

Milestones Matter

Child Development Through the Years

INFANT (0 - 1 YR)

- Roll over, sit up, crawl, stand
- Communicate with simple words and gestures
- Respond when you call their name
- Show curiosity and try to explore environment

TODDLER (2 - 4 YRS)

- Walk alone, run, bounce ball, play simple games
- Understand possession (“mine!”)
- May show some defiance (“no!”)
- Interest in playing beside/with other children

SCHOOL AGE (5 - 10 YRS)

- Tie shoelaces, ride a bike, dress self
- Know date/time, differentiate left and right, learn to write/read
- Cooperate and share, start to form friendships, develop hobbies

PRETEEN (11 - 13 YRS)

- Physical changes with onset of puberty
- Peers have large influence on decision making
- Explore interests and talents independently, invest time in chosen activities
- Experience intense emotion that can change rapidly

TEEN (14 - 18 YRS)

- Continue to grow to adult height, develop secondary sex characteristics
- Seeks independence, may form romantic relationships
- Form identity with political beliefs, moral values, long term goals

> RESOURCES

- [CDC’s Milestone Checklist](#)
- [CDC’s Milestone Tracker App](#)

If you think your child may be falling behind...

- Call your pediatrician! Tell them you have concerns about your child’s development. Request a visit.
- Schedule a meeting with your child’s teacher. Ask about any learning concerns they may have noticed.
- Call or contact Foster Village! Ask for resources specific to development for kids in the Foster care system.

<https://www.fostervillageaustin.org/contact> | (512) 599-4144

In the meantime...

- Set a learning routine to engage your child in things they are interested in.
- Encourage learning through making meals, doing chores, and playing games.
- Be patient with your child’s learning needs. Try different styles of learning and do what works best for them.
- Partner with your child’s teacher to reinforce school concepts at home.

***Disclaimer:** These milestones are just a *guideline* for how children may develop. Always talk with your pediatrician.