# PSFO Tip Sheet

# Developmental Learning Alerts

***All children develop at different rates.***

***The following is a guideline providing information on expected developmental milestones for various ages.***

***If you are concerned about your child’s development please consult a Maternal Child Health Nurse, a GP or a Paediatrician.***

**BY SECOND BIRTHDAY**

**2**

* Attempt to talk or repeat words
* Understand some new words
* Respond to simple questions with “yes” or “no”
* Walk alone (with very little help)
* Exhibit a variety of emotions; anger, delight, fear, surprise
* Show interest in pictures
* Recognise self in mirror (smile at, point to or state own name)
* Make eye contact when responding to questions or making a request (unless this is culturally unacceptable)
* Attempt self – feeding (hold own cup to mouth and drink)

BY THIRD BIRTHDAY

**3**

* Eat a fairly well-rounded diet, even though amounts are limited
* Walk confidently with few stumbles or falls, climb steps with help
* Avoid bumping into objects
* Carry out simple, two-step directions, “Come to Daddy and bring your book”; express desires, ask questions
* Point to and name familiar objects; use two or three word sentences
* Enjoy being read to; helps to hold the book, name and point to objects
* Show interest in playing with other children (watching, perhaps imitating)
* Indicate a beginning interest in toilet training; takes self to bathroom, pulls pants down, uses appropriate words
* Sort familiar objects according to a single characteristic such as type, colour, shape or size
* Make eye contact when making request or responding to questions (unless this is culturally unacceptable)

BY FOURTH BIRTHDAY

**4**

* Have intelligible speech most of the time (have children’s hearing checked if there

is any reason for concern)

* Understand and follow simple commands and directions
* State own name and age
* Play near or with other children
* Use three to four word sentences
* Ask questions and maintain focus / attention whilst questions are responded to
* Stay with an activity for 3-4 minutes; play alone several minutes at a time
* Jump in place without falling
* Balance on one foot, at least briefly
* Helps with dressing self
* Engage in pretend play, using common objects for different purposes

BY FIFTH BIRTHDAY

**5**

* State his or her own name in full
* Identify simple shapes: circle, square, triangle
* Catch a large ball when bounced (have child’s vision checked)
* Have good control of posture and movement
* Hop on one foot
* Show interest in and respond to surroundings, ask questions, stop to look at and pick up small objects
* Respond to statements without constantly asking to have them repeated
* Dress self with minimal adult assistance; manage own buttons, zippers
* Take care of his or her own toilet needs; have good bowel and bladder control with infrequent accidents

**BY SIXTH BIRTHDAY**

**6**

* Use alternate feet when walking up and down stairs
* Speak in a moderate voice – not too loud, too soft, too high or too low
* Follow simple three step directions in stated order: “Please go to the cupboard, get a

cup, and bring it to me.”

* Use four to five words in acceptable sentence structure
* Cut on a line with scissors
* Sit still and listen to an entire short story (5 to 7 minutes)
* Maintain eye contact when spoken to (unless this is culturally unacceptable)
* Play well with other children; listen, take turns, offer assistance
* Perform most self-grooming tasks independently (brush teeth, wash hands and face)

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**Developmental Profiles: Pre-birth through Twelve**. 6th Edition. K.E. Allen & L.R. Morotz;

Wadsworth, Belmont USA, 2010