

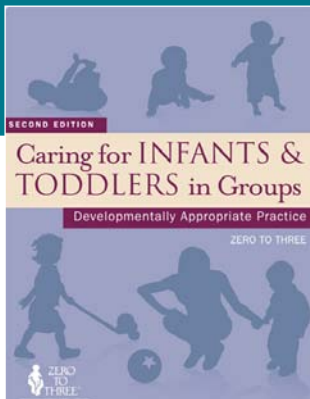
Developmentally
Appropriate
Practice



A reading from the CD accompanying
*Developmentally Appropriate Practice in
Early Childhood Programs Serving Children
from Birth through Age 8, Third Edition.*

READING #19 |

Developmental Milestones of Children from Birth to Age 3



ZERO TO THREE

Reprinted from *Caring for Infants and Toddlers in Groups, Second Edition (ZERO TO THREE)*

CATEGORIES:

Sequences/Continuums

Infants

Toddlers

Preschool

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National Association for the Education of Young Children
www.naeyc.org

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Developmental Milestones of Children from Birth to Age 3

I Learn Who I Am

I Learn About My Feelings

Birth to 9 Months

I learn about my body.

I discover that my hands and feet are part of me.
I can move them.

I learn to trust your love.

I feel secure when you hold me in your arms.
I feel good when you smile at me.

I learn to comfort myself.

I may suck my fingers or hands—it soothes me.

I can make things happen.

I can kick a mobile and make it move.
I can smile at you and you will smile back at me.

I can show you many feelings—pleasure, anger, fear, sadness, excitement, and joy.

I smile and wiggle to show you I like playing with you.
I frown or cry when you stop paying attention or playing with me.

Sometimes I need you to help me with my feelings.

I need you to try to understand how I feel.
I need you to protect me when I feel overwhelmed or scared.

I share my deepest feelings. I know and trust you.

My smile is brightest for you.
I can protest strongly when I am upset. I know you will be there for me no matter what.

From 8 to 18 Months

How I feel about myself depends on how you care for me and play with me.

I feel competent when you invite me to help you.
I feel confident in my abilities when you let me try new things.

I am showing you that my sense of self is growing stronger when I am assertive.

I sometimes insist on doing things my way.
When I say, "No!" it often means I am an individual.

I am learning language about me.

I can point to and tell you the names of one or more parts of my body.
I begin to use "me," "I," and "mine."

My feelings can be very strong.

I laugh and may shriek with joy when I am happy and we are having fun.
I may sometimes hit, push, or bite because I'm angry or frustrated.

I care deeply about you.

I may smile, hug you, run into your arms, or lean against you to show my affection.
I may try to follow you or cling when you get ready to leave.
I know now when you're gone, and it frightens me.

Knowing when you will return makes me feel better and helps me learn about time.

I am slowly learning that when those I love leave, they will return.
A consistent daily schedule helps me know when things will happen.

From 16 Months to 3 Years

Sometimes, I feel powerful. But independence can be scary.

I count on you to set clear and consistent limits that keep me safe.
When I test limits, I am learning who I am and how I should behave.

I feel good about myself and where I come from when my culture is reflected in my child care setting.

I feel I belong when you speak to me in my home language.
I feel proud when I see pictures of my family and other people like me hanging on the wall.

I sense how you feel about me. Your feelings help shape how I feel about me.

When you respect me, I respect myself.
I tune in carefully to your tone and words when you talk about me.

Sometimes I want to be big. Sometimes I want to be a baby again. And sometimes I want to be both—at the same time. This is one of the reasons my behavior is sometimes hard for you to understand. I don't understand it myself.

Sometimes I will walk. Other times I want a ride in the stroller.
Sometimes I push you away. Other times I want you to hold me close. It's O.K. — I still love you.

I am learning more self-control.

I understand more often what you expect of me.
Sometimes I can stop myself from doing things I shouldn't.
Sometimes I can't.

My feelings can be very strong.

I feel proud of things I make and do.
I may be afraid of the dark, monsters, and people in masks or costumes.

I am learning to control my feelings.

I am learning to use words to control my feelings.
I sometimes practice how to express my feelings when I play.

I know you have feelings too.

I learn how to care for others by the way you care for me.
I sense when you are happy and truly there for me. It makes me feel good.

Note: This list is not intended to be exhaustive. Many of the behaviors indicated here will happen earlier or later for individual infants. The chart suggests an approximate time when a behavior might appear, but it should not be rigidly interpreted.

Often, but not always, the behaviors appear in the order in which they emerge. Particularly for younger infants, the behaviors listed in one domain overlap considerably with several other developmental domains. Some behaviors are placed under more than one category to emphasize this interrelationship.

I Learn About People, Objects, and How Things Work	I Learn to Move and Do	I Learn to Communicate and Relate
<p>I can tell the difference between people I know and people I do not know. I recognize my parents' voices. I relax more when I am with you and other people I know.</p> <p>I sometimes am afraid of strangers. I sometimes cry if a stranger gets too close to me or looks at me directly in the eyes.</p> <p>I like to be with you. I like to be held by you. I like you to talk softly and smile at me. I smile and "talk" back to you. You are the most important person in my life.</p> <p>I learn about how the world works. I like to look around and see new things. I like to play games with you, like peek-a-boo and hide-n-seek.</p>	<p>At first, my body moves automatically. I search for something to suck. I turn my head when something blocks my breathing.</p> <p>Within a few months, I begin to learn to use my fingers and hands. I put my hand and objects in my mouth. I can move an object from one hand to another.</p> <p>Over time, I move my body with a purpose. I can hold my head up. I can roll over. I can crawl by myself. I may even be able to stand up if I hold on to you.</p>	<p>I can tell you things—even as a newborn. I cry to tell you I need you. I communicate through the expressions on my face and gestures.</p> <p>Within a few months, I develop new ways to communicate. I learn to make many different sounds. I laugh. I use my sounds, change the expression on my face, and move around to get your attention.</p> <p>I learn to babble. I make some of the sounds that I hear you use. Sometimes I try to imitate you. I like you to imitate my sounds, too.</p> <p>I like to "talk" with you—even though I don't yet speak words. I may catch your eye and smile to tell you I am ready to communicate with you. I stretch my arms toward you when I want you to pick me up.</p>
<p>I am learning about choice and choices. I have favorite toys and favorite foods. I like to choose what to wear.</p> <p>I like to see and be with other children my age or a little older. I have fun making silly faces and noises with other children. I do not know yet how to share but I learn through supervised play with others.</p> <p>I want to be like you. I learn how to relate to other people by watching how you act with me, our family, and our friends. I feel proud and confident when you let me help you with your "real work," like scrubbing the carrots.</p> <p>I learn about how the world works. I am very interested in how the world works. If my music box winds down, I may try to find a way to start it again.</p>	<p>I am learning to do new things with my fingers and hands. I can make marks on paper with crayons and markers. I can use a spoon and drink from a cup.</p> <p>I am learning to move in new ways. I can sit in a chair. I can pull myself up and stand by holding on to furniture. I learn to walk, first with help and then alone. Sometimes I still like to crawl.</p>	<p>I communicate through my expressions and actions. I point to let you know what I want. I may hit, kick, or bite when I get too frustrated or angry. I need you to help me learn how to express these feelings in acceptable ways.</p> <p>I communicate using sounds and words. I create long babble sentences. I may be able to say 2 to 10 or more words clearly.</p> <p>I understand more than you may think—much more than the words I can say. I listen to you and watch you because I understand more than just words. I learn to look at a ball when you say "ball" in my home language.</p>
<p>I am more aware of other children. I am aware when other children are my age and sex. I am aware of skin color and may begin to be aware of physical differences.</p> <p>I like to play together with other children. I may pretend we are going to work or cooking dinner. I build block towers with them.</p> <p>I am beginning to be aware of other children's rights. I learn I don't always get my way. Sometimes I can control myself when things don't go my way. Sometimes I can't.</p> <p>I am becoming aware of how you respond to my actions. I know when you are pleased about what I do. I know when you are upset with me.</p> <p>I learn about how the world works. I may be able to put toys in groups, such as putting all of the toys with wheels together. I can find a familiar toy in a bag, even when I can't see it.</p>	<p>I can do many new things with my fingers and hands. I scribble with a crayon or marker and may be able to draw shapes, like circles. I can thread beads with large holes. I am learning to use scissors.</p> <p>I move in new ways. I kick and throw a ball. I may be able to walk upstairs putting one foot on each step.</p> <p>I can handle many everyday routines by myself. I can dress myself in simple clothes. I can pour milk on my cereal.</p>	<p>I have many things to tell you. I learn new words every day, in my home language and sometimes also in a second language. I may know more than 1,000 words by the time I'm 3 years old. I can tell you about things that happened yesterday and about things that will happen tomorrow.</p> <p>I like you to read and tell me stories. I especially enjoy stories that are about something I know. Sometimes I may listen for a long time. Other times I may listen for just a little while. Sometimes I like to "read" or tell you a story too.</p> <p>I play with words. I like songs, fingerplays, and games with nonsense words. Sometimes I can use an object as if it were something else. For example, I might use a block for a phone.</p>



Developmentally Appropriate Practices (DAP)

In order to receive your Registry Tier 2 credit: 1-Read the materials, 2-Answer and return the following summary questions within 10 business days. Materials are Free. There is a \$10.00 per course administration fee for reviewing, processing due prior to posting training on the Registry

Name: _____ Registry# _____

Phone# _____ Email _____ Circle: Family/Group Center

11- Developmental Milestones of Children from Birth to Age 3.

Match the following "Developmental Milestone" statements with the "Age Groups" table below.

1. "I feel proud of things I make and do".
2. "I feel proud of things I make and do".
3. "I feel secure when you hold me in your arms".
4. "I begin to use "me," "I," and "mine".
5. "I may suck my fingers or hands—it soothes me".
6. "I feel competent when you invite me to help you".
7. "When you respect me, I respect myself".
8. "I am slowly learning that when those I love leave, they will return".
9. "I can protest strongly when I am upset. I know you will be there for me no matter what".

"Age Group" table

<i>Milestone numbers</i>	Birth to 9 Months	From 8 to 18 Months	From 16 Months to 3 Years
1			x
2			
3			
4			
5			
6			
7			
8.			
9.			

Hint: Milestone number 1 is under group "From 16 Months to 3 years".

List three ways you will use this information:

- 1 _____
- 2 _____
- 3 _____

Mail to: Child Care Providers' Helper 7819 W Potomac Ave. Milw. Wi, 53222 or scan and email to gcoggs@gmail.com
When we receive your original or scanned completed worksheets and evaluation, we will email you a Certificate of Completion



Course Evaluation (return this evaluation with homework)

Please take a few minutes to evaluate this training. Your input will be very helpful to us.

Name: _____ Registry# _____

Course Name: _____ Email: _____

Date you Completed Course: _____ Circle: Family/Group Center
Phone#: _____

Training Evaluation Survey

Please circle your response here

The presentation consisted of hands on training, questions and answers, and lecture.	1 2 3 4 5
Overall effectiveness of training (I feel the training was clear and easy to understand)	1 2 3 4 5
The interactive classroom and homework assignments were helpful learning materials	1 2 3 4 5
This subject was useful and I have incorporated the information into my childcare environment	1 2 3 4 5
Overall effectiveness of training	1 2 3 4 5
The method used to present this information was in step with my learning style	1 2 3 4 5
I would recommend other providers to attend this training	1 2 3 4 5
The materials used in this training were valuable and relevant (i.e. handouts, books, homework assignments, etc.)	1 2 3 4 5

Please share your comments. We want to include you in our evaluation process

What did you like best about this training/topic?

What did you like least about this training session/topic?

How can this training be improved?

My learning style is: (please check one)

- Visual Learner- You learn by seeing and looking.
- Auditory Learners - You learn by hearing and listening.
- Kinesthetic Learners - You learn by touching and doing.

What class/topics would you like for us to present as it relates to this training session?

Was the information presented difficult to understand? Yes No

Would you like access to monthly childcare updates? Yes No

The course materials were well organized? Yes No

I received the materials in a timely fashion? Yes No

The information will be helpful to me in my position? Yes No

Would you consider taking another training offered by Child Care Providers' Helper? Yes No

Thank you for allowing us to serve your training needs.