

How Is My Child Developing

For parents of children 3 months to 5 years of age

MILESTONES

The milestones in this brochure reflect when up to 90% of children achieve them.

By 3 months your baby will:

- Look at and follow your face when you are close to them
- Make sounds that differ depending on whether they are happy or upset
- Enjoy being touched and cuddled
- Stop crying when comforted

By 3–4 months your child should turn their head towards a sound or your voice and smile in response to others.

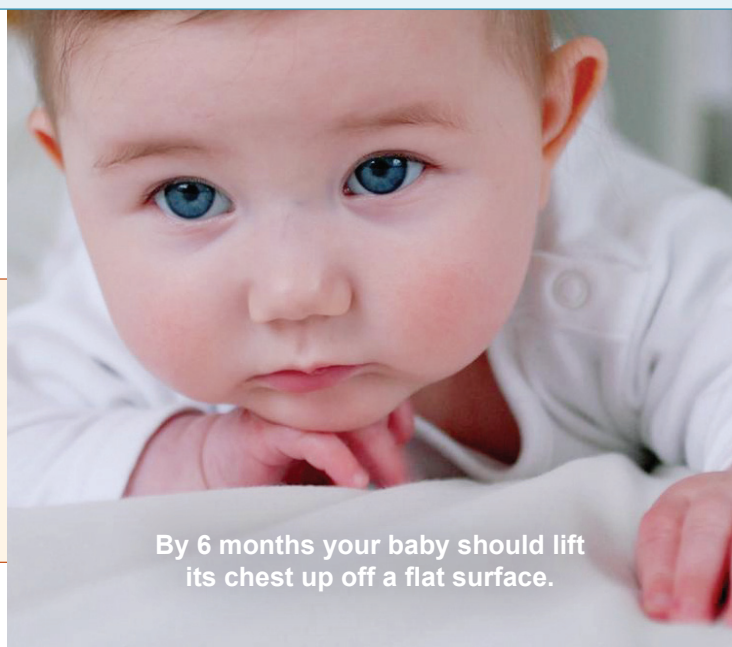
Mention to your doctor or physiotherapist if your infant consistently prefers to turn or tilt their head to one side only.

By 6 months your baby will:

- Laugh and copy sounds made by a caregiver
- Bang, shake and bring a toy to mouth
- Roll over

By this age your child should be able to lift their chest up off a flat surface when lying on their tummy by pushing on their arms and straightening their elbows.

See your doctor or physiotherapist if you find your baby feels very floppy or very stiff.



By 6 months your baby should lift its chest up off a flat surface.

By 9 months your baby will:

- Begin pointing
- Copy actions (e.g. wave bye, clap hands)
- Sit by herself
- Begin to crawl
- Begin to search for hidden objects
- Play with objects placed in hands
- Use thumb and finger when picking up small pieces of soft food
- Hand you objects
- Probably be guarded with strangers

By 9 months your child should be able to sit by themselves.



By 10 months your child should be saying lots of different sounds (babbling) and laugh out loud.



Speak to your doctor, physiotherapist or occupational therapist if your baby consistently ignores one hand.

By 12-15 months your baby will:

- Copy actions with everyday things (e.g. tries to comb hair, talk on phone)
- Use many different connected sounds that sound like sentences (i.e. jargon)
- Look at books and turn several pages at one time
- Begin to say first word (e.g. up, more, all gone)
- Point to some body parts (e.g. “where’s your nose?”)
- Follow one-step directions (e.g. “get your diaper”)
- Pull to stand and may stand alone
- Be moving around furniture and may begin walking
- Feed self finger foods
- Move things from hand to hand

By 12-15 months your baby should begin to say first words (e.g. up, more, all gone).



By 12 months your child should be interacting playfully with others (e.g. enjoys peek-a-boo or patty cake).

By 24 months your child will:

- Use two word sentences (e.g. “more cookie”)
- Walk up and down stairs with help
- Follow two directions at a time (e.g. “go get your boots and then put them on”)
- Eat with a spoon spilling little
- Like running and climbing
- Do several actions with one toy (e.g. dials phone, puts phone to ear and talks)
- Turn pages one at a time and is interested in pictures
- Talk about herself using own name
- Start to put pieces in a puzzle board



Ask your doctor or physiotherapist if your child mostly walks on their toes, or if your child was walking well but now seems weaker or more clumsy.

By 18 months your toddler should be walking alone.



By 3 years your child will:

- Walk confidently with few stumbles and avoid bumping into objects
- Show interest in toileting or be toilet trained
- Follow longer directions (e.g. “put your coat on, come outside and get a shovel”)
- Use short sentences (at least three words)
- Begin to ask simple questions
- Jump off floor with both feet
- Understand words like big, little, one, all
- Play pretend with toys and act out a familiar event (e.g. act out a trip to the doctor)
- Snip paper with scissors
- Match colours (e.g. put the same coloured blocks together)
- Begin to copy or imitate nursery rhymes
- Watch or copy other children

By 4 years your child will:

- Listen to stories
- Join sentences with “and”
- Be mostly understood by others
- Enjoy climbing on playground equipment
- Stand on one foot briefly
- Not always be able to distinguish reality from fantasy
- Be interested in letters and numbers and can name colours
- Sing rhymes by herself
- Pull clothes on and off by self
- Hold a pencil in an adult fashion
- Draw a person with about five body parts (e.g. nose, eyes)
- Copy a circle
- Enjoy cooperative play with other children
- Stay with an activity for at least three to four minutes
- Play alone for 10 or more minutes
- Go up and down stairs alternating feet holding a rail



By 4 years your child should enjoy cooperative play with other children.

By 5 years your child will:

- Count to 10 and say names of several colours
- Use almost all adult sounds
- Cut on a line
- Tell stories
- Memorize pattern books (e.g. Brown bear, brown bear what do you see?)
- Hop on one foot
- Run lightly on toes
- Throw and catch a ball
- Draw a person with nine body parts
- Dress self with little help
- Take care of own toilet needs

About This Brochure

There is a wide range of normal development in children. Each child develops at their own pace. Information in this brochure was compiled by community professionals who are invested in early child development using the references listed below.

Early Intervention Contacts

Northern Interior

(Prince George, Mackenzie, Quesnel, McBride & Valemount)

The Child Development Centre of Prince George & District	250-563-7168
Northern Health Speech & Language Clinic (Prince George)	250-645-7710
Northern Health Speech & Language Clinic (Quesnel)	250-983-6810
Quesnel & District Child Development Centre	250-992-2481

South Peace

South Peace Child Development Centre	250-782-1161
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North Peace

Fort St. John Child Development Centre	250-785-3200
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Bulkley Valley & Nechako Lakes

(Burns Lake, Fort St. James, Fraser Lake, Upper Skeena, Smithers, Vanderhoof, Houston)

Bulkley Valley Child Development Centre	250-847-4122
Smithers Community Health Unit	250-847-6400
Burns Lake Early Intervention/Community Therapy Services	250-692-4201
Lakes District & Nechako Early Intervention Services	250-567-2911

North West

(Haida Gwaii, Kitimat, Prince Rupert, Stikine, Terrace, Lisims Early Learning Partnership)

Terrace Child Development Centre	250-635-9388
Kitimat Child Development Centre	250-632-3144
North Coast Community Services (serves Prince Rupert and surrounding areas along the north coast of British Columbia. This includes the communities of Hartley Bay, Kitkatla, Lax Kw'alaams, Metlakatla, Port Edward, and Haida Gwaii)	250-627-7166

REFERENCES: Speech and Language Development Chart 2nd Ed. Pro Ed (1993), Ages and Stages Questionnaire 2nd Ed. Bricker et. al (1999), Motor Assessment of the Developing Infant W.B. Saunders Co. (1994), Developmental Profiles Delmar Publishers (1999), From Birth to Five Years Routledge Pub. (1997). Children's English Consonant Acquisition in the United States: A Review. Kathryn Crowe and Sharynne McLeod (2020) *American Journal of Speech-Language Pathology*.



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