imitates smiles, other's movements
- Enjoys interactions (e.g., smiles, tickles, being held) with others
- Laughs out loud and smiles socially
- Plays peek-a-boo
- May enjoy looking at themselves in the mirror
- Responds to other people's emotions

## 6 Months to 1 Year

- Becomes unhappy when the primary caregiver leaves
- Withdraws from strangers
- Enjoys being held and cuddled
- Begins to imitate behaviors of others
- May push, pull or poke other children
- Is able to distinguish familiar people from strangers
- When loses a toy, may display a reaction

## 1 Year to 2 Years

- Seeks out attention of his or her primary caregiver or an adult he or she feels comfortable with
- Begins to develop a level of trust in others
- Has temper tantrums
- Is generally in a happy mood, but may become angry when others interfere with his or her activities
- May become frustrated due to not being able to fully verbalize his or her thoughts and wants
- May be possessive of toys and enjoy playing alone
- Enjoys interacting with familiar adults

## 2 Years to 3 Years

- Begins to develop a sense of independence
- Enjoys praise
- Tests parental limits and has an increased level of emotion (e.g., laughing, temper tantrums, crying)
- Is fearful of loud noises, quick movements, large animals and separation from caregiver
- Tries to "help" adults with actions (e.g., washing dishes, vacuuming, hammering)
- Plays with objects in symbolic play (e.g., playing house, using toy tools to "make repairs")

## 3 Years to 4 Years

- Begins to develop more independence and self-reliance
- May be fearful of strangers, animals and the dark
- Has a desire to please adults
- Shows a wide range of emotions
- May become upset with major changes in routine
- Begins to enjoy playing in groups
- Becomes more interested in others
- With prompting, begins to share and take turns
- May pretend to act out scenes from movies or beginning dramatic play (e.g., pretending to be animals)

## REFERENCES

- Division of Birth Defects, National Center on Birth Defects and Developmental Disabilities and Centers for Disease Control and Prevention (2014). Learn the Signs. Act Early. Milestones Checklist. *Developmental Milestones*. Retrieved April 16, 2014 from [cdc.gov/ncbddd/actearly/milestones/index.html](http://cdc.gov/ncbddd/actearly/milestones/index.html)
- Feldman, R. S. (2012). *Child development* (6th ed.). Boston, MA: University of Massachusetts Amherst.
- Public Broadcasting Service (n.d.). Social and Emotional Development. *The Whole Child*. Retrieved April 16, 2014 from [pbs.org/wholechild/abc/social.html](http://pbs.org/wholechild/abc/social.html)
- Washington State Department of Social and Health Services (n.d.). The Child Development Guide. *Using the Child Development Guide*. Retrieved April 16, 2014 from [dshs.wa.gov/cal-fosterparents/training/chidev/cd06.htm](http://dshs.wa.gov/cal-fosterparents/training/chidev/cd06.htm)