

LEARN THE SIGNS AND ACT EARLY

Developmental milestones chart of most children from conception to eight years of age that parents should know

Birth-1 month



PHYSICAL DEVELOPMENT

- Briefly stares at objects
- Hands form a fist/are tightly close
- Occasionally brings hands to mouth
- Heads sags when not supported
- Wraps fingers around object when placed in palm of hand
- Makes smoother movements with arms and legs

COGNITIVE DEVELOPMENT

- Expects feedings at certain intervals
- Briefly watches object especially colorful ones
- Begins to follow things with eyes

LANGUAGE DEVELOPMENT

- Cries when uncomfortable
- Coos and turns/responds to voice and hear sounds

SOCIO-EMOTIONAL DEVELOPMENT

- Cries immediately after delivery
- Makes eye contact when alert
- Quiets when picked up
- Regards faces and reacts to stimulation
- Begins to cry, fussy if activity doesn't change

PLAY

Provide ways for your baby to see, hear, move arms and legs freely, and touch you. Gently soothe, stroke and hold your child. Skin to skin is good.

COMMUNICATE

Look into the baby's eyes and talk to your baby. When you are breastfeeding is a good time. Even a newborn baby sees your face and hears your voice.

01

Husband and wife should talk to each other frequently about family matters including child's health, growth and development; and positive discipline

02

Avoid unplanned pregnancy and ensure three years of interval/spacing between births of children by using appropriate contraceptive methods

04

Have your babies' delivery be attended by a skilled birth attendant to avoid complications

05

Ensure that the baby is breastfed immediately after birth (at least within one hour) and is exclusively breastfed for six months

06

Keep the newborn baby warm, have body contact with the baby, keep the umbilical cord clean and avoid bathing the baby for the first 24 hours of birth

07

Recognize danger signs in newborns and take them to the health care provider for immediate treatment

08

Register birth of boys and girls as soon as possible and obtain a birth certificate

10

Take all girls and boys for vaccination at birth, 6 weeks, 10 weeks, 14 weeks and 9 months for full course of immunization to protect them from 10 communicable diseases

11

Ensure that children, adolescents and women receive adequate amounts of micronutrients (vitamin A, iron, zinc and folic acid) either in their diet or through supplements

12

Protect children and pregnant women in malaria endemic areas by ensuring that they sleep under insecticide-treated bed nets

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14

Promote children's mental and social development by responding to the child's need for care and by stimulating the child through talking, playing and other appropriate physical and affective interactions

15

Ensure that men actively participate in providing nurturing and care to children and are involved in reproductive health initiatives

16

Seek appropriate care and social support during perinatal period to manage maternal mental health

17

Ensure that all family members use a toilet and always wash hands with clean water and soap/ash after disposing of children's faeces, after using the latrine, before preparing and serving food and before feeding children

18

Monitor and promote child's growth and follow health worker's advice about treatment, follow-up and referral in case of disabilities, for timely intervention and management

19

Protect and respond to abuse of girls, boys and women

20

Take appropriate actions to prevent and manage child injuries and accidents

21

Make sure that children are brought up with warmth, care, kind words and gentle guidance and positive discipline from parents and family members



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3 months



PHYSICAL DEVELOPMENT

- Switches from reflex to voluntary body control
- Sits when supported with minimum head bobbing
- Turns head toward bright colors and visually follow moving objects
- Move arms and both legs when excited
- Brings hands to mouth
- Reaches and briefly grasps objects
- Actively holds a toy
- Raises head slightly when lying on stomach

LANGUAGE DEVELOPMENT

- Makes vowel-like sounds
- Responds with vocalization to mother's smile and voice
- Listens to voices
- Cries less
- Makes cooing sound
- Begins to babble with expression and copies sounds he hears

COGNITIVE DEVELOPMENT

- Attentive for few minutes
- Follows object from side to side of body
- Repeats actions for their own sake
- Recognizes bottle or breast

SOCIO-EMOTIONAL DEVELOPMENT

- Smiles spontaneously, especially at people (develops a social smile)
- Begin to recognize the face
- Likes to play with people and might cry when playing stops
- Copies some movements and facial expressions, like smiling or frowning
- Cries in different ways to show hunger, pain, or being tired
- Let's you know if she is happy or sad
- Responds to affection
- Stop crying when parents approach
- Responds with total body to face he recognizes

PLAY

Provide ways for your child to see, hear, feel, move freely, and touch you. Slowly move colorful things for your child to see and reach for. Sample toys: shaker rattle, big ring on a string.

COMMUNICATE

Smile and laugh with your child. Talk to your child. Get a conversation going by copying your child's sounds or gestures.

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6 months



PHYSICAL DEVELOPMENT

- Chews and bites
- Reaches for objects and grasp or pick up
- Roll from stomach to back
- Keep head steady when held upright and can sit with support
- Rocks back and forth, sometimes crawling backward before moving forward
- Looks or goes after dropped objects
- Transfers objects from hand to hand

LANGUAGE DEVELOPMENT

- Babbles and becomes more active during exciting sounds
- Vocalizes pleasures and displeasures
- Turns/responds to own name or turns head towards direction of sound

COGNITIVE DEVELOPMENT

- Picks up blocks briefly and directly
- Inspects objects at length
- Senses the relationship between hands and objects they manipulate

SOCIO-EMOTIONAL DEVELOPMENT

- Shows fear of strangers and excitement to familiar people
- Laughs out especially when head covered with towel/cloth
- Holds out arms when wants to be picked up
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

PLAY

Give your child clean, safe household things to handle, bang and drop. Sample toys: containers with lids, metal pots and spoons.

COMMUNICATE

Respond to your child's sounds and interests. Call the child's name, and see your child respond.

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9 months



PHYSICAL DEVELOPMENT

- Crawls with one hand full and up stairs
- Clasps hands or bangs drops and shakes objects or toys together
- Puts things in her mouth
- Roll over in both directions
- Uses both hands to play with toys or grasp toys
- Grasps small objects using thumb against side of index finger
- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture

LANGUAGE DEVELOPMENT

- Uses words meaningfully
- Responds to 1 or 2 words other than name
- Imitates coughs, tongue clicking and hissing
- Repeats sounds or actions to get attention
- Makes a lot of different sounds like "mamamama" and "bababababa" "dadadada"
- Responds to simple spoken requests
- Uses simple gestures, like shaking head "no" or waving "bye-bye"

COGNITIVE DEVELOPMENT

- Fears heights, aware of vertical space
- Look for toys that have been hidden in front of them
- Beginning of intelligence, assigns symbols to events
- Begins to show a quality of persistence
- Follows simple directions like "pick up the toy"
- Hands you a book when he wants to hear a story
- Respond to name being called

SOCIO-EMOTIONAL DEVELOPMENT

- Perceives mother as a separate person; father as a separate person probably
- May be afraid of strangers and clingy with familiar adults
- Turn head to visually follow familiar faces or favorite toys
- Plays games such as "peek-a-boo" and claps hands

PLAY

Hide a child's favourite toy under a cloth or box. See if the child can find it.
Play peek-a-boo.

COMMUNICATE

Tell your child the names of things and people. Show your child how to say things with hands, like "bye bye". Sample toy: doll with face.

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12 months



PHYSICAL DEVELOPMENT

- Crawls on hands and knees
- Walks alone with help
- Drinks from a cup and eats from spoon with help
- Sits without support and reaches for objects that are close without falling
- Uses finger and thumb to pick up objects that are small
- Holds crayon in a way that allows them to color
- Pulls toys while walking
- Can help undress herself

COGNITIVE DEVELOPMENT

- Tacks two blocks/things
- Searches for a hidden object
- Understands "No" and "Bye-bye" "come here"
- Can follow 1-step verbal commands without any gestures

LANGUAGE DEVELOPMENT

- Says 2 to 8 words
- Imitates sounds of animals
- Controls intonations, patterns of those similar to parent
- Says and shakes head "no"
- Points to show someone what he wants

SOCIO-EMOTIONAL DEVELOPMENT

- Distinguishes self and others
- Fears strange people and places and may cling to caregivers in new situations
- Waves bye-bye
- Plays peek-a-boo
- Shows affection to familiar people
- Plays simple pretend, such as feeding a doll
- Points to show others something interesting
- Explores alone but with parent close by

PLAY

Give your child things to stack up, and to put into containers and take out. Sample toys: Nesting and stacking objects, containers and cloth clips.

COMMUNICATE

Ask your child simple questions. Respond to your child's attempt to talk. Show and talk about nature, pictures and things.

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18 months



PHYSICAL DEVELOPMENT

- Imitates housework
- Walks without help
- Holds foot out to put shoe on
- Holds two cubes in one hand
- Scribbles on paper
- Remove shoes
- Put several blocks or things into a cup/container

COGNITIVE DEVELOPMENT

- Understands relationship between object and use
- Beginning concept of "up" and "down"
- Recognizes and name familiar pictures of objects

LANGUAGE DEVELOPMENT

- Says few words
- Points to desired objects
- Vocalizes voice up and down

SOCIO-EMOTIONAL DEVELOPMENT

- Feeds self with hands
- Enjoys being the center of attention
- Prefers certain people to others
- Begins to adjust to other caregivers
- Likes to look at pictures

PLAY

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24 months



PHYSICAL DEVELOPMENT

- Strings three beads
- Snips paper in one place with scissors
- Unzips zipper
- Draws in a straight line
- Turns pages one at a time
- Stands on tiptoe
- Begins to run and kicks a ball
- Climbs onto and down from furniture without help
- Walks steadily even while pulling a toy
- Throws ball overhand
- Makes or copies straight lines and circles chairs

COGNITIVE DEVELOPMENT

- Refers to self by name
- Begins mental problem-solving and play
- Finds things even when hidden under two or three covers
- Begins to sort shapes and colors
- Points and name body parts
- Follows two-step instructions such as "Pick up your shoes and put them in the house."
- Names items in a picture book such as a cat, bird, or dog

LANGUAGE DEVELOPMENT

- Forms short sentences
- Uses pronouns
- Verbalizes need for food, drink, and toilet
- Points to things or pictures when they are named
- Knows names of familiar people and body parts
- Says sentences with 2 to 4 words
- Follows simple instructions
- Repeats words overheard in conversation
- Points to things in a book

SOCIO-EMOTIONAL DEVELOPMENT

- Likes to imitate parents
- Copies others, especially adults and older children
- Gets excited when with other children
- Shows more and more independence
- Shows defiant behavior
- Plays mainly beside other children, but also begin to include other children, such as in chase games

PLAY

Help your child count, name and compare things. Make simple toys for your child. Sample toys: Objects of different colors and shapes to sort, stick or chalk board, puzzle.

COMMUNICATE

Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games. Talk about pictures or books. Sample toy: book with pictures

- Give your child affection and show your love.
- Praise your child for trying to learn new skills
- Be aware of your child's interests and respond to them

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3 years



PHYSICAL DEVELOPMENT

- Runs easily
- Strings 4 to 5 beads
- Balances and drinks from a cup without spilling
- Jumps from step
- Cuts straight with scissors
- Copies a circle
- Draws a person with few body parts

COGNITIVE DEVELOPMENT

- Repeats three numbers
- Still engages in fantasy play
- Builds tower of blocks or stacks several objects

LANGUAGE DEVELOPMENT

- Vocabulary of builds
- Talks in short sentences of about nine words
- Asks many questions
- Repeats common rhymes
- Speaks clearly and is understood by non-family members

SOCIO-EMOTIONAL DEVELOPMENT

- Less negative
- More friendly
- Begins to understand taking turns and sharing
- Begins to learn meaning of simple rules
- Shows many emotions
- Parallel play with other children

PLAY

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COMMUNICATE

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Support children's learning, enroll and keep girls and boys in school until the age of 16

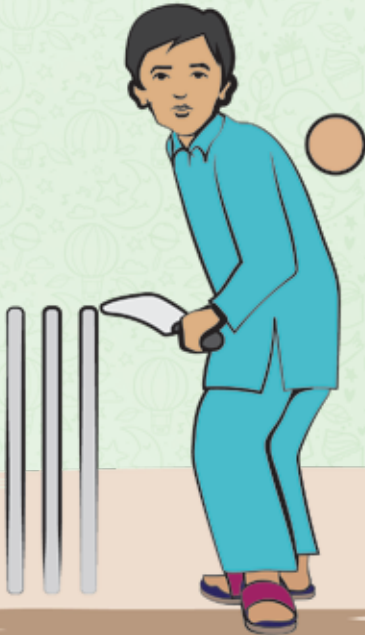


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5 years



PHYSICAL DEVELOPMENT

- Skips using alternate feet
- Catches large balls
- Walks backwards toe to heel
- Climbs well and runs easily
- Walks up and down stairs, one foot on each step
- Can do a somersault
- Uses a spoon to eat
- Can use the toilet on her own

COGNITIVE DEVELOPMENT

- Dresses alone
- Counts up to 10 objects
- Copies familiar shapes (square, circle, triangle) with pencil or crayon
- Put objects behind, in front of, under, back, etc.
- Plays make-believe with dolls, animals, and people
- Does puzzles with 3 or 4 pieces
- Turns book pages one at a time
- Open and closes or turns door handle
- Counts 10 or more thing
- Can draw a person with at least few body parts
- Knows about things used every day, like money and food

LANGUAGE DEVELOPMENT

- Speaks clearly in simple sentences up
- Can name most familiar things
- Understands words like “in,” “on,” and “under”
- Says first name, age, and sex
- Names a friend
- Says words like “I,” “me,” “we,” and “you” and some plurals (cars, dogs, cats)
- Speaks very clearly for strangers to understand most of the time
- Tells a simple story using full sentences
- Uses future tense; for example, “Grandma will be here.”

SOCIO-EMOTIONAL DEVELOPMENT

- Likes playing with adults or older children
- Copies adults and friends
- Shows affection for friends and wants to please friends
- Takes turns in games
- Shows concern for a crying friend
- Understands the idea of “mine” and “his” or “hers”
- Shows a wide range of emotions
- Separates easily from mom and dad
- Dresses and undresses self
- Likes to sing, dance, and act
- Shows more independence (like visiting a next-door neighbor by himself [adult supervision is still needed])

PLAY

- Play with the child in ways that allow for his/her physical development (e.g., organizing activities where the child has to walk, run, etc.).
- Expose the young child to new sights, smells, and sounds.
- Teach the child stories, songs and games.

COMMUNICATE

- Praise the child and support him/her by holding his/her hand as he/she learns to walk.
- Maintain eye contact with the child while talking to and feeding the child.
- Communicate with the child (e.g., talk/sing regularly to the child, talk about pictures, read books, answer questions, praise the child, etc.) including when feeding; and encourage him/her to talk.
- Cuddle, hug and kiss the child to express affection.
- Talk about pictures or books.

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LEARN THE SIGNS AND ACT EARLY

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Protect and respond to abuse of girls, boys and women

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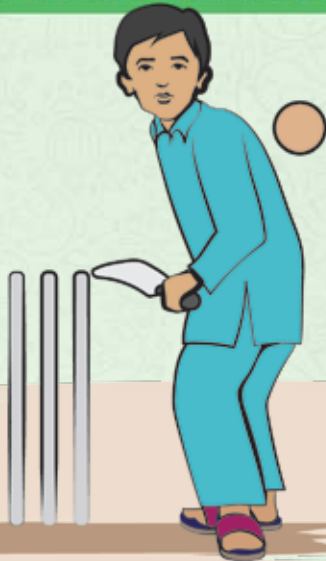
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Make sure that children are brought up with warmth, care, kind words and gentle guidance and positive discipline from parents and family members

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Support children's learning, enroll and keep girls and boys in school until the age of 16



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for every child

LEARN THE SIGNS AND ACT EARLY

Developmental milestones chart of most children from conception to eight years of age that parents should know

6-8 years



PHYSICAL DEVELOPMENT

- Climbs, skips, hops, and gallops
- Learning to ride bikes
- Dexterity increases
- Skates, rides bikes
- Agility and coordination improves
- Run around

COGNITIVE DEVELOPMENT

- Able to read and write
- Able to define objects and the function and use of objects
- Concrete operational stage (age of relational thinking and concrete concepts)
- Describes objects seen in pictures
- Recognizes shapes, numbers
- Makes decisions easily

LANGUAGE DEVELOPMENT

- Uses all types of sentence structure
- Prints letters
- Draws a person with body parts
- Imitates building steps with blocks

SOCIO-EMOTIONAL DEVELOPMENT

- Sociable with friends and small group play
- Able to control emotions

PLAY

- Involve the child in activities that give him/her responsibility and independence.
- Support the child's playtime with friends in the community.
- Encourage the child to try new and safe physical activities that support his/her physical development (e.g., stretching, skipping, etc.).

COMMUNICATE

- Spend time with the child and talk and listen to him/her, encourage the child to discuss his/her feelings and beliefs.
- Express your love and affection.
- Provide the child with information about accessing help and first aid in the event of any emergency.
- Use meal times as a time for the family to bond and attach; express love and affection for the child. Involve the child in identifying food that s/he likes.
- Be patient with the child.
- Create a defined routine for meal times and be physically present when the child eats.
- Encourage the child to maintain hygiene and practice it.

01

Husband and wife should talk to each other frequently about family matters including child's health, growth and development; and positive discipline

02

Avoid unplanned pregnancy and ensure three years of interval/spacing between births of children by using appropriate contraceptive methods

08

Register birth of boys and girls as soon as possible and obtain a birth certificate

10

Take all girls and boys for vaccination at birth, 6 weeks, 10 weeks, 14 weeks and 9 months for full course of immunization to protect them from 10 communicable diseases

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Key Family Care Practices

01

Husband and wife should talk to each other frequently about family matters including child's health, growth and development; and positive discipline

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Avoid unplanned pregnancy and ensure three years of interval/spacing between births of children by using appropriate contraceptive methods

03

Ensure that every pregnant woman receives at least four antenatal visits from appropriate health care provider including recommended doses of tetanus toxoid vaccination

04

Have your babies' delivery be attended by a skilled birth attendant to avoid complications

05

Ensure that the baby is breastfed immediately after birth (at least within one hour) and is exclusively breastfed for six months

06

Keep the newborn baby warm, have body contact with the baby, keep the umbilical cord clean and avoid bathing the baby for the first 24 hours of birth

07

Recognize danger signs in newborns and take them to the health care provider for immediate treatment

08

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Starting at six months of age, feed children freshly prepared variety of complementary food, while continuing to breastfeed babies up to two years or longer

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Seek appropriate care and social support during perinatal period to manage maternal mental health

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