

Landmarks of Development

PHYSICAL, MOTOR AND LANGUAGE DEVELOPMENT

0-1 month

Birth size: 7-8 pounds, 20 inches

Feedings: 5-7 per day

Sensory capacities: makes basic distinctions in vision, hearing, smelling, tasting, touch temperature, and perception of pain

2-3 months

Sensory capacities: color perception, visual exploration, oral exploration

Sounds: cries, coos, grunts

Motor ability: controls eye muscles, lifts head when on stomach

4-6 months

Sensory capacities: localizes sounds

Sounds: babbling, makes most vowels and about half of the consonants

Feedings: 3-5 per day

Motor ability: controls head and arm movements, grasps

rolls over

7-9 months

Motor ability: controls trunk and hands, sits without support, crawls (abdomen touching floor)

10-12 months

Motor ability: controls legs and feet, stands, creeps, uses pincer grasp of thumb and forefinger

Language: says one or two words, imitates sounds, responds to simple commands

Feedings: 3 meals, 2 snacks

Size at one year: 20 pounds, 29 inches

1-1½ years

SOCIAL DEVELOPMENT

Helpless

Asocial

Generalized tension

Visually fixates on a face

Smiles at a face

May be soothed by rocking

Expects feeding, dressing, bathing

Recognizes mother

Distinguishes between familiar persons and strangers

No longer smiles indiscriminately

Enjoys being cuddled

Develops specific emotional attachment to one or more caregivers

Protests separation from mother or chief caregiver

Enjoys "peek-a-boo"

Expresses anger and affection

Expresses fear of strangers

Develops curiosity, explores

Responds to own name

Understands "no-no"

Waves "bye-bye"

Plays "pat-a-cake"

Walks (10-20 months)
Sits on chair with fair aim
Builds 2-3 cub tower
Makes lines on paper with crayon
Has definite repertoire of words--more than 3 and less than 50
Progresses rapidly with understanding vocabulary

1½-2 years

Runs, kicks a ball
May be capable of bowel and bladder control
Has vocabulary of more than 200 words
Size at 2 years: 23-30 pounds, 32-35 inches

2-2½ years

Jumps into air with both feet
Takes a few steps on tiptoe
Can move fingers independently
Uses 2- to 5-word sentences

2½-3 years

Runs smoothly
Uses short sentences
Size at 3 years: 32-33 pounds, 37-38 inches

3-4 years

Stands on one leg, draws a circle and a cross (4 years)
Completes sentences of 6-8 words (4 years)
Has become self-sufficient in many routines of home life
Size at 4 years: 38-40 pounds, 40-41 inches

4-6 years

Skips, broad jumps, dress self
Copies a square and a triangle (5 years)
Talks clearly, has mastered basic grammar, relates a story
Size at 5 years: 42-43 pounds, 43-44 inches

May be upset when separated from mother
Obeys limited commands
Makes no attempt at communicating information
Shows no frustration at not being understood

Temper tantrums (1-3 years)
Frequently does opposite of what is told
Displays increased interest in communicating with others

Shows frustration if not understood by adults
Imitates parents' actions
Displays interest in other children
Engages in brief periods of parallel play

Grows possessive about toys
Enjoys playing alongside another child
Gives orders
Insists on rigid sameness of routine

Displays intense curiosity, asks questions
Plays cooperatively with other children
Shows interest in other children's bodies (3-5 years)

Generally prefers play with other children
Becomes competitive
Shows evidence of responsibility and guilt

SOURCE: Adapted from Boyd R. McCandless and Ellis Evans, *Children and Youth: Psychosocial Development*, Dryden Press, Hinsdale, Illinois and Charles P. Smith, *Child Development*, William C. Brown, New York.