

# 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.

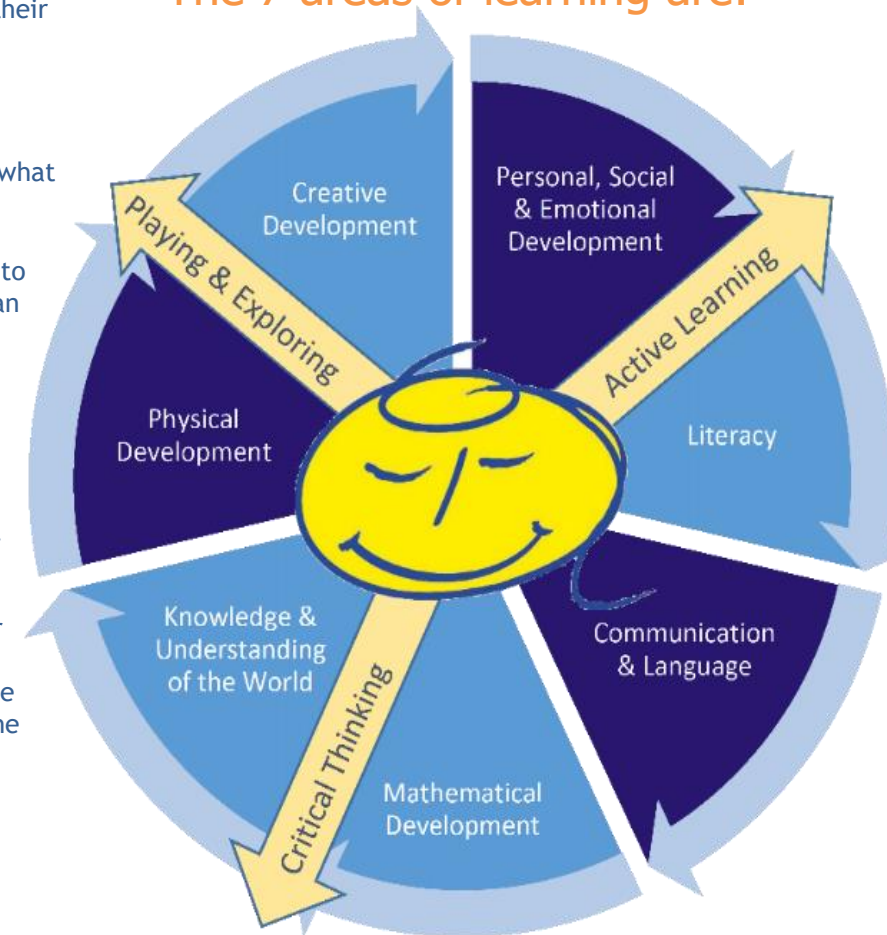
One way of using this overview could be to use it as a reference - see what you notice your child can do. Use it as a prompt to explore and try new things together.

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.

# 16 - 26 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 like to play next to other children.</li> <li>• I can go and play by myself or with other children but when I am feeling tired, worried or upset I will find a grown-up that I know.</li> <li>• I can play turn taking games, like rolling a ball back and forth, with a grown-up.</li> </ul> <p><b>Self confidence and self awareness</b></p> <ul style="list-style-type: none"> <li>• I can go and play with new toys by myself but like to find a grown-up that I know when I need them.</li> <li>• I am beginning to use my toys to pretend they are something else, such as pretending my teddy is a baby.</li> <li>• I try to do things for myself, such as putting my boots on, and will tell you “no” if you try to help me.</li> </ul> <p><b>Managing feelings and behavior</b></p> <ul style="list-style-type: none"> <li>• I will look worried if I hear someone I know crying or happy and excited if I hear a grown-up that I know.</li> <li>• Sometimes I will get cross when I want to do things for myself and I can’t do them.</li> <li>• Sometimes, when you tell me what to do, rather than “no” I am able to do it.</li> <li>• I know which toys are mine, which toys are my friends and that sometimes I have to share toys with my friends.</li> </ul>	<p><b>Moving and handling</b></p> <ul style="list-style-type: none"> <li>• I can walk upstairs when a grown-up holds my hand.</li> <li>• I come downstairs backwards on my knees, holding on to the steps and come down one step at a time.</li> <li>• I know that when I move a chunky crayon or pen round, up and down and across, the marks I make on the paper look the same as the way I moved my hand.</li> </ul> <p><b>Health and self care</b></p> <ul style="list-style-type: none"> <li>• I can tell you what I like and don’t like to eat and drink.</li> <li>• I like to try new things to eat.</li> <li>• I can hold a lidded cup in both hands and not spill too much drink as I put the cup to my mouth.</li> <li>• I can tell you when I need my nappy or pants changed.</li> <li>• I can tell you when I need to sit on the potty or go to the toilet.</li> <li>• I like to help you when you get me dressed and undressed by finding my clothes and trying to put them on. When you change me I can find my wipes and new nappy and give them to you.</li> </ul>	<p><b>Listening and attention</b></p> <ul style="list-style-type: none"> <li>• When you read me a story I like to join in with the sounds that different characters and things make.</li> <li>• When you sing rhymes I join in with the actions and sounds that different characters and things make.</li> <li>• When I play with my favourite toys I am enjoying myself so much I don’t always hear you when you talk to me.</li> </ul> <p><b>Understanding</b></p> <ul style="list-style-type: none"> <li>• I can tell you the names of toys or things that I want.</li> <li>• If you tell me to find a toy or thing from a basket or box I can find the right thing.</li> <li>• I can understand what to do when you tell me do one thing, such as “Throw the ball” or “Put the baby in the bed”.</li> </ul> <p><b>Speaking</b></p> <ul style="list-style-type: none"> <li>• I use words that I have heard you say, such as “Oh dear” or “All gone”.</li> <li>• I am starting to say two word phrases such as “want ball” or “more juice” to tell you what I want or need.</li> <li>• I use lots of everyday words that are important to me, such as “banana”, “go”, “sleep” or “hot” to tell you things.</li> <li>• I am beginning to ask you questions, like “What’s that?” and “Why?”.</li> <li>• Sometimes when I am playing with toys or sharing a story with you, I will talk to you about things that the toys and pictures remind me about.</li> </ul>

# 16 - 26 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 share stories with you and can find my favourite stories for you to read to me.</li> <li>• I have favourite rhymes and songs and join in with the actions and songs.</li> </ul> <p><b>Writing</b></p> <ul style="list-style-type: none"> <li>• Toddlers need to hear words and learn to use these.</li> <li>• Toddlers need to explore what happens when they use their hands and feet.</li> <li>• I know that when I move a chunky crayon or pen round, up and down and across, the marks I make on the paper look the same as the way I moved my hand.</li> </ul>	<p><b>Numbers</b></p> <ul style="list-style-type: none"> <li>• I know that when you hide a toy under a blanket I will find it under the blanket.</li> <li>• I can sort out my toys and things so that all the same ones are together.</li> <li>• When I am playing with my toys or singing songs I will say number names in a mixed up order.</li> </ul> <p><b>Shape, space and measure</b></p> <ul style="list-style-type: none"> <li>• I try to put the shape pieces into a jigsaw board and sometimes match the right piece into the right hole.</li> <li>• I can build towers and long lines across the floor with bricks.</li> <li>• I know the order I need to use things to help me get ready at bedtime or to get dressed.</li> <li>• I know that when I see you with your coat we are going outside or when I see my cup and bowl on the table it is time to have a drink and something to eat.</li> </ul>	<p><b>People and communities</b></p> <ul style="list-style-type: none"> <li>• I like to look at and talk to you about photos of those who are special to me, such as family members, brothers and sisters, friends and pets.</li> <li>• I like to listen to stories about children and families.</li> </ul> <p><b>The world</b></p> <ul style="list-style-type: none"> <li>• I like to explore things to see what I can do with them. I might shake them, hit things with them, look at them, touch them, put them in my mouth or pull them to find out what happens.</li> <li>• I can put things together that belong together, such as a lid on the teapot or a lid on a box.</li> </ul> <p><b>Technology</b></p> <ul style="list-style-type: none"> <li>• I know that when you press the button on the remote control the television comes on or the button on the car key the car makes a noise and a light comes on.</li> <li>• I can press buttons on my toys to make a noise or get something to pop up.</li> </ul>	<p><b>Exploring and using media and materials</b></p> <ul style="list-style-type: none"> <li>• Toddlers need to explore lots of different things to find out what they can do with them.</li> <li>• I will jump, bounce or swing my arms when I hear music or songs that I like.</li> <li>• I will join in with some of the words and actions I know when you sing my favourite songs.</li> <li>• I can use chunky pens or crayons to make lines that go up and down and round and round.</li> <li>• I am starting to make different sounds, like fast and loud, when I am playing musical instruments or everyday things like spoons, pots or plastic bowls.</li> </ul> <p><b>Being imaginative</b></p> <ul style="list-style-type: none"> <li>• I can use my hands to make marks in paint or mud. As I make the marks with my hands I make different sounds like “weeee”.</li> <li>• I can pretend that a toy or thing is something else, such as pretending that my teddy is a baby.</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/1-year/>  
<https://choc.org/primary-care/ages-stages/2-years/>

# 16 - 26 months: How can you help me with my learning?

## Personal, Social & Emotional Development

### Making relationships

- Play copying games with me, like using the same metal spoon as I've got to make the same noise that I'm making on the fence.

### Self confidence and self awareness

- Share photos or videos of me doing things and talk with me about what I'm doing.
- Use my dolls or teddies to show me how to pretend to look after a baby or use my cars to show me how to pretend to go on a journey.
- Talk to me about the things you are using and what you are doing with them.

### Managing feelings and behavior

- Let me help you to share out the sandwiches and fruit onto plates, so that everyone has something to eat.

## Communication & Language

### Listening and attention

- Talk to me about the sounds we can hear when we go to the shops or the park.
- Make the sounds of animals and things when you're sharing a book with me.

### Understanding

- Play games with me where I have to follow instructions like "roll the ball" or "throw the ball".
- Let me help you with unpacking the shopping by telling me to find different things like "find the apples" or "find the crackers".

### Speaking

- Show me and give me choices about what I can have to eat, like "yoghurt or banana".

## Physical Development

### Moving and handling

- Give me a little bag to carry something in when we go shopping.
- Give me a bucket to put interesting things in when I'm digging in the mud.
- Give me rolling pins and cutters to see what I can do with them when I'm playing with the dough.

### Health and self care

- Let me wash my hands and face by myself.
- Let me try to put my boots on by myself.



# 16 - 26 months: How can you help me with my learning?

## Mathematical Development

### Numbers

- Count with me as you put my clothes on, like “one sock, two socks” or “one button, two buttons, three buttons, four buttons”.

### Shape, space and measure

- Let me explore what “full” and “empty” looks like when I’m playing in the bath with plastic bottles.
- Let me play with puzzles that I have to try and put the piece into the matching space.

## Creative Development

### Exploring and using media and materials

- Give me a big piece of paper or shower curtain on the floor to see what marks I can make with a paint brush, my hands or my feet.
- Give me ribbons or scarves to hold as I dance to music.

### Being imaginative

- Give me an old telephone so that I can pretend to phone you.
- Give me a bowl of soapy water so that I can wash my baby doll.

## Knowledge & Understanding of the World

### People and communities

- Share stories with me that are about children and families.
- Let me tell you about photos about grown-ups who are special to me, my brothers and sisters, my friends and my pets.

### The world

- Let me splash in puddles when I’m wearing my boots.
- Let me climb up a little hill and run down it.
- Let me mix water and mud together to make “mud pies”.

### Technology

- Let me use the camera to take pictures of things.



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