



eci STORE
for the precocious child

MILESTONE CHECKLIST

Developmental milestones are usually movements, skills or behaviours children attain at a particular age. Milestones can be observed in most areas of a child's life. They are usually categorised into motor ability, emotional or social development, language or communication skills and their cognitive advancement.



0-3 MONTHS

MILESTONE CHECKLIST

0-3 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Maintains eye contact
- ☐ Begins to smile at others
- ☐ Can briefly calm himself (may bring hands to mouth and suck)
- ☐ Tries to look at parent

LANGUAGE/COMMUNICATION

- ☐ Coos, makes gurgling sounds
- ☐ Turns head toward sounds

COGNITIVE/PLAY

- ☐ Pays attention to faces
- ☐ Follows objects through 90°
- ☐ Vocalises for attention

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Raises head 30° then later 45° when lying on tummy
- ☐ Makes smoother movements with arms
- ☐ Makes smoother movements with legs
- ☐ Brings hands together
- ☐ Grasps a rattle when placed in the hand

ACTIVITIES

- Talk, cuddle and play with your baby during feeding, dressing, and bathing.
- Do baby massage, especially during baths
- Read and sing to your baby
- Play peek-a-boo
- Place a baby-safe mirror in your baby's crib
- Lay your baby on his tummy when he is awake and put [toys](#) near him. Place a cushion or roller under the shoulders
- While lying on tummy put noisy toys at baby's feet to encourage kicking
- Have baby lay on texture mat
- Let baby lay on your chest in prone. Reduce support gradually
- Hang [mobiles](#) or toy above your baby's head and encourage her to reach for it. Let baby lie prone and side lying with toys nearby
- In the first 4 weeks use black and white toys/ items e.g. scarf tied to cot or car seat
- Hold your baby upright with his feet on the floor/ your lap
- Only use car seat or rocker when necessary, let baby lay freely at other times



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3-6 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Smiles spontaneously, especially at people
- ☐ Enjoys engaging with people
- ☐ Copies some movements and facial expressions, like smiling or frowning
- ☐ Disturbed by an angry voice
- ☐ Quietened by voice of mother

LANGUAGE/COMMUNICATION

- ☐ Begins to babble
- ☐ Babbles with expression and copies sounds he hears
- ☐ Cries in different ways to show hunger, pain, or being tired

COGNITIVE/PLAY

- ☐ Vocalises differently to express feelings
- ☐ Establishes eye contact
- ☐ Uses hands and eyes together, such as seeing a toy and reaching for it
- ☐ Reaches and attains toy
- ☐ Actively plays with rattle
- ☐ Mouthing begins
- ☐ Can hold and shake a toy and swing at dangling toys
- ☐ Follows moving things with eyes from side to side
- ☐ Watches faces closely
- ☐ Recognizes familiar people
- ☐ Holds out hands to be picked up

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Holds head steady, unsupported
- ☐ May be able to roll over from tummy to back
- ☐ When lying on stomach, pushes up to elbows
- ☐ Hands to knees
- ☐ Hands to feet
- ☐ Kicks legs reciprocally
- ☐ Assumes puppy position

ACTIVITIES OF DAILY LIVING

- ☐ Takes solids off a spoon and swallows

ACTIVITIES

- Hold and talk to your baby; smile and be cheerful while you do.
- Copy your baby's sounds
- Act excited and smile when your baby makes sounds.
- Have quiet play times when you read or sing to your baby.
- Give age-appropriate toys to play with, rattles, keys, safe plastic toys. Place these nearby and in the baby's hand
- Play games such as peek-a-boo.
- Continue with play on tummy. Start supporting baby in sitting, using cushions and place toys around her
- Parent lies on back with lower legs up like a table, place baby facing you on his/her tummy on parent's shins while holding baby's arms out. Move baby like plane
- Use [tagged security blanket](#) or cloth



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6-9 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Knows familiar faces
- ☐ Enjoys playing with others

LANGUAGE/COMMUNICATION

- ☐ Responds to sounds by making sounds
- ☐ Strings vowels together when babbling ("ah," "eh," "oh")
- ☐ Begins to say consonant sounds (with "m," "b," "p," "t," "d")
- ☐ Starts conversing with sounds and takes turns
- ☐ Jargon begins (intelligible jabber)
- ☐ Responds to own name
- ☐ Makes sounds to show joy and displeasure
- ☐ Imitates actions e.g. waving bye-bye, playing peek-a-boo
- ☐ Localises sounds
- ☐ Responds to name by turning
- ☐ Sits still and attends to person/object
- ☐ Responds to "hello there"
- ☐ Responds to "no"
- ☐ Responds to "where's dad/mum"

COGNITIVE/PLAY

- ☐ Plays unattended for 10 minutes
- ☐ Looks around at things nearby
- ☐ Brings things to mouth
- ☐ Shows curiosity about things and tries to get things that are out of reach
- ☐ Picks up small objects
- ☐ Holds 2 objects, one in each hand
- ☐ Begins to pass things from one hand to the other
- ☐ Finds partially hidden toy
- ☐ Pulls wooden peg from board

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Rolls over in both directions
- ☐ Sits without support
- ☐ Sits with hand support forward
- ☐ Crosses midline, both arms to one side
- ☐ When standing, supports weight on legs and might bounce
- ☐ Rocks back and forth, sometimes crawling backward before moving forward
- ☐ Creeping
- ☐ Pulls to kneeling

ACTIVITIES OF DAILY LIVING

- ☐ Holds bottle using both hands
- ☐ Drinks from cup with help
- ☐ Feeds self with finger foods

ACTIVITIES

- Play on the floor with your baby. Play "chase" games and let baby copy your movements
- Use "reciprocal" play—when he smiles, you smile, when he makes sounds, you copy them.
- Repeat your child's sounds and say simple words with those sounds e.g. if your child says "bah," say "bottle" or "book."
- Read books to your child
- When your baby looks at something, point to it and talk about it.
- When he drops a toy on the floor, pick it up and give it back. This game helps him learn cause and effect.
- Encourage baby to tear paper, like old magazines or old telephone directories
- Put your baby on his tummy, sitting (supported) or on back and put toys just out of reach. Encourage him to reach the [toys](#).
- Play an obstacle game on the floor
- Have child bang and play with safe kitchen items while you're in kitchen, e.g. spoons, steel bowls, plastic cups
- Play puppets games, socks and soft toys can also be used
- Tie a cardboard book to baby's pram for easy access
- [Peg-in-hole](#) games



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9-12 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ May be afraid of strangers
- ☐ May be clingy with familiar adults
- ☐ Has favourite toys

LANGUAGE/COMMUNICATION

- ☐ Uses gestures e.g. lifting arms for "up"
- ☐ Imitation for word e.g. "bo" for "bottle"
- ☐ Uses "mum/dad" appropriately
- ☐ Responds to "where's the light" and "come here"
- ☐ Copies sounds and gestures of others
- ☐ Uses fingers to point at things

COGNITIVE / PLAY

- ☐ Less mouthing, more active play with toys
- ☐ Finds completely hidden toy
- ☐ Takes object from container
- ☐ Puts object into container
- ☐ Plays peek-a-boo
- ☐ Bangs blocks together
- ☐ Rolls ball and attempts to catch
- ☐ Give and take begins
- ☐ Picks up things between thumb and index finger

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ All sitting positions
- ☐ Can get into sitting position
- ☐ Crawls
- ☐ Pulls to stand
- ☐ Stands, holding on
- ☐ Moves from standing to sitting

ACTIVITIES OF DAILY LIVING

- ☐ Bites and chews biscuit
- ☐ Holds out arms and legs for dressing

ACTIVITIES

- Play games with "my turn, your turn."
- Describe what your baby is looking at; for example, "red, round ball."
- Copy your baby's sounds and words.
- Teach cause-and-effect by rolling balls back and forth, pushing toy cars and trucks, and putting blocks in and out of a container.
- Play peek-a-boo and hide-and-seek.
- Read and talk to your baby.
- Provide lots of room for your baby to move and explore in a safe area.
- Put your baby close to things that she can pull up on safely.
- Place toys on the coffee table and floor, have baby transfer toys from floor to table and vice versa
- Have child sit on roller or ball and play with toys on floor. Sit behind child to prevent falling
- Play and sing finger games e.g. "tommy thumb."
- Encourage clapping games
- Start ball games using a balloon for catching and throwing
- Engage in 'rough and tough' play
- Encourage stacking games e.g. cups, rings, blocks



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12-18 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Is shy or nervous with strangers
- ☐ Cries when mom or dad leaves
- ☐ Has favourite things and people
- ☐ Shows fear in some situations
- ☐ Hands you a book when he wants to hear a story
- ☐ Repeats sounds or actions to get attention

LANGUAGE/COMMUNICATION

- ☐ Uses 5-7 words consistently (excludes "mum/dad")
- ☐ Responds to simple spoken requests
- ☐ Uses simple gestures, like "no" or "bye-bye"
- ☐ Makes sounds with changes in tone
- ☐ Gives objects on cue e.g. "Give it to me"
- ☐ Points to body parts
- ☐ Follows simple phrase e.g. "give it to granny"
- ☐ Uses jargon mixed with real words
- ☐ Imitates words and 2 word sentences

COGNITIVE / PLAY

- ☐ Pushes small car
- ☐ Pulls string to get toy
- ☐ Holds crayon using palmar grasp
- ☐ Scribbles spontaneously
- ☐ Turns cardboard pages of books
- ☐ Builds 2 block tower
- ☐ Finds hidden things easily
- ☐ Looks at the right picture or thing when it's named
- ☐ Copies gestures
- ☐ Starts to use things correctly, for example, drinks from a cup, brushes hair
- ☐ Bangs two things together
- ☐ Puts things in and takes things out of a container
- ☐ Lets things go without help
- ☐ Pokes with index (pointer) finger
- ☐ Follows simple directions like "pick up the toy"

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Crawls up and down steps
- ☐ Climbs on furniture
- ☐ Stands alone
- ☐ Cruises about the furniture
- ☐ First steps
- ☐ Walks
- ☐ Walks up steps, 2 feet to a step

ACTIVITIES OF DAILY LIVING

- ☐ Starts using spoon
- ☐ Drinks from cup unaided
- ☐ Pulls off socks or hat
- ☐ Imitates combing hair/ washing face
- ☐ Sits on potty for 5 minutes
- ☐ Puts out arm or leg to help with dressing

ACTIVITIES

- Talk to your child about what you're doing. For example, "Mommy is washing your hands with a washcloth."
- Read with your child every day. Have your child turn the pages. Take turns labeling pictures with your child.
- Build on what your child says or tries to say, or what he points to. If he points to a truck and says "t" or "truck," say, "Yes, that's a big, blue truck."
- Give your child crayons and paper, and let your child draw freely. Show your child how to draw lines up and down and across the page. Praise your child when she tries to copy them.
- Play with blocks, [shape sorters](#), and other toys.
- Hide small toys and other things and have your child find them.
- Ask your child to label body parts or things you see while driving in the car.
- Sing songs with actions, like "The Itsy Bitsy Spider"
- Give your child pots and pans or a small musical instrument like a drum or cymbals. Encourage your child to make noise.
- Provide lots of safe places for your toddler to explore.
- Give your child push toys like a wagon or "kiddie push car."
- Do an assisted somersault
- Encourage rolling from one side of the room to the other. Make a game of it.
- Have child stand between your legs while you are standing, hold his stretched arms and rock him side to side and front to back.
- Throw [bean bags](#)
- Have child imitate your house tasks e.g. dusting, stirring, mixing



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18-24 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ May have temper tantrums
- ☐ May be afraid of strangers
- ☐ Shows affection to familiar people
- ☐ May cling to caregivers in new situations
- ☐ Points to show others something interesting
- ☐ Explores alone but with parent close by

LANGUAGE/COMMUNICATION

- ☐ Says several single words
- ☐ Combines 2-3 words
- ☐ Says and shakes head "no"
- ☐ Uses "me" or "mine"
- ☐ Uses "more"
- ☐ Uses "yes/no" appropriately
- ☐ Names family members
- ☐ Names body parts
- ☐ Uses spatial terms like "outside"
- ☐ Points to show someone what he wants
- ☐ Follows verbal commands without any gestures
- ☐ Understands 2-part command
- ☐ Understands at least 2 descriptive words e.g. "big"
- ☐ Understands simple questions e.g. "where?"
- ☐ Understands verbs e.g. "jump"

COGNITIVE / PLAY

- ☐ Knows what ordinary things are for: for example, telephone, brush, spoon
- ☐ Places basic shapes on form board
- ☐ Builds a 6 block tower
- ☐ Likes to hand things to others as play
- ☐ Plays simple pretend, such as feeding a doll
- ☐ Points to get the attention of others
- ☐ Holds pencil using tips of thumb and 3 fingers
- ☐ Imitates a vertical line
- ☐ Turns pages of a book singly

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Walks alone, can stop and start
- ☐ May walk up steps and run
- ☐ Pulls toys while walking
- ☐ Plays in a squatted position
- ☐ Throws ball

ACTIVITIES OF DAILY LIVING

- ☐ Can help undress herself
- ☐ Drinks from a cup, no spilling
- ☐ Starts developing bowel control
- ☐ Eats with a spoon

ACTIVITIES

- Encourage pretend play
- Read books and talk about the pictures using simple words
- Copy your child's words.
- Hide things under blankets and pillows and encourage him to find them.
- Play with [blocks](#), [balls](#), puzzles, books, and toys that teach cause and effect and problem solving.
- Name pictures in books and body parts.
- Provide toys that encourage pretend play
- Provide toys that she can push or pull safely.
- Provide balls for her to kick, roll, and throw.
- Blow bubbles and let your child pop them
- Play 'Simon Says'
- Encourage your child to walk on different surfaces i.e. grassy, sandy, inclines. Without shoes is better
- Ball play with larger ball
- Encourage [play-dough](#) play in making smaller objects
- Origami activities



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24-30 MONTHS

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Copies others, especially adults and older children
- ☐ Gets excited when with other children
- ☐ Shows more independence
- ☐ Shows defiant behaviour (doing what he has been told not to)

LANGUAGE/COMMUNICATION

- ☐ Vocabulary of about 50 words
- ☐ Knows names of familiar people and body parts
- ☐ Says sentences with 2 to 4 words
- ☐ Uses "I" or "me"
- ☐ Repeats words overheard in conversation
- ☐ Points to things in a book
- ☐ Completes sentences with 2-4 words
- ☐ Sings nursery rhymes
- ☐ Uses past tense
- ☐ Names items in a picture book e.g. cat or dog
- ☐ Follows a series of related commands
- ☐ Understands prepositions like "under" or "behind"
- ☐ Understands "same" and "different"

COGNITIVE / PLAY

- ☐ Parallel play
- ☐ Begins to sort shapes and colours
- ☐ Rote counts to two
- ☐ Plays mainly beside other children, but is beginning to include other children, such as in chase games
- ☐ Plays simple make-believe games
- ☐ Builds 8 block tower
- ☐ Builds train in imitation
- ☐ Strings 4 large beads
- ☐ Imitates drawing horizontal line

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Stands on tiptoe
- ☐ Walks up and down steps, 2 feet to a step
- ☐ Kicks a ball
- ☐ Runs well
- ☐ Rides foot propelled toy bike
- ☐ Climbs with good grip on jungle gyms etc.
- ☐ Jumps from low step

ACTIVITIES OF DAILY LIVING

- ☐ Verbalises toilet need
- ☐ Pulls down pants without help
- ☐ Puts on pants and socks
- ☐ Washes and dries hands without help

ACTIVITIES

- [Games](#) and books that encourage your child to identify and say body parts, animals, and other common things.
- Hide your child's toys around the room and let him find them.
- Help your child do [puzzles](#) with shapes, colours, or farm animals. Name each piece when your child puts it in place.
- Encourage your child to play with [blocks](#). Take turns building towers and knocking them down.
- Do [art projects](#) with your child using crayons, paint, and paper. Describe what your child makes and hang it on the wall or refrigerator.
- Ask your child to help you open doors and drawers and turn pages in a book or magazine.
- Once your child walks well, ask her to carry small things for you.
- Kick a [ball](#) back and forth with your child. When your child is good at that, encourage him to run and kick.
- Take your child to the park to run and climb on equipment or walk on nature trails.
- Give your child his own 'little stool' to climb on to reach for items. Supervise this activity.
- Encourage child to walk on low walls, benches and steps. Encourage child to jump off with 2 feet
- Have your child carry large objects
- [Threading activities](#)



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3 years

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Copies adults and friends
- ☐ Shows affection for friends without prompting
- ☐ Shows concern for a crying friend
- ☐ Shows a wide range of emotions
- ☐ Separates easily from mom and dad
- ☐ May get upset with major changes in routine

LANGUAGE/COMMUNICATION

- ☐ Follows instructions with 2 or 3 steps, may be unrelated
- ☐ Uses 4 or more word sentences
- ☐ Understands the idea of "mine" and "his" or "hers"
- ☐ Can name most familiar things
- ☐ Uses prepositions like "in," "on," and "under"
- ☐ Uses quantity adjectives like "some" or "two"
- ☐ Relates immediate experiences
- ☐ Describes past experiences using verbs
- ☐ Says first name, age, and gender
- ☐ Uses negatives like "can't" and "not"
- ☐ Understands some adverbs like fast or slowly
- ☐ Uses plurals like cars or dogs
- ☐ Carries on a conversation using 2 to 3 sentences

COGNITIVE/ PLAY

- ☐ Takes turns in games
- ☐ Begins matching pictures
- ☐ Matches 6 basic colours
- ☐ Snips with scissors
- ☐ Can work toys with buttons, levers, and moving parts
- ☐ Imaginary play begins
- ☐ Does puzzles with 2-4 pieces
- ☐ Understands what "two" means
- ☐ Holds crayon nearer tip with thumb and first 2 fingers
- ☐ Controlled firmer pincer grasp present
- ☐ Copies a circle with pencil or crayon
- ☐ Turns book pages one at a time
- ☐ Builds towers of more than 6 blocks
- ☐ Screws and unscrews jar lids or turns door handle
- ☐ Shares toys

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Climbs well
- ☐ Runs easily
- ☐ Pedals a tricycle (3-wheel bike)
- ☐ Walks up and down stairs, one foot on each step
- ☐ Jumps with 2 feet together
- ☐ Manipulates a bat and ball
- ☐ Stands momentarily on 1 leg

ACTIVITIES OF DAILY LIVING

- ☐ Dresses and undresses self
- ☐ Stabs food with fork
- ☐ Goes toilet when directed



ACTIVITIES

- Go to play groups with your child
- Give your child instructions with 2 or 3 steps. For example, "Go to your room and get your shoes and coat."
- Read to your child every day. Ask your child to point to things in the pictures and repeat words after you.
- Give your child an "activity box" with paper, crayons, and colouring books. Colour and draw lines and shapes with your child.
- Play [matching games](#). Ask your child to find objects in books or around the house that are the same.
- Play counting games. Count body parts, stairs, and other things you use or see every day.
- Play outside with your child. Go to the park or hiking trail. Allow your child to play freely and without structured activities.
- Have child do activities like raking leaves, sweeping etc.
- Hide toys in a [sandbox](#) / bowl of raw rice and have child find them
- Give your child a kiddies scissor to snip paper



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4 years

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Enjoys playing with other children
- ☐ Understands and obeys rules, may still be demanding and uncooperative at times.
- ☐ Talks about what she likes and is interested in
- ☐ Shares, takes turns and understands rules of games

LANGUAGE/COMMUNICATION

- ☐ Uses more complex sentences
- ☐ Less articulation errors
- ☐ Have a greater attention span
- ☐ Recognize familiar word signs e.g. "STOP"
- ☐ Know his or her address and phone number, if taught
- ☐ Knows some basic rules of grammar, such as correctly using "he" and "she"
- ☐ Sings a song or says a poem from memory
- ☐ Tells stories
- ☐ Can say first and last name

COGNITIVE / PLAY

- ☐ Tries out new activities
- ☐ Is more creative with make-believe play
- ☐ Would rather play with other children than by himself
- ☐ Recognize some letters and possibly write his/her name
- ☐ Names some colours and some numbers
- ☐ Understands the idea of counting
- ☐ Count ten or more objects
- ☐ Starts to understand time
- ☐ Remembers parts of a story
- ☐ Understands the idea of "same" and "different"
- ☐ Draws a person with 2 to 4 body parts
- ☐ Uses scissors
- ☐ Starts to copy some capital letters
- ☐ Plays board or card games
- ☐ Tells you what he thinks is going to happen in a book
- ☐ Copy a triangle, circle, square, and other shapes
- ☐ Draw a person with a body
- ☐ Stack 10 or more blocks

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Hops and stands on one foot up to 2 seconds
- ☐ Catches a bounced ball most of the time
- ☐ Stand on one foot for more than 9 seconds
- ☐ Do a somersault and hop
- ☐ Walk up and down stairs independently
- ☐ Walk forward and backwards
- ☐ Pedal a tricycle

ACTIVITIES OF DAILY LIVING

- ☐ Use a fork and spoon
- ☐ Dress and undress, brush teeth, and take care of other personal needs without much help
- ☐ Pours, cuts with supervision, and mashes own food



ACTIVITIES

- Play make-believe with your child. Let her be the leader and copy what she is doing.
- Give your child toys to build imagination, like [dress-up](#) clothes, kitchen sets, and blocks.
- Take time to answer your child's "why" questions. If you don't know the answer, say "I don't know," or help your child find the answer in a book, on the Internet, or from another adult.
- When you read with your child, ask him to tell you what happened in the story as you go.
- Say colours in books, pictures, and things at home. Count common items, like the number of snack crackers, stairs, or toy trains.
- Teach your child to play outdoor games like tag and follow the leader.
- Play your child's favourite music and dance with your child. Take turns copying each other's moves.



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5 years

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ Wants to please friends
- ☐ Can express feelings and has better control over feelings
- ☐ Wants to be like friends
- ☐ More likely to agree with rules
- ☐ Likes to sing, dance, and act
- ☐ Is aware of gender
- ☐ Can tell what's real and what's make-believe
- ☐ Shows more independence
- ☐ Shows more patience, and your child might even be open to reasoning with you
- ☐ Is sometimes demanding and sometimes cooperative

LANGUAGE/COMMUNICATION

- ☐ Speaks very clearly
- ☐ Tells a simple story using full sentences
- ☐ Uses future tense: for example, "Grandma will be here."
- ☐ Says name and address
- ☐ Your child understands simple concepts like time (today, tomorrow, yesterday), knows the seasons
- ☐ Recognises some words by sight and tries to sound out words. Your child might even read on their own.
- ☐ Understands jokes and riddles
- ☐ Vocabulary growth is rapid

COGNITIVE / PLAY

- ☐ Your child's pretend play is more complex now, filled with lots of fantasy and drama
- ☐ Can play with others to achieve a common goal
- ☐ Games with rules
- ☐ Counts 10 or more things
- ☐ Can draw a person with at least 6 body parts
- ☐ Can print some letters or numbers
- ☐ Copies a triangle and other geometric shapes
- ☐ Knows about things used every day, like money and food

MOVEMENT/PHYSICAL DEVELOPMENT

- ☐ Stands on one foot for 10 seconds or longer
- ☐ Hops, may be able to skip
- ☐ Can do a somersault
- ☐ Ride a bike
- ☐ Walk downstairs without needing to hold your hand
- ☐ Skip and catch a large ball.
- ☐ Swings and climbs

ACTIVITIES OF DAILY LIVING

- ☐ Uses a fork and spoon and sometimes a table knife
- ☐ Can use the toilet independently
- ☐ Ties shoelaces
- ☐ Does zips and buttons
- ☐ Can brush hair

ACTIVITIES

- Continue to arrange play dates, trips to the park, or play groups. Give your child more freedom to choose activities to play with friends
- When [reading](#) to your child, ask him to predict what will happen next in the story
- Encourage your child to "read" by looking at the pictures and telling the story
- Explore your child's interests in your community. For example, if your child loves animals, visit the zoo or petting farm. Go to the library or look on the Internet to learn about these topics
- Keep a handy box of crayons, paper, paint, child scissors, and glue. Encourage your child to draw and make art projects with different supplies
- Often give your child a 'blank canvas' and have her draw without instruction, this will tap into her creativity
- Play with toys that encourage your child to put things together. Like [construction toys](#)
- Teach your child how to pump her legs back and forth on a swing and use monkey bars
- Go on walks with your child, do a scavenger hunt in your neighbourhood or park, help him ride a bike with training wheels (wearing a helmet).



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6 years

MILESTONE CHECKLIST

6 years

MILESTONE CHECKLIST

SOCIAL/EMOTIONAL

- ☐ More independent from their parents
- ☐ Peer acceptance becomes more important
- ☐ Boys will tend to play with boys, and girls with girls.
- ☐ Able to make choices about sports and toys
- ☐ Develop skills and attention spans and understand teamwork to start playing organized sports

LANGUAGE/COMMUNICATION

- ☐ Speak in complete sentences with 5-7 words
- ☐ Follow a series of commands
- ☐ Understand jokes and puns and start verbally expressing a sense of humour.
- ☐ Begin to read books that are right for his or her age
- ☐ Sound out or decode unfamiliar words
- ☐ Better at describing what has happened, what they feel and think

COGNITIVE / PLAY

- ☐ Focus on a task in school for 15 minutes
- ☐ Understand the concept of numbers
- ☐ Know day from night and left from right
- ☐ Be able to repeat three numbers backward

ACTIVITIES OF DAILY LIVING

- ☐ Be able to tell time

ACTIVITIES

- [Visual perceptual](#) games like memory games, shape building, etc
- [Craft activities](#)
- [Science](#) experiments / activities for cause and effect
- Simple cooking and baking games
- Motor games outside e.g. [hopscotch](#), obstacle courses, ball games
- [Board games](#)
- Start of leisure activities like baking or crafts
- Encourage further exploration if child has interest
- Sports activities and physical games/exercise
- Reading, do not rush child to move to 'no-picture' books. This will maintain his love for reading



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