

## **Developmental Milestones of Babies (Birth – One Year)**

Each child develops at his/her own pace, so it's impossible to tell exactly when any child will master a given skill. The developmental milestones below will give you a general idea of the accomplishments you can expect in your child during their year in the Infant classroom.

### **Movement Milestones (4-8 months)**

- Rolls both directions(front to back, back to front)
- Sits with and then without, support of hands
- Supports his whole weight on his legs
- Reaches with one hand
- Transfers objects from hand to hand
- Uses raking grasp

### **Visual Milestones (4-8 months)**

- Develops full color vision
- Distance vision matures
- Ability to track moving objects matures

### **Language Milestones (4-8 months)**

- Responds to own name
- Begins to respond to “no”
- Distinguishes emotions by tone of voice
- Responds to sounds by making sounds
- Uses voice to express joy and displeasure
- Babbles chains of consonants

### **Cognitive Milestones (4-8 months)**

- Finds Partially hidden objects
- Explores with hands and mouth
- Struggles to get objects that are out of reach

### **Social Emotional Milestones (4-8 months)**

- Enjoys social play
- Interested in mirror images
- Responds to other people’s expressions of emotions

**Movement Milestones (8-12 months)**

- Gets into sitting position without assistance
- Crawls forward on belly
- Assumes hands-and-knees position
- Creeps on hands and knees
- Gets from sitting to crawling or prone position
- Pulls self up to stand
- Walks holding onto furniture (cruising)
- Stands momentarily without support
- May walk two or three steps without support

**Fine Motor Milestones (8-12 months)**

- Uses Pincer grasp
- Bangs two cubes together
- Puts objects into container
- Takes objects out of container
- Let's objects go voluntarily
- Pokes with index finger
- Tries to imitate scribbling

**Language Milestones (8-12 months)**

- Pays increasing attention to speech
- Responds to simple verbal requests
- Responds to “no”
- Uses simple gestures, such as shaking head for “no”
- Babbles with inflection
- Says “dada” and “mama”
- Uses exclamations such as “Uh-Oh!”
- Tries to imitate words

**Cognitive Milestones (8-12 months)**

- Explores objects in many different ways (shaking, banging, throwing, dropping...)
- Finds hidden objects easily
- Looks at correct picture when the image is named
- Imitates gestures
- Begins to use objects correctly (drinking from cup, brushing hair, dialing phone...)

**Social Emotional Milestones (8-12 months)**

- Shy or anxious with strangers
- Cries when mother or father leaves
- Enjoys imitating people in his play
- Shows specific preferences for certain people and toys
- Tests parental responses to his actions.

- May be fearful in some situations
- Prefers moth and or regular care-giver over all others
- Repeats sounds or gestures for attention
- Finger feeds self
- Extends arm or leg to help when being dressed

## Developmental Milestones of Threes (36-48 months)

Each child develops at his/her own pace, so it's impossible to tell exactly when any child will master a given skill. The developmental milestones below will give you a general idea of the accomplishments you can expect in your child during their year in the three-year-old preschool classroom.

### Cognitive Milestones

- Makes mechanical toys work
- Matches an object in her hand or room to a picture in a book
- Plays make-believe with dolls, animals, and people
- Sorts objects by shape and color
- Correctly names some colors
- Completes puzzles with three or four pieces
- Understands the concept of counting and may know a few numbers
- Gives sensible answers to questions

Cornerstones curriculum is designed to promote cognitive development by using learning centers to provide opportunities for success in the classroom. Math awareness and pre-reading skills are promoted in each of the learning centers. Calendar math is done daily to have children gain number recognition and rote counting skills as well as patterning. The month of the year and days of the week songs are sung daily to encourage attention span and memory. Many activities are done in a left to right direction to begin to train the eye to read.

### Language Milestones

- Follows a two- or three-part command
- Recognizes and identifies almost all common objects and pictures
- Understands most sentences
- Has mastered some basic rules of grammar
- Understands the concepts of “same” and “different”
- Understands placement in space ("on," "in," "under")
- Speaks in sentences of five to six words.
- Asks many questions
- Can say name, age, and sex
- Uses pronouns (I, you, me, we, they) and some plurals (cars, dogs, cats)
- Strangers can understand most of her words

At the age of three, preschoolers have an active vocabulary of about 300 to one thousand words. Cornerstone provides many opportunities to foster further development of language skills by

asking open ended questions, providing family style meal service to foster peer interaction, show and tell to encourage descriptive language.

## Gross Motor Milestones

- Climbs well
- Walks up and down stairs, alternating feet (one foot per stair step)
- Hops and stands on one foot for five seconds
- Kicks ball
- Throws ball overhand
- Catches bounced ball
- Runs easily
- Pedals tricycle
- Bends over easily without falling

Gross motor skills or large muscle development takes place in our **xx** square foot indoor playroom or on our **xx** square foot playground featuring 2 play structures for climbing and sliding and a paved area for bicycles. Bikes and Trikes are available in both play areas as are many balls of various sizes. Gymnastics is taught once a week for the three-year-olds in the playroom. Among the many benefits of gymnastics are: physical fitness, self-confidence, courage, self-discipline, teamwork and flexibility.

## Fine Motor Milestones

- Makes up-and-down, side-to-side, and circular lines with pencil or crayon
- Imitates circle, cross, & square shapes
- Holds a pencil in writing position
- Can copy a few capital letters
- Cuts with scissors
- Turns book pages one at a time
- Builds a tower of six - ten blocks
- Strings four plus beads
- Screws and unscrews jar lids, nuts, and bolts
- Turns rotating handles

Fine motor skills are developed through carefully chosen play activities. The learning centers that are designed to promote fine motor development are the block center, the puzzle center, manipulatives center (such as legos, wheels & cranks...), art center, dramatic play center & the sensory table. The children in this age group are introduced to simple writing activities to encourage assuming the writing position and beginning to make strokes that will eventually become letters.

## **Social Milestones**

- Interested in new experiences
- Cooperates with other children
- Helps clean up
- Increasingly inventive in fantasy play
- Calls attention to performance
- Imitates adults and playmates
- Spontaneously shows affection for familiar playmates
- Can take turns in games
- Understands concept of "mine" and "his/hers"
- Expresses a wide range of emotions
- Objects to major changes in routine
- Often cannot distinguish between fantasy and reality
- Views self as whole person involving body, mind and feelings

Every area of group living at Cornerstone promotes social development. The use of the choice board fosters independent thinking and offers new experiences each week as the centers are turned over to match the weekly theme. Group living demands cooperation, problem solving, and self expression.

## **Self Help Milestones**