

# DEVELOPMENTAL MILESTONES

LITTLE STEPS TO BIG LEAPS

24-60 Months



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**Pick n Play**   
School Club

The Development Milestones kindly provided by Associate Professor Catherine Draper

**24 Months**

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Tries to do up buttons	Give them buttons to practise
Uses 2 hands to hold a container	Encourage them to hold things with both hands
Scribbles on paper	Encourage them to scribble with a pen, pencil or crayons on any kind of paper

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**24 Months**

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Walks and runs on their own Jumps on 1 leg a few times	Encourage playtime outside, e.g. running and jumping
Pulls and pushes objects	Give them safe things to pull and push around
Can kick a big ball	Let them practise kicking a soft, big ball, e.g. plastic beach ball
Can throw a ball	Practise throwing and catching the big ball with them

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**24 Months**

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Groups / sorts objects	Spend time looking at books, magazines or newspapers with them
Points to familiar objects in a book Names 2 objects correctly	Ask them to point to familiar things and name them if they can; help them if they get it wrong

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**24 Months**

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Plays near or next to other children	Encourage them to share and play with other children their age



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**24 Months**

# NUMERACY



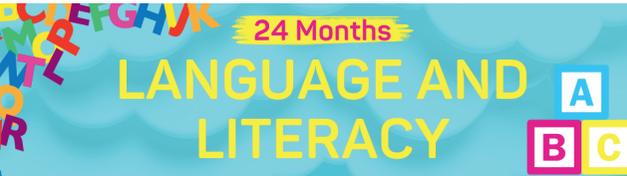
INDICATORS:	HOW TO HELP:
Understands few / many	Using something at home, show them examples of few and many, e.g. beans

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**24 Months**

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Enjoys being read to	Tell them stories or read to them, and allow them to help turn the pages of the book (this helps with fine motor skills)
Uses 50 recognisable words Starts to speak 3-word sentences	Tell them the names of things in books, magazines etc
Understands question words Refers to self by own name	Let them practise making sentences and asking questions, even if they don't make sense!

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24 - 36 Months

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Can undo big buttons	Give them buttons to practise
Opens and closes lids	Let them open and close lids on empty containers
Threads big beads	Let them practise threading some big beads
Scribbles basic shapes with a pencil / crayon	Encourage them to scribble with a pen, pencil or crayons on any kind of paper
Starts to cut with scissors	Help them cut with scissors

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24 - 36 Months

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Starts climbing on a jungle gym	Help them climb on the jungle gym, if you have access to one
Tries to catch a ball	Practise throwing and catching a big ball with them
Copies actions to a song	Teach them actions to a song

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24 - 36 Months

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Matches shapes	Use things around the house to help them match shapes
Obeys 1-2 prepositions (e.g. up, down, in, out)	Practise using prepositions when talking with them
Names 7 objects and 3 actions correctly	Get them to identify colours, objects and actions when reading a book or magazine
Identifies and names 1-2 colours	
Identifies and names main body parts	Teach them their body parts when bathing or dressing

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24 - 36 Months

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Wants to do things by themselves	Let them develop their independence and do things themselves, e.g. dressing
Enjoys routine	Establish a daily routine



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24 - 36 Months

# NUMERACY



INDICATORS:	HOW TO HELP:
Remembers 2 numbers in a sequence	Practise counting with them
Tells the difference between big and small	Practise showing them things that are big and small, short and long, and ask them if they can tell the difference
Tells the difference between short and long	

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24 - 36 Months

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Asks for water, food, toilet etc	Encourage them to verbalise their requests
Has vocabulary of 200-300 words	Regularly ask them to identify and name familiar objects
Recognises and identifies familiar objects	Read and tell stories to increase their vocabulary
Understands simple questions and commands	Ask them to do small tasks

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**36 Months**

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Can do and undo buttons and undo a zip	Give them buttons to practise
Uses a spoon and a fork, with some mess	Let them practise zipping
Folds paper straight	Let them practise folding any kind of paper
Holds a pencil / crayon and scribbles	Encourage them to scribble with a pen, pencil or crayons on any kind of paper

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**36 Months**

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Balances on 1 leg for a few seconds	Spend time doing active play with them to practise balancing, jumping, and skipping
Jumps forward on 1 leg for a few steps	
Tries to skip	
Catches a ball against the body	Help them practise catching, throwing and kicking a ball at a target, e.g. between 2 chairs
Kicks a ball at a target, sometimes misses	If they struggle with catching a ball, use a bean bag instead

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**36 Months**

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Identifies and matches basic colours	Get them to identify colours, objects and actions when reading a book or magazine
Names 11 objects and 7 actions correctly	Practise using prepositions
Understands up, under, in front, behind, on top	Use things around the house to help them to identify and compare different shapes
Tells difference between a circle and square	Make a small puzzle from a magazine picture or box
Builds a 2-3 piece puzzle	

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**36 Months**

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Able to express some emotions with words	Encourage them to say how they are feeling
Developing a sense of self	Encourage 'pretend' play
Plays close to other children	Encourage them to play with small groups of children



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**36 Months**

# NUMERACY



INDICATORS:	HOW TO HELP:
Counts up to 3	Practise counting with them
Shows age on fingers	Help them practise showing their age on their fingers
Better understands few / many	Practise comparing few and many things at home

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**36 Months**

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Has vocabulary of 1000 words	Talk, sing, read and tell stories with them to increase their vocabulary
Understands questions: what, where, who	Encourage them to ask questions
Points out objects they know	Regularly ask them to identify and name familiar objects
Knows a few rhymes / songs	

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**36 - 48 months**

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Tries to tie shoelaces	Let them practise tying shoelaces
Colours in simple shapes Shows a definite hand preference	Show them how to colour in shapes, and allow them to use their preferred hand
Pencil / crayon grip improves (3 fingers)	Encourage them to draw with a pen, pencil or crayons

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**36 - 48 months**

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Stands on 1 leg for longer (3-5 seconds) Jumps further on 1 leg (5 steps) Skips a few steps	Spend time doing active play with them to practise balancing, jumping, and skipping
Better at kicking a ball at a target	Help them practise catching, throwing and kicking a ball at a target, e.g. between 2 chairs
Catches a small ball	If they struggle with a small ball, use a big ball instead

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**36 - 48 months**

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Remembers parts of a story and names	Get them to identify colours, objects and actions when reading a book or magazine
Names 12 objects correctly Names 12 actions correctly Can name basic shapes	Use things around the house to help them to identify and compare different shapes
Matches a 3-5 piece puzzle	Make a puzzle from a magazine picture or box
Identifies and names other body parts	Teach them new body parts when bathing or dressing

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**36 - 48 months**

# SOCIAL EMOTIONAL DEVELOPMENT

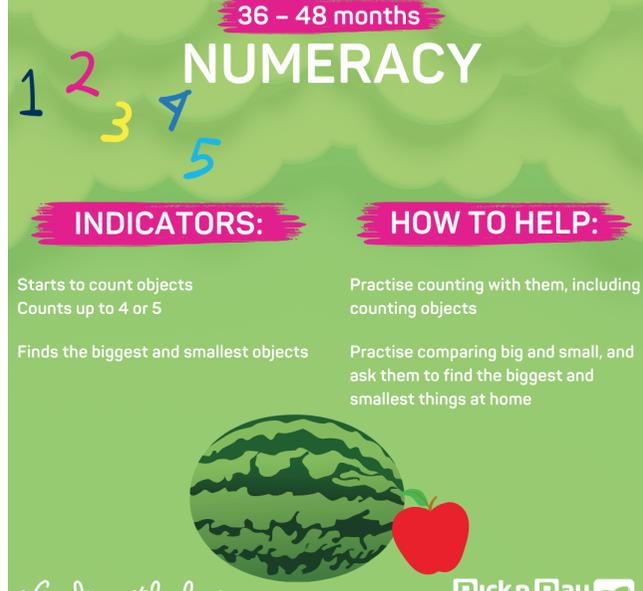
INDICATORS:	HOW TO HELP:
Starts to develop friendships Becomes less dependent on caregiver	Encourage them to spend time with their peers, and to play independently (safely, with supervision)
Shows awareness of others' needs	Verbalise others' needs
Understands give and take	Encourage them to take turns and share with others



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**36 - 48 months**

# NUMERACY



INDICATORS:	HOW TO HELP:
Starts to count objects Counts up to 4 or 5	Practise counting with them, including counting objects
Finds the biggest and smallest objects	Practise comparing big and small, and ask them to find the biggest and smallest things at home

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**36 - 48 months**

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Asks 'how?' questions Uses sentences of up to 6 words	Talk, sing, read and tell stories with them Encourage them to talk (in sentences) and ask questions
Able to follow instructions	Get them to help with simple chores

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**48 Months**

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Builds with blocks	Encourage them to build with anything that looks like blocks, e.g. plastic containers, boxes
Cuts out an object, close to the line	Help them cut out shapes with scissors
Threads small beads	Let them practise threading beads

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**48 Months**

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Stands on 1 leg for up to 10 seconds	Encourage them to be active, and spend time doing active play with them
Runs with confidence	
Skips for 5-8 steps, with coordination	
Throws a ball at a target	Help them practise throwing a ball at a target, e.g. into a big basin or bucket If they struggle with a small ball, use a big ball instead

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**48 Months**

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Tells the difference between shapes	Use things around the house to help them to identify and match different shapes, e.g. everything that is a circle
Matches objects according to shape	
Names and matches more colours	
Looks for different objects in pictures	Get them to look for and name different colours and objects when looking at pictures

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**48 Months**

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Has a good self-image	Remind them how special they are
Plays with other children	Encourage them to play with their peers, ask about their friends



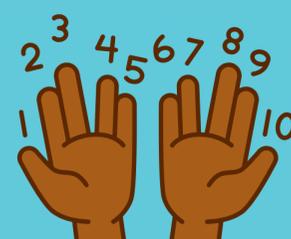
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**48 Months**

# NUMERACY

INDICATORS:	HOW TO HELP:
Counts up to 3 objects	Practise counting with them, including counting objects
Counts to 10	
Remembers 4 numbers in a sequence	Help them to remember a few numbers in a sequence, e.g. part of your phone number, their date of birth

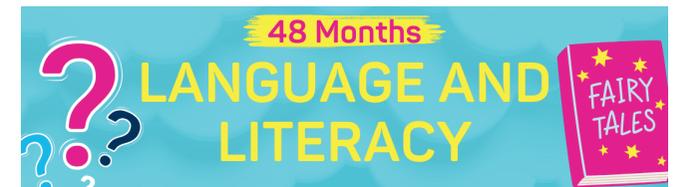


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**48 Months**

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Asks 'why?' questions	Encourage them to ask questions, and answer their 'why?' questions

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48- 60 Months

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Can do and undo press studs	Let them practise with small buttons and press studs
Folds a piece of paper in half	Let them practise folding paper

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48- 60 Months

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Walks backwards on a line for 6 steps	Practise walking backwards with them, holding their hand
Skips with more coordination Runs and kicks a moving ball	Encourage them to be active, and spend time doing active play with them
Jumps from a height (50cm)	Supervise them when they practise jumping from a height

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48- 60 Months

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Knows difference between near and far	Point out to them things that are near and far, left and right during daily activities
Tells the difference between left and right	Make a matching game and a puzzle from magazine pictures or boxes
Matches objects	If possible, buy puzzles
Builds a 15-20 piece puzzle	

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48- 60 Months

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Shows more motivation	Provide lots of encouragement to complete tasks
Handles frustration better	Help to manage feelings of frustration by staying calm



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48- 60 Months

# NUMERACY



INDICATORS:	HOW TO HELP:
Counts up to 4 or 5 objects	Practise counting objects
Is able to answer 'how many?'	Practise asking 'how many?' of things around the house
Write 1-2 numbers	Encourage writing numbers, even if it's just scribbles

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48- 60 Months

# LANGUAGE AND LITERACY

INDICATORS:	HOW TO HELP:
Speaks in more complex sentences	Encourage them to tell you stories, and praise them when they speak in sentences
Makes up stories (fantasy)	



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**60 Months**

# FINE MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Ties a knot or a bow	Let them practise tying things
Picks up small objects with fingers	Let them practise picking up small objects with their fingers, e.g. dried beans, lentils
Colours in a picture Cuts out and pastes pictures on paper	Help them colour in and cut out pictures

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**60 Months**

# GROSS MOTOR DEVELOPMENT



INDICATORS:	HOW TO HELP:
Jumps on 1 leg for at least 3 metres Walks backwards with confidence Catches a bouncing ball	Encourage them to be active, and spend time doing active play with them, including bouncing a soft, big ball to them
Can stand still on toes for 10-15 seconds	Let them practise standing up on their toes, holding on to you

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**60 Months**

# COGNITIVE DEVELOPMENT



INDICATORS:	HOW TO HELP:
Identifies and names 6-8 colours	Practise identifying the colour of items around the house
Names 15 objects correctly Names 17 actions correctly	Get them to look for and name different colours, objects and actions when looking at pictures
Tells the difference between 2 pictures	Help to point out differences between pictures

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**60 Months**

# SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:	HOW TO HELP:
Gets better at participating in groups	Encourage them to play in groups
Gets better at sharing with others	Encourage them to share things with friends and family, role model sharing



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**60 Months**

# NUMERACY



INDICATORS:	HOW TO HELP:
Counts up to 10 objects	Practise counting with them, including counting objects
Counts up to 12	Help them to notice numbers around them

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**60 Months**

# LANGUAGE AND LITERACY



INDICATORS:	HOW TO HELP:
Has vocabulary of ±2000 words	Talk, sing, read and tell stories with them to increase their vocabulary
Asks the meaning of words	Tell them the meanings of words

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