



# EARLY DEVELOPMENT NETWORK

## LINCOLN PUBLIC SCHOOLS

### DEPARTMENT OF EARLY CHILDHOOD



AGE	MILESTONES	SOCIAL - EMOTIONAL	WHAT PARENTS CAN DO
<b>By 3 Months</b>	<ul style="list-style-type: none"> <li>• Reacts to distress by crying</li> <li>• Cries in different ways to express meaning</li> <li>• Follows/tracks objects with eyes</li> <li>• Lifts head while on stomach</li> <li>• Startles to sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Smiles</li> <li>• Makes eye contact</li> <li>• Maintains eye contact during feedings</li> <li>• Recognizes familiar people</li> </ul>	<ul style="list-style-type: none"> <li>• Hold me during feedings and maintain eye contact</li> <li>• Join me in tummy time</li> <li>• Respond to my cries, as this is my form of communication</li> </ul>
<b>3-6 Months</b>	<ul style="list-style-type: none"> <li>• Grasps a rattle or finger</li> <li>• Holds head up and looks all around</li> <li>• Coos, giggles, and makes lots of sounds</li> <li>• Searches for and turns head toward sounds</li> <li>• Explores objects with mouth</li> <li>• Rolls from back to stomach and from stomach to back</li> </ul>	<ul style="list-style-type: none"> <li>• Soothes self</li> <li>• Interacts with self in mirror</li> <li>• Cuddles</li> <li>• Expresses self when hungry</li> </ul>	<ul style="list-style-type: none"> <li>• Talk, sing, and play with me</li> <li>• Read to me</li> <li>• Give me safe opportunities to move and explore</li> <li>• Put me in front of a mirror</li> <li>• Rock, hold, and cuddle me frequently</li> <li>• Keep me safe by baby-proofing my home</li> <li>• Give me different and interesting things to look at and touch</li> <li>• Comfort me by talking in a soothing voice</li> <li>• Hold me when you are feeding me</li> <li>• Ask for help if you are feeling frustrated and need a break</li> </ul> <p><b>You can call: Nebraska Helpline available 24 hours a day, 7 days a week. 1-888-866-8660</b></p>
<b>6-12 Months</b>	<ul style="list-style-type: none"> <li>• Moves by crawling</li> <li>• Pulls self up to a standing position</li> <li>• Walks while holding furniture or with help</li> <li>• Points to desired objects</li> <li>• Pushes away toys, food, and other items when he/she does not want them</li> <li>• Says first word such as “dada” or “mama”</li> <li>• Claps hands and waves goodbye, if prompted</li> <li>• Feeds self with fingers</li> <li>• Holds and drinks from own bottle</li> <li>• Drinks from a cup with assistance</li> </ul>	<ul style="list-style-type: none"> <li>• Expresses fear of strangers</li> <li>• Watches self in mirror</li> <li>• Shows distress when parents leave</li> <li>• Watches parents’ facial expressions and body language to decide things about the world</li> <li>• Explores and returns to be held</li> </ul>	<ul style="list-style-type: none"> <li>• Watch and learn my cues for “more” and “stop”</li> <li>• Point to and label pictures in books</li> <li>• Baby-proof my home including baby gates on stairs</li> <li>• Get on the floor and see what I see</li> <li>• Lower my crib mattress</li> <li>• Let me feed myself</li> <li>• Let me drink from a cup</li> </ul>
<b>12-18 Months</b>	<ul style="list-style-type: none"> <li>• Walks without help</li> <li>• Climbs up and down things</li> <li>• Gestures or points to indicate wants</li> <li>• Pushes, pulls, or dumps things</li> <li>• Holds a crayon to scribble with little control</li> <li>• Turns pages in a book by self</li> <li>• Holds a spoon when eating but has difficulty getting spoon into mouth</li> <li>• Drinks well from a cup but may drop it when finished</li> <li>• Pulls off hat, socks, and mittens</li> <li>• Understands simple one step directions</li> <li>• Says 8 - 20 understandable words</li> <li>• Identifies objects in a book</li> <li>• Plays peek-a-boo</li> </ul>	<ul style="list-style-type: none"> <li>• Becomes upset when separated from parents</li> <li>• Enjoys being held and read to</li> <li>• Needs reassurance with fears</li> <li>• Recognizes self in a mirror or in pictures</li> <li>• Imitates others, especially by coughing, sneezing, or making animal sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Let me wash my hands before I eat</li> <li>• Expect me to get into many things and places to learn about my environment</li> <li>• Keep me safe by looking for dangers in my environment</li> <li>• Get on my level so you can see what I see</li> <li>• Never leave me near any water source alone, even for a minute or two</li> <li>• Keep me in your sight at all times</li> <li>• Don’t pretend that medicine or vitamins are “candy” or a treat</li> <li>• Brush my teeth daily</li> <li>• Give me milk and water to drink even if my appetite decreases</li> <li>• Offer me choices of new foods even if I don’t like them at first</li> <li>• Set limits for me</li> </ul>
<b>18-24 Months</b>	<ul style="list-style-type: none"> <li>• Walks, runs, and climbs without help</li> <li>• Stacks 2 - 4 blocks</li> <li>• Feeds self with spoon</li> <li>• Opens cabinets, drawers, and boxes</li> <li>• Understands simple one step directions</li> <li>• Uses about 50 or more words frequently</li> <li>• Echoes single words spoken by someone</li> <li>• Plays simple pretend games such as wearing a hat or talking on the phone</li> </ul>	<ul style="list-style-type: none"> <li>• Shows a temper</li> <li>• Imitates parents’ actions</li> <li>• Acts shy around strangers</li> <li>• Uses words “me” and “mine”</li> <li>• Acts possessively and has difficulty sharing</li> <li>• Tries to be independent</li> <li>• Sings songs and says rhymes</li> </ul>	<ul style="list-style-type: none"> <li>• Let me play alone but within sight of familiar people</li> <li>• Let me experiment with art materials</li> <li>• Read, sing, count with, and talk to me</li> <li>• Give me simple tasks such as finding a book or getting my shoes</li> <li>• Encourage and praise me for my efforts</li> <li>• Give me simple rules and repeat them frequently</li> </ul>
<b>24-36 Months</b>	<ul style="list-style-type: none"> <li>• Talks in short sentences and tries to express how he/she feels</li> <li>• Feeds self and drinks from an open cup</li> <li>• Throws and catches a ball</li> <li>• Plays with others and sometimes shares toys</li> <li>• Asks “what” and “why” questions</li> <li>• Knows body parts</li> <li>• Imitates others in play</li> </ul>	<ul style="list-style-type: none"> <li>• Enjoys being with friends</li> <li>• Learns to take turns</li> <li>• Has strong emotions and tantrums</li> <li>• Has fear of separation</li> <li>• Moves from one activity to the next with little difficulty</li> </ul>	<ul style="list-style-type: none"> <li>• Model for me when to use “please” and “thank you”</li> <li>• Play imitation games with me, such as Simon Says</li> <li>• Set limits for me to help me feel secure</li> <li>• Validate my feelings</li> <li>• Limit my screen time</li> <li>• Sing, talk, count with, and read to me</li> <li>• Calm and comfort me after my tantrums and let me know you still love me</li> <li>• Catch me being good</li> <li>• Encourage me many times throughout the day</li> </ul>

### BABIES CAN'T WAIT

**Do you have concerns about a child’s development? Please call 402-436-1920 to make a referral.**