

# Stages of Child Development!

Guidance to your child's early childhood learning and development.



# How to use this overview



The purpose of this overview is to help you as a parent/carer\* find out more about how your child is learning and developing during their first five years. Children develop more rapidly during the first five years of their lives than at any other time. This booklet has been written to help you as a parent know what to expect during these important years by focusing on the seven areas of learning and development.

In this overview, your child's first five years have been divided into six age bands which overlap. This is because **every child is different and children do not grow and develop at the same rate**. It highlights what you might notice your child is doing at these points.

Children learn and develop through playing, exploring, being active, creative and being asked questions to help their thinking. After each age band we give you an example of some ideas and tips as to how you can help your child's learning and development.

As you know, being a parent is very special and amazing as you watch your child grow. It can also have challenges. We hope this overview will help you to know how your child is developing by highlighting what to expect, remembering that all children are different.

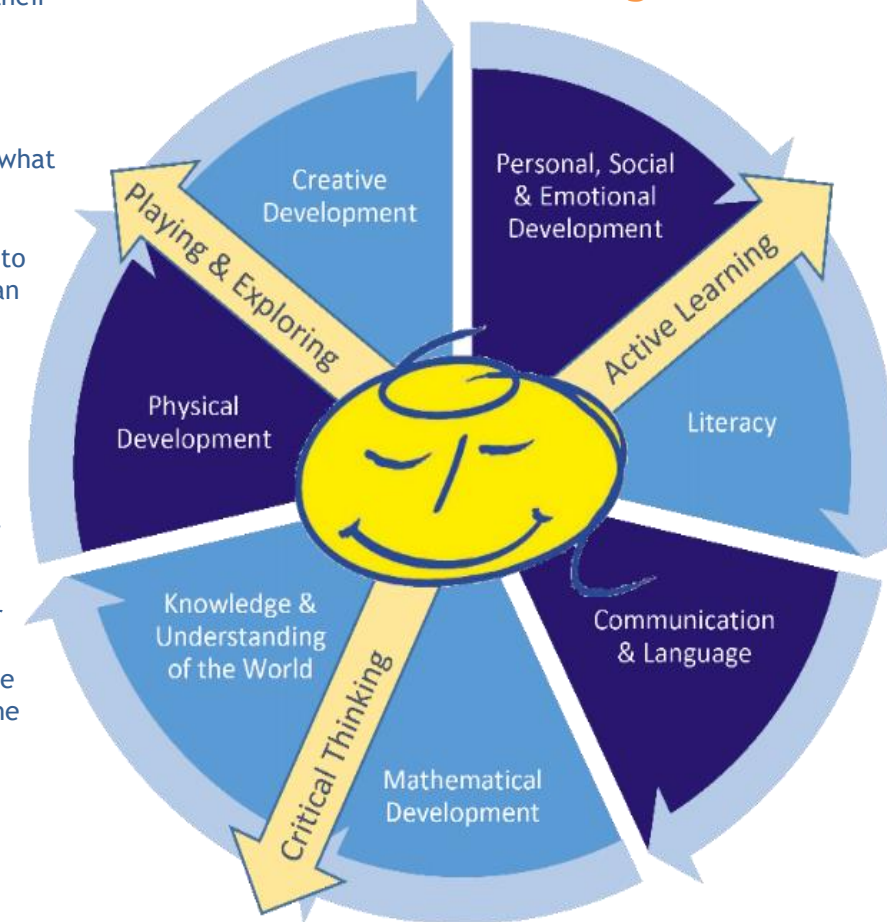
One way of using this overview could be to use it as a reference - see what you notice your child can do. Use it as a prompt to explore and try new things together.

The SmartKids Early Learning Goals (curriculum) are based on these learning and development stages for children as they grow from birth to five years

We at SmartKids work with a holistic approach and have these developmental stages work as tools for the total development & learning of your child and define the path, we as educators take with children in the classroom.

Through stimulating inquiry-based learning the approach is even more engaging and challenging and the children also develop knowledge, conceptual understandings and essential life skills.

The 7 areas of learning are:



## Prime areas of learning particularly important in the first 3 years

Personal, Social & Emotional Development  
Communication & Language  
Physical Development

## Specific areas of learning

Literacy  
Mathematical Development  
Knowledge & Understanding of the World  
Creative Development

# What to expect, when?

Guidance to your child's early childhood learning and development.



## Birth - 11 months

What do you notice in your baby's early growing? Focus more on the prime areas of learning.



## 22 - 36 months

What do you notice about your child as they start becoming more self confident and aware, and managing their feelings and behavior? Focus on the prime areas of learning and give more attention to the specific areas.



## 08 - 20 months

What do you notice as your baby starts rolling, touching things and playing with toys? Focus more on the prime areas of learning.



## 30 - 50 months

What do you notice about your child as they grow in confidence? Focus on the prime and specific areas of learning.



## 16 - 26 months

Your child might be going to a pre-school / kindergarten. Discuss what you are noticing. Focus more on the prime areas of learning.



## 40 - 60 months

In this age band we list early learning goals which are the expectation for what children may have reached at the end of kindergarten. Focus on the prime and specific areas of learning.

# 08 - 20 months: You might notice that....

Personal, Social & Emotional Development	Physical Development	Communication & Language
<p><b>Making relationships</b></p> <ul style="list-style-type: none"> <li>I can use noises, words, pointing or touch to start a conversation with you.</li> <li>I am beginning to make friends with special grown-ups.</li> <li>I am quiet or can get worried when I meet new grown-ups for the first time.</li> <li>I need help from a grown-up that I know when I am playing with children or visiting a new place for the first time.</li> <li>I like to watch what my friends are doing.</li> </ul> <p><b>Self confidence and self awareness</b></p> <ul style="list-style-type: none"> <li>I like to find my nose, eyes or tummy when you play games or sing songs like “Round and round the garden”.</li> <li>I know that when I make different noises and sounds with my voice you will help me or play with me.</li> <li>I can use pointing or looking to tell you what I want or need.</li> </ul> <p><b>Managing feelings and behavior</b></p> <ul style="list-style-type: none"> <li>I will go to a grown-up that I know when I am feeling excited, happy, tired or cross.</li> <li>I may have a special comforter and will use it when I am feeling tired or upset.</li> <li>I will let a grown-up that I know wash me, change my nappy or get me dressed.</li> <li>I am beginning to understand that when you say “yes” I can do or have something and when you say “no” I have to stop doing something or can’t have something.</li> </ul>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>I can sit up on the floor.</li> <li>When I am sitting, I can lean forward to pick up a small toy with my hand.</li> <li>I hold on to furniture, like a sofa, or a grown-up, to help me pull myself up so that I am standing.</li> <li>I can move around the floor by crawling, bottom shuffling or rolling over and over.</li> <li>I can hold onto a grown-up or furniture, like a sofa, to help me lift one foot up at a time, step sideways and walk by myself.</li> <li>I can walk when a grown-up holds one or both of my hands.</li> <li>I can walk by myself.</li> <li>I can hold a toy, like a brick, in each hand and bang them together.</li> <li>I can pick up something small, like a brick or grape, between my thumb and fingers.</li> <li>I can hold a chunky pen or crayon in my whole hand or in a fist grasp and explore the marks I can make.</li> </ul> <p><b>Health and self care</b></p> <ul style="list-style-type: none"> <li>I open my mouth when I see the spoon you are going to feed me with.</li> <li>I can hold my own bottle or lidded cup.</li> <li>I can pick up food between my thumb and fingers, hold it in a fist grasp and lift my hand up to my mouth.</li> <li>I am beginning to use a spoon. I can lift the spoon up to my mouth, but sometimes the food falls off before I put the spoon in my mouth.</li> <li>When you change my nappy I will help you by lying still or lifting my legs up into the air.</li> <li>I am beginning to tell you, by pointing or making a face, that I have filled my nappy.</li> </ul>	<p><b>Listening and attention</b></p> <ul style="list-style-type: none"> <li>I like to move my head, body, arms and legs when I hear music.</li> <li>I like to explore toys and other things that look interesting to me.</li> <li>I will stop what I am doing or playing with if I hear a noise or a grown-up talking.</li> </ul> <p><b>Understanding</b></p> <ul style="list-style-type: none"> <li>I will watch as you point to things or hold them out to me.</li> <li>When a grown-up that I know asks me “Where’s mummy?” or “Where’s your nose?” I can point or find the thing.</li> <li>I am beginning to understand words that are important to me like “cup” or “teddy” by pointing or finding the thing.</li> </ul> <p><b>Speaking</b></p> <ul style="list-style-type: none"> <li>I can make sounds that match what I am playing with, like “brmmm” for a car.</li> <li>I can use single words, like “cup” or “daddy” that are important to me.</li> <li>I will copy new sounds and words that I hear you using as you play with me.</li> <li>I like to use new words, like “more” to tell you that I want “more milk”.</li> <li>I will look at things to let you know what I want.</li> <li>I will make up and use my own words, like as “baba” for baby.</li> </ul>

# 08 - 20 months: You might notice that....

Literacy	Mathematical Development	Knowledge & Understanding of the World	Creative Development
<p><b>Reading</b></p> <ul style="list-style-type: none"> <li>I like to hold books and look at the pictures in them.</li> </ul> <p><b>Writing</b></p> <ul style="list-style-type: none"> <li>Babies need to hear words and learn to use these.</li> <li>Babies need to explore what happens when they use their hands and feet.</li> <li>I can hold a chunky pen or crayon in my whole hand or in a fist grasp and explore the marks I can make.</li> </ul>	<p><b>Numbers</b></p> <ul style="list-style-type: none"> <li>I like to join in with saying number names as you sing rhymes and songs with me.</li> <li>I will watch you hide a toy under a blanket and then look for it.</li> </ul> <p><b>Shape, space and measure</b></p> <ul style="list-style-type: none"> <li>I can point to a picture in a book or a toy when you ask me “Where’s the big teddy?” and “Where’s the little teddy?”.</li> <li>I can recognize things that I use at mealtimes, bed time or when I have my nappy changed.</li> </ul>	<p><b>People and communities</b></p> <ul style="list-style-type: none"> <li>Babies need to develop relationships with grown-ups.</li> </ul> <p><b>The world</b></p> <ul style="list-style-type: none"> <li>I will watch what you do as you play with me using toy cars, toy animals and toy people.</li> <li>I will watch you hide a toy under a blanket and then look for it.</li> <li>I can find things after you have dropped them into a bowl or basket.</li> <li>I like banging things, like bricks, together and filling up boxes and baskets with things.</li> <li>When you play with me I am finding out that things can be used in different ways, like a ball can be rolled or kicked or that a toy car can be pushed.</li> </ul> <p><b>Technology</b></p> <ul style="list-style-type: none"> <li>Babies need to explore lots of different things to find out what they can do with them.</li> </ul>	<p><b>Exploring and using media and materials</b></p> <ul style="list-style-type: none"> <li>I can copy actions, like clapping or waving, that I see a grown-up doing.</li> <li>I can show you that I like music and songs by patting the floor with my hands, opening and closing my hands or wriggling my body and legs.</li> <li>I can explore the marks I make as I use a chunky pen or crayons or use my hands in bubbles, mud or paint.</li> <li>I can explore what happens when I use my hands to pull, squash and squeeze dough.</li> </ul> <p><b>Being imaginative</b></p> <ul style="list-style-type: none"> <li>Babies need to play with lots of different things to find out what they can do with them.</li> <li>Babies need to develop relationships with grown-ups.</li> <li>Babies need to hear words and learn to use them.</li> </ul>



**Notes**

The pediatric experts at Children Hospital Orange County (CHOC) created a interesting series of guide-lines by age and stage, so you can better understand what your child is going through and spot any issues along the way. Growth and development includes not only the physical changes that occur from infancy to adolescence, but also some of the changes in emotions, personality, behavior, thinking and speech that children develop as they begin to understand and interact with the world around them.

<https://choc.org/primary-care/ages-stages/10-to-12-months/>  
<https://choc.org/primary-care/ages-stages/1-year/>

# 08 - 20 months: How can you help me with my learning?

## Communication & Language

### Listening and attention

- Share stories with me at bedtime or when we're snuggled up on the sofa.
- Sing songs to me when you're getting me dressed or changing my nappy.

### Understanding

- Hold my hands to help me make the actions as you sing songs.

### Speaking

- Tell me the names of things as I pick them up to explore.

## Personal, Social & Emotional Development

### Making relationships

- Share photos of special grown-ups with me.
- Let me meet special grown-ups. Tell me their names.

### Self confidence and self awareness

- Let me look in a mirror. Point to me and tell me that it's me in the mirror. Point to my nose, arms and legs and tell me what they are.

### Managing feelings and behavior

- Let me get my comforter or special toy when I'm feeling sad or tired.



## Physical Development

### Moving and handling

- Let me splash my hands and kick my feet in the bath.
- Give me a doll's buggy or trundle trike to push.
- Put my favourite toys on the floor so that I can crawl or bottom shuffle to them. Move them further away so give me a small challenge
- Let me lift the flaps in a board book and share my excitement in what is behind the flap!
- Give me dough so that I can squeeze or squash it with my hands or poke it with my fingers.
- At feeding, changing or bath times share finger play songs with me like "Round and round the garden".

### Health and self care

- Let me use my fingers to help me feed myself.
- Let me try and use a spoon to eat my food with.

# 08 - 20 months: How can you help me with my learning?

## Mathematical Development

### Numbers

- Let me explore a treasure basket with different things in it, like a collection of different types of spoons or a collection of shiny things.
- Sing number rhymes to me, like “Two Little Eyes to Look Around”.

### Shape, space and measure

- Let me explore different things to see what I can do with them, like a collection of different types and sizes of balls or things that will roll.

## Creative Development

### Exploring and using media and materials

- Let me use my hands and feet to find out what marks I can make with paint or to make bubbles pop.
- Make sock puppets move to music or songs as you sing to me.

### Being imaginative

- I need to play with lots of different things to find out what I can do with them: scarves, boxes, rattles, safe mirrors

## Knowledge & Understanding of the World

### People and communities

- I need to develop relationships with grown-ups. Introduce me to people when we are out and about.

### The world

- Play “hide and seek” games where I have to find one of my toys.

### Technology

- Give me different objects to explore: pots, pans, spoons, paper.

## Literacy

### Reading

- Let me hold the book as you share the story with me.
- Talk to me about what is happening in the pictures or who you can see in the pictures.

### Writing

- Give me chunky pencils / crayons / chalks to play with



For more information feel free to contact:  
SmartKids International Kindergarten  
Mrs. Yoko +84 903 957 316  
yoko@smartkidsinfo.com

