

Project Planning phase

Prepare milestone & Activity List

Date	22 October 2022
Team ID	PNT2022TMID07810
Project Name	IOT based gadget Child Safety monitoring and notification
Maximum Marks	4 Marks

Social/Emotional

- o Wants to please friends**
- o Wants to be like friends**
- o More likely to agree with rules**
- o Likes to sing, dance, and act**
- o Is aware of gender**
- o Can tell what's real and what's make-believe**
- o Shows more independence (for example, may visit a next-door neighbor by himself [adult supervision is still needed])**
- o Is sometimes demanding and sometimes very cooperative**

Language/Communication

- o Speaks very clearly**
- o Tells a simple story using full sentences**
- o Uses future tense; for example, "Grandma will be here."**
- o Says name and address**

Cognitive (learning, thinking, problem-solving)

- o Counts 10 or more things**
- o Can draw a person with at least 6 body parts**
- o Can print some letters or numbers**
- o Copies a triangle and other geometric shapes**
- o Knows about things used every day, like money and food**

Movement/Physical Development

- o Stands on one foot for 10 seconds or longer**
- o Hops; may be able to skip**
- o Can do a somersault**
- o Uses a fork and spoon and sometimes a table knife**
- o Can use the toilet on her own**
- o Swings and climbs**

Your Child at 5 Years

Child's Name Child's Age Today's Date

How your child plays, learns, speaks, acts, and moves offers important clues about your child's development. Developmental milestones are things most children can do by a certain age.

Check the milestones your child has reached by his or her 5th birthday. Take this with you and talk with your child's

doctor at every visit about the milestones your child has reached and what to expect next.

- o Doesn't show a wide range of emotions**
- o Shows extreme behavior (unusually fearful, aggressive, shy or sad)**
- o Unusually withdrawn and not active**
- o Is easily distracted, has trouble focusing on one activity for more than 5 minutes**
- o Doesn't respond to people, or responds only superficially**
- o Can't tell what's real and what's make-believe**
- o Doesn't play a variety of games and activities**
- o Can't give first and last name**

- o Doesn't use plurals or past tense properly
- o Doesn't talk about daily activities or experiences
- o Doesn't draw pictures
- o Can't brush teeth, wash and dry hands, or get undressed without help
- o Loses skills he once had

Milestone Moments



Milestones Matter!

Look inside for milestones to watch for in your child and tips for how you can help your child learn and grow from birth to age 5.



Download CDC's free
Milestone Tracker app



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Tell your child's doctor or nurse if you notice any of these signs of possible developmental delay for this age, and talk with someone in your community who is familiar with services for young children in your area, such as your local public school. For more information, go to www.cdc.gov/concerned or call 1-800-CDC-INFO (1-800-232-4636).

Act Early by Talking to Your

Child's Doctor if Your Child:

Adapted from CARING FOR YOUR BABY AND YOUNG CHILD: BIRTH TO AGE 5, Fifth Edition, edited

by Steven Shelov and Tanya Remer Altmann © 1991, 1993, 1998, 2004, 2009 by the American

Academy of Pediatrics and BRIGHT FUTURES: GUIDELINES FOR HEALTH SUPERVISION OF INFANTS,

CHILDREN, AND ADOLESCENTS, Third Edition, edited by Joseph Hagan, Jr., Judith S. Shaw, and

Paula M. Duncan, 2008, Elk Grove Village, IL: American Academy of Pediatrics. This milestone

checklist is not a substitute for a standardized, validated developmental screening tool.



**Learn the Signs.
Act Early.**

www.cdc.gov/Milestones

1-800-CDC-INFO (1-800-232-4636)

These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

Special acknowledgments to the subject matter experts and others who contributed to the review of data and selection of developmental milestones for inclusion in this material, especially Paul H. Lipkin, MD, Michelle M. Macias, MD, Julie F. Pajek, PhD, Judith S. Shaw, EdD, MPH, RN, Kamesha Slaughter, MPH, Jane K. Squires, PhD, Toni M. Whitaker, MD, Lisa D. Wiggins, PhD, and Jennifer M. Zubler, MD.



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How to Help Your Baby Learn and Grow

As your baby's first teacher, you can help his or her learning and brain

development. Try these simple tips and activities in a safe way.

☑ Respond positively to your baby. Act excited, smile, and talk to him when he makes sounds. This teaches him to take turns “talking” back and forth in conversation.

☑ Talk, read, and sing to your baby to help her develop and understand language.

☑ Spend time cuddling and holding your baby. This will help him feel safe and cared for. You will not spoil your baby by holding or responding to him.

☑ Being responsive to your baby helps him learn and grow. Limiting your screen time when you are with your baby helps you be responsive.

☑ Take care of yourself. Parenting can be hard work! It’s easier to enjoy your new baby when you feel good yourself.

☑ Learn to notice and respond to your baby’s signals to know what she’s feeling and needs. You will feel good and your baby will feel safe and loved. For example, is she trying to “play” with you by making sounds and looking at you, or is she turning her head away, yawning, or becoming fussy because she needs a break?

☑ Lay your baby on his tummy when he is awake and put toys at eye level in front of him. This will help him practice lifting his head up. Do not leave your baby alone. If he seems sleepy, place him on his back in a safe sleep area (firm mattress with no blankets, pillows, bumper pads, or toys).

☑ Feed only breast milk or formula to your baby. Babies are not ready for

other foods, water or other drinks for about the first 6 months of life.

Check the milestones your child has reached by each age.

Take this booklet with you and talk to your child's doctor at every well-child visit about the milestones your child has reached and what to expect next.

For more information, go to www.cdc.gov/Milestones or try CDC's **FREE Milestone Tracker app!**



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Learn the Signs. Act Early.