

Normal Stages of Human Development (Birth to Five Years)

This page presents an overview of child development from birth to five years of age. It is important to keep in mind that the time frames presented are averages and that some children may achieve various developmental milestones earlier or later than the average but still be within the normal range. This information is presented to help parents understand what to expect from their child. Any questions you may have about your child's development should be shared with his doctor.

Physical and Language	Emotional	Social
<p><u>Birth to 1 month</u> Feedings: 5-8 per day Sleep: 20 hrs per day Sensory capacities: makes basic distinctions in vision, hearing, smelling, tasting, touch, temperature, and perception of pain</p>	<p>Expresses generalized Tension.</p>	<p>Is helpless, asocial, fed by mother.</p>
<p><u>2 to 3 months</u> Sensory Capacities: color perception, visual exploration, oral exploration Sounds: cries, coos, grunts Motor Ability: control of eye muscles, lifts head when on stomach</p>	<p>Shows delight, distress, and smiles at a face</p>	<p>Visually fixates on a face, smiles at a face, may be soothed by rocking.</p>
<p><u>4 to 6 months</u> Sensory Capacities: localizes sounds Sounds: starts babbling, makes most vowels and about half of the consonants Feedings: 3-5 per day Motor Ability: controls head and arm movements, shows purposive grasping, rolls over</p>	<p>Enjoys being cuddled.</p>	<p>Recognizes his mother. Distinguishes between familiar persons and strangers, no longer smiles indiscriminately. Expects feeding, dressing, and bathing.</p>
<p><u>7 to 9 months</u> Motor Ability: controls trunk and hands, sits without support, crawls about</p>	<p>Shows specific emotional attachment to mother. Protests separation from mother.</p>	<p>Enjoys "peek-a-boo."</p>
<p><u>10 to 12 months</u> Motor Ability: controls legs and feet, stands, creeps, shows apposition of thumb and fore-finger Language: says one or two words, imitates sounds, responds to simple commands Feedings: 3 meals, 2 snacks</p>	<p>Anger Affection Fear of strangers Curiosity, exploration</p>	<p>Responsive to own name. Wave bye-bye. Plays pat-a-cake, understands "no-no!" Gives and takes objects.</p>

Sleep: 12 hours, 2 naps		
<u>1 to 1 1/2 years</u> Motor Ability: creeps up stairs, walks (10-20 min), makes lines on paper with crayon	Displays dependent behavior. Very upset when separated from mother. Fear of Bath.	Obeys limited commands. Repeats a few words. Interested in his mirror image. Feeds himself.
<u>1 1/2 to 2 years</u> Motor Ability: runs, kicks a ball, builds 6-cube tower (2 years) Capable of bowel and bladder control Language: has a vocabulary of more than 200 words Sleep: 12 hours at night, 1-2 hour nap.	Displays temper tantrums (1-3 years). Shows resentment of new baby.	Does the opposite of what he is told (18 months).
<u>2 to 3 years</u> Motor Ability: jumps off a step, rides a tricycle, uses crayons, builds a 9-10 cube tower Language: starts to use short sentences controls; explores world with language (stuttering may appear briefly)	Shows fear of separation Is negativistic (2 1/2 years). Displays violent emotions, anger. Differentiates between facial expressions of anger, sorrow, and joy. Shows sense of humor (plays tricks).	Talks using "I," "me," "you." Copies parents' actions. Displays dependent, clinging, possessive about toys, but enjoys playing alongside another child. Displays negativism (2 ♦ yrs). Resists parental demands. Gives orders. Shows rigid insistence on sameness of routine and an inability to make decisions.
<u>3 to 4 years</u> Motor Ability: Stands on one leg, jumps up and down, draws a circle and a cross (4 years), becomes self-sufficient in many routines of home life	Is affectionate toward parents. Takes pleasure in genital manipulation. Shows romantic attachment to parent of opposite sex (3 to 5 yrs) and jealousy of same-sex parent. Has imaginary fears of dark, injury, etc. (3 to 5 years).	Likes to share, uses "we." Engages in cooperative play with other children at nursery school. Imitates parents. Begins to identify with same-sex parent, practices sex-role activities. Shows intense curiosity and interest in other children's bodies. Has imaginary friend.
<u>4 to 5 years</u> Motor ability: has mature motor control, skips, broad-jumps, dresses himself, copies a square and a triangle Language: talks clearly, uses adult speech sounds, has mastered basic grammar, relates a story, knows over 2,000 words (5 years).	Feels responsibility and guilt; takes pride in accomplishment	Prefers to play with other children, becomes competitive, and prefers sex-appropriate activities.

General Developmental Sequence: Toddler through Preschool

This page presents typical activities and achievements for children from two to five years of age. It is important to keep in mind that the time frames presented are averages and that some children may achieve various developmental milestones earlier or later than the average but still be within the normal range. This information is presented to help parents understand what to expect from their child. Any questions you may have about your child's development should be shared with his doctor or teacher.

Age 2	Age 3	Age 4	Age 5
<p><u>Social Development</u> Engages in solitary play, is dependent on adult guidance, plays with dolls, refers to self by name, is socially very immature, has little concept of others as "people." May respond to simple direction.</p>	<p><u>Social Development</u> Engages in parallel play, enjoys being by others, takes turns, knows if he is a boy or girl, enjoys brief group activities requiring no skill, likes to "help" in small ways-- responds to verbal guidance.</p>	<p><u>Social Development</u> Engages in cooperative play, enjoys other children's company, is highly social, may play loosely organized group games (tag, duck-duck-goose), is talkative and versatile.</p>	<p><u>Social Development</u> Engages in highly cooperative play, has special "friends", is highly organized, enjoys simple table games requiring turns and observing rules, plays "school", feels pride in clothes and accomplishments, is eager to carry out some responsibility.</p>
<p><u>Intellectual Development</u> Says words, phrases and simple sentences; has a 272-word vocabulary; understands simple directions; identifies simple pictures; likes to look at books, has a short attention span; avoids simple hazards; can play with a simple form board.</p>	<p><u>Intellectual Development</u> Says short sentences, has a 896-word vocabulary, shows great growth in communication, tells simple stories, uses words as tools of thought, wants to understand environment, answers questions, is imaginative, may recite few nursery rhymes.</p>	<p><u>Intellectual Development</u> Uses complete sentences, has a 1540- word vocabulary, asks endless questions, is learning to generalize, is highly imaginative and dramatic, can draw recognizable simple objects.</p>	<p><u>Intellectual Development</u> Has a 2,072-word vocabulary; tells long tales, carries out directions well; reads own name, counts to 10; asks meaning of words; knows colors; is beginning to know difference between fact and fiction and lying, is interested in environment, city, stores, etc.</p>
<p><u>Physical Development</u> Runs well, marches, stands on one foot briefly, rides tricycle, can imitate a cross, feeds self well, puts on shoes and stockings, unbuttons</p>	<p><u>Physical Development</u> Skips on one foot, draws "man", cuts with scissors (not well), can wash and dry face, dresses self except for tying ties, can do standing</p>	<p><u>Physical Development</u> Hops and skips, dresses without help, shows good balance and smoother muscle action, skates, rides wagon and scooter, prints simple letters,</p>	

<p>and buttons, can build tower of 10 cubes, can pour from pitcher.</p>	<p>broad-jump, throws ball overhand, displays high motor drive.</p>	<p>establishes handedness, ties shoes (girls' small muscle development about 1 year ahead of boys').</p>	
<p><u>Emotional Development</u> Likes to conform, has an easy going attitude, is not so resistive to change and more secure, has a greater sense of personal identity, is beginning to be adventuresome, enjoys music.</p>	<p><u>Emotional Development</u> Seems sure of himself, sometimes displays out-of bounds behavior, is often negative, may be defiant, seems to be testing himself out, needs controlled freedom.</p>	<p><u>Emotional Development</u> Is self-assured, stable, well-adjusted, home-centered; likes to associate with mother; is capable, of some self-criticism; enjoys responsibility; likes to follow the rules.</p>	