Four Areas of Development: Infancy to Toddler
Copyright © Texas Education Agency, 2012. These Materials are copyrighted © and trademarked ™ as the property of the Texas Education Agency (TEA) and may not be reproduced without the express written permission of TEA, except under the following conditions:

1) Texas public school districts, charter schools, and Education Service Centers may reproduce and use copies of the Materials and Related Materials for the districts’ and schools’ educational use without obtaining permission from TEA.

2) Residents of the state of Texas may reproduce and use copies of the Materials and Related Materials for individual personal use only, without obtaining written permission of TEA.

3) Any portion reproduced must be reproduced in its entirety and remain unedited, unaltered and unchanged in any way.

4) No monetary charge can be made for the reproduced materials or any document containing them; however, a reasonable charge to cover only the cost of reproduction and distribution may be charged.

Private entities or persons located in Texas that are **not** Texas public school districts, Texas Education Service Centers, or Texas charter schools or any entity, whether public or private, educational or non-educational, located **outside the state of Texas MUST** obtain written approval from TEA and will be required to enter into a license agreement that may involve the payment of a licensing fee or a royalty.

For information contact: Office of Copyrights, Trademarks, License Agreements, and Royalties, Texas Education Agency, 1701 N. Congress Ave., Austin, TX 78701-1494; phone 512-463-7004; email: copyrights@tea.state.tx.us.
First Years of Life

Children need:

- Love
- Nutrition
- Health
- Social and emotional security
- Stimulation
Why Family Support is Vital

There is a strong connection between the development a child undergoes early in life and the level of success that the child will experience later in life.
Developmental milestones are things most children can do by a certain age.
Meals and snacks should be provided to meet the caloric and nutritional needs that include the appropriate portions of protein, lipids, and carbohydrates.
Physical Development at Two to Four Months

<table>
<thead>
<tr>
<th>Two Months</th>
<th>Four Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Can hold head up and begins to push up when lying on tummy</td>
<td>• Holds head steady, unsupported</td>
</tr>
<tr>
<td>• Makes smoother movements with arms and legs</td>
<td>• Pushes down on legs when feet are on a hard surface</td>
</tr>
<tr>
<td></td>
<td>• May be able to roll over from tummy to back</td>
</tr>
<tr>
<td></td>
<td>• Can hold a toy and shake it and swing at dangling toys</td>
</tr>
<tr>
<td></td>
<td>• Brings hands to mouth</td>
</tr>
<tr>
<td></td>
<td>• When lying on stomach, pushes up to elbows</td>
</tr>
</tbody>
</table>
## Physical Development at Six to Nine Months

<table>
<thead>
<tr>
<th>Six Months</th>
<th>Nine Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Rolls over in both directions</td>
<td>• Stands, holding on</td>
</tr>
<tr>
<td>• Begins to sit without support</td>
<td>• Can get into sitting position</td>
</tr>
<tr>
<td>• When standing, supports weight on legs and might bounce</td>
<td>• Sits without support</td>
</tr>
<tr>
<td>• Rocks back and forth, sometimes crawling backward before moving forward</td>
<td>• Pulls to stand</td>
</tr>
<tr>
<td></td>
<td>• Crawls</td>
</tr>
</tbody>
</table>
Twelve Months

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture ("cruising")
- May take a few steps without holding on
- May stand alone
<table>
<thead>
<tr>
<th>Two Months</th>
<th>Four Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Begins to smile at people if your child:</td>
<td>• Smiles spontaneously, especially at people</td>
</tr>
<tr>
<td>• Can briefly calm himself (may bring hands to mouth and suck on hand)</td>
<td>• Likes to play with people and might cry when playing stops</td>
</tr>
<tr>
<td>• Tries to look at parent</td>
<td>• Copies some movements and facial expressions, like smiling or frowning</td>
</tr>
</tbody>
</table>

Copyright © Texas Education Agency, 2012. All rights reserved.
## Social/Emotional Development Six to Nine Months

<table>
<thead>
<tr>
<th>Six Months</th>
<th>Nine Months</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Knows familiar faces and begins to know if someone is a stranger</td>
<td>• May be afraid of strangers</td>
</tr>
<tr>
<td>• Likes to play with others, especially parents</td>
<td>• May be clingy with familiar adults</td>
</tr>
<tr>
<td>• Responds to other people’s emotions and often seems happy</td>
<td>• Has favorite toys</td>
</tr>
<tr>
<td>• Likes to look at self in a mirror</td>
<td></td>
</tr>
</tbody>
</table>

Copyright © Texas Education Agency, 2012. All rights reserved.
## Twelve Months

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story

## Repeats sounds or actions to get attention

- Puts out arm or leg to help with dressing
- Plays games such as “peek-a-boo” and “pat-a-cake”
## Intellectual Development Two to Four Months

### Two Months
- Pays attention to faces
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored (cries, fussy) if activity doesn’t change

![Image of a baby](image)

### Four Months
- Lets you know if she is happy or sad
- Responds to affection
- Reaches for toy with one hand
- Uses hands and eyes together, such as seeing a toy and reaching for it
- Follows moving things with eyes from side to side
- Watches faces closely
- Recognizes familiar people and things at a distance

Copyright © Texas Education Agency, 2012. All rights reserved.
## Intellectual Development Six to Nine Months

### Six Months
- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

### Nine Months
- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o’s between thumb and index finger
Twelve Months

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it’s named
- Copies gestures

- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like “pick up the toy”
Developmental Milestones
Developmental Monitoring and Screening

At each well-child visit the doctor looks for developmental delays or problems and talks with you about any concerns you might have.
Developmental screening is a short test to tell if a child is learning basic skills when he or she should, or if there are delays.
Act Early

Act early by talking to the child’s doctor if a child:

- doesn’t crawl
- can’t stand when supported
- doesn’t search for things that she sees you hide
- doesn’t say single words like “mama” or “dada”

- doesn’t learn gestures like waving or shaking head
- doesn’t point to things
- loses skills he once had
Early Intervention Services

Research shows that early intervention treatment services can greatly improve a child’s development.
Toddlers will show:
• greater independence
• begin to show defiant behavior
• recognize themselves in pictures or a mirror
• imitate the behavior of others
Positive Parenting Tips for Toddlers

• Read to the toddler daily.
• Ask her to find objects for you or name body parts and objects.
• Play matching games
• Encourage him to explore and try new things.
• Help to develop the toddler’s language by talking with her and adding to words she starts.
Provide activities which include:

- Math
- Science
- Physical movement
- Outdoor play
- Art
- Music
The toddler phase is a very active time in a child’s life.

They become very mobile and physical.
Toddler Growth and Development

- Their language is developing
- Cognitive and language development advances rapidly
Nutrition needs of a toddler are based on their height, activity level and how their bodies burn calories.
Nutritional Guidelines for Toddlers

Nutritional Guidelines

Copyright © Texas Education Agency, 2012. All rights reserved.
Microsoft Clip Art: Used with permission from Microsoft

Publication:
Helping Your Preschool Child
U.S. Department of Education
Office of Communications and Outreach
Helping Your Preschool Child
Washington, D.C., 2005

Textbook:

Websites:
Activities for Infants
Source: National Network for Child Care
Teaching through care giving and learning through exploration

Ages and Stages –Infants
Source: University of Illinois Extension
Development of infants from ages birth to twelve months
http://urbanext.illinois.edu/babysitting/age-infant.html

Baby on the Move: Cruising
What cruising looks like, when to expect it, and why it’s an important milestone on the way to walking. Plus, tips for keeping it safe and fun.
http://www.babycenter.com/2_baby-on-the-move-cruising_1487416.bc

Centers for Disease Control and Prevention
Early recognition of developmental disabilities such as autism is key for parents and providers. CDC realized the impact on families and invested in a campaign to help parents measure their children’s progress by monitoring how they play, learn, speak and act.
http://www.cdc.gov/CDCtv/BabySteps/
References and Resources

First Year Development: Infant Development
Source: American Pregnancy Association
Explains the categories of infant development and baby's development month by month.
http://www.americanpregnancy.org/firstyearoflife/firstyeardevelopment.html

Infant and Newborn Development
Source: Medline Plus
Explains areas of growth in an infant

KidsHealth
Nutrition through variety, how much food do they need, milk matters, and meeting iron needs.
http://kidshealth.org/parent/nutrition_center/healthy_eating/toddler_food.html

Understanding Growth and Development Patterns of Infants
Source: Virginia Cooperative Extension
Understanding a child’s growth and development

YouTube™
Baby and Toddler Milestones
In this public service video for parents, Lisa Shulman, M.D., uses video of babies and toddlers to show the communication milestones expected in typically developing children.
http://youtu.be/pZSjm0dr1G0

Copyright © Texas Education Agency, 2012. All rights reserved.