

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.

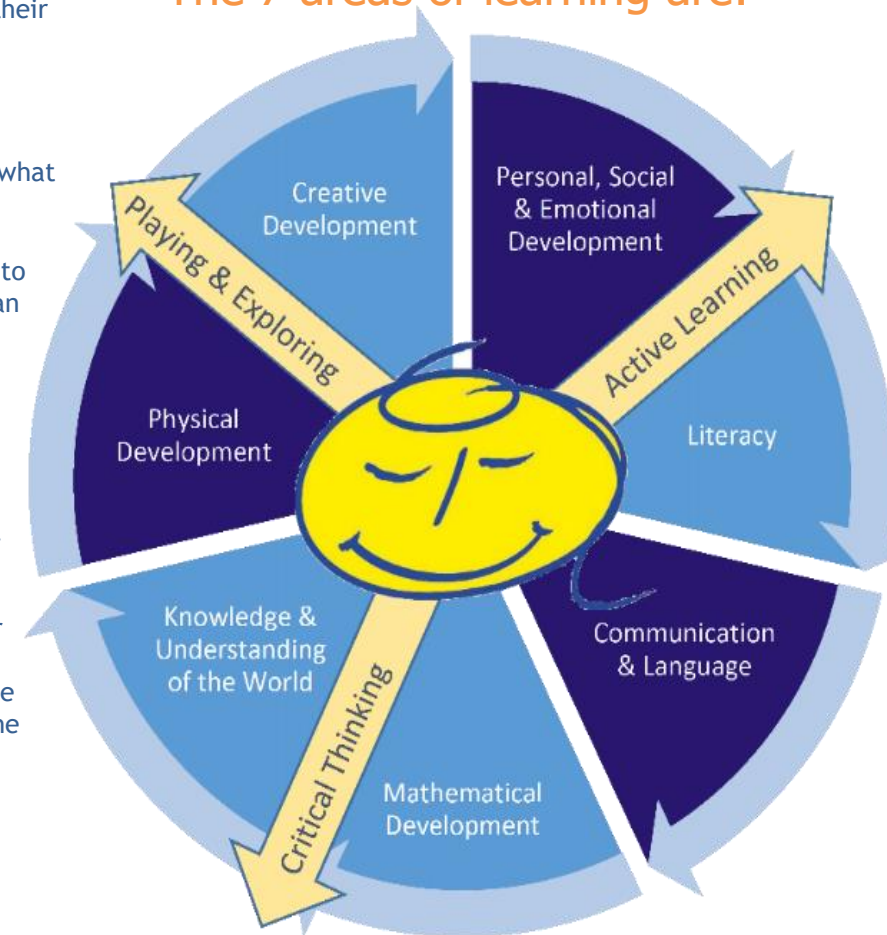
One way of using this overview could be to use it as a reference - see what you notice your child can do. Use it as a prompt to explore and try new things together.

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.

Birth -11 months: You might notice that....

Personal, Social & Emotional Development	Physical Development	Communication & Language
<p>Making relationships</p> <ul style="list-style-type: none"> • I like to be with other babies and grown-ups. I look at faces and move my arms and legs to show that I like to be with them. • I look at faces and can copy movements you make with your face, like sticking out my tongue, opening and closing my mouth or making my eyes bigger. • I can show you that I like you talking to me by moving my arms and legs, making my eyes bigger and opening and closing my mouth. • I can show you that I am interested in what you are doing by looking at and watching you. • I can show that I like you to hold me or cuddle me by snuggling up to you, smiling, looking at your face or stroking you. <p>Self confidence and self awareness</p> <ul style="list-style-type: none"> • I laugh and gurgle to tell you that I like being tickled or lifted up. • I can use my voice or look at you to get your attention and tell you that I want you to be with me. <p>Managing feelings and behavior</p> <ul style="list-style-type: none"> • I like to see grown-ups' faces and hear their voices when I am feeling upset, worried, tired or hungry. • I snuggle into grown-ups that I know when I am feeling upset, worried or tired. • When I am feeling upset, I like you to hold me, rock me, speak to me or sing to me quietly and calmly. • I can show you that I am happy, worried or excited by the noises that I make, by opening and closing my eyes or the way I move my arms and legs. • I can show you that I know how other people are feeling by smiling back at a grown-up when they smile at me and becoming upset when I hear another child crying. 	<p>Moving and handling</p> <ul style="list-style-type: none"> • I move my head or body when I hear noises and see things or people. • I can hold my head up. • I can move my arms and legs in different ways such as waving and kicking. • I can roll over from my back on to my tummy and from my tummy on to my back. • When I am lying on my tummy I can use my arms to help me lift my head and then my chest. • I like to look at and play with my hands and feet. • I can reach out and touch things that are near to me. • I can hold things in my hand that are near to me. • I like to explore things by putting them in my mouth. <p>Health and self care</p> <ul style="list-style-type: none"> • I like it when you cuddle me, stroke my cheeks or pat my back. • I will show you that I am upset, tired or hungry by making noises such as crying or by moving my arms, legs or body. • I will show you that I know when it is meal time by looking at you, my food or drink or by making noises or moving my arms and legs to tell you that I am excited or ready. 	<p>Listening and attention</p> <ul style="list-style-type: none"> • I move my head or body to find sounds that I know when I hear them. • I listen to different sounds grown-ups make with their voices and can move my arms, legs or body or make noises when I hear them. • I will show you that I like you talking to me by smiling at you, looking at you or moving my arms, legs or body. • Sometimes when you talk to me I will become quieter or make noises and move my arms, legs or body. • When you talk to me, I look at you, but I will turn my head or body when you stop. • I like listening to sounds that things I know and grown-ups make. • I listen when you sing songs and rhymes as you tickle my tummy or play with my fingers and toes. • I stop what I am doing and listen to a new voice or sound when I hear it. <p>Understanding</p> <ul style="list-style-type: none"> • When you say my name I stop what I am doing and look at you. • I understand what you mean when you use words and actions together. For example, as you wave and say “bye bye” or use actions as you sing rhymes like “Wind the bobbin up”. <p>Speaking</p> <ul style="list-style-type: none"> • I can let you know what I want or how I am feeling by making different noises such as crying, gurgling, babbling and squealing. • When a grown-up that I know talks to me I make sounds and noises that are special to me. • I can lift up my arms when I think you are going to pick me up. • I like to make different sounds and noises, such as “baba”, “nono” and “gogo” when a grown-up talks to me.

Birth -11 months: You might notice that....

Literacy	Mathematical Development	Knowledge & Understanding of the World	Creative Development
<p>Reading</p> <ul style="list-style-type: none"> I like you to sing songs and rhymes and read stories to me. <p>Writing</p> <ul style="list-style-type: none"> Babies need to hear words and learn to use these. Babies need to explore what happens when they use their hands and feet. 	<p>Numbers</p> <ul style="list-style-type: none"> I notice when there is one thing or when there are lots of things (up to 3 things) in a bowl or basket. <p>Shape, space and measure</p> <ul style="list-style-type: none"> Babies need to play with things and find out what they can do with their hands, feet and body. 	<p>People and communities</p> <ul style="list-style-type: none"> Babies need to develop relationships with grown-ups. <p>The world</p> <ul style="list-style-type: none"> I move my eyes and then my head when I want to look at things. I like to look around where I am for things that I would like to play with. I smile at things that I like to play with. I like to kick or shake things that make a noise, like a mobile or rattle, over and over again. <p>Technology</p> <ul style="list-style-type: none"> Babies need to explore lots of different things to find out what they can do with them. 	<p>Exploring and using media and materials</p> <ul style="list-style-type: none"> Babies need to explore lots of different things to find out what they can do with them. <p>Being imaginative</p> <ul style="list-style-type: none"> Babies need to play with lots of different things to find out what they can do with them. Babies need to develop relationships with grown-ups. Babies need to hear words and learn to use them.



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/newborn/>
- <https://choc.org/primary-care/ages-stages/1-to-3-months/>
- <https://choc.org/primary-care/ages-stages/4-to-6-months/>
- <https://choc.org/primary-care/ages-stages/7-to-9-months/>
- <https://choc.org/primary-care/ages-stages/10-to-12-months/>

Birth - 11 months: How can you help me with my learning?

Personal, Social & Emotional Development

Making relationships

- Let me copy the movements you make with your face, like when you open and close your mouth or open and shut your eyes.

Self confidence and self awareness

- Give me one of my favourite toys, the packet of wipes or a clean nappy to hold when you're changing me.

Manage my feelings and behavior

- Tickle my feet
- Let me see you face and hear your voice when I am grumpy tired or hungry.

Communication & Language

Listening and attention

- Play “peek a boo” games with me. Use your hands or a scarf to hide your face.
- Sing a song or rhyme as you rock or hug me.

Understanding

- Tell me what you're doing as you're changing my nappy or getting me dressed.

Speaking

- Have a chat with me by copying my sounds and babbling.

Physical Development

Moving and handling

- Put me on my tummy or back, on a soft mat or blanket, and let me kick my legs.
- Cover my legs with a crinkly blanket or piece of light, soft material so I can kick it off
- Put my favourite toys by me so that I can reach out and touch it or try to hold it.

Health and self care

- Stroke my cheeks or pat my back as you talk to me.



Birth - 11 months: How can you help me with my learning?

Mathematical Development

Numbers

- Hold my hands and help me to clap in time as you sing songs to me.

Shape, space and measure

- I need to play with things and find out what I can do with my hands, feet and body. Let me have my favourite things around me.

Creative Development

Exploring and using media and materials

- I need to explore lots of different things to find out what I can do with them. Let me make a mess.

Being imaginative

- I need to hear words and learn to use them. Speak with me.

Knowledge & Understanding of the World

People and communities

- I need to develop relationships with grown-ups. Introduce me to lots of different people.

The world

- Let me hold your finger or scarf.
- Let me play with toys that make different noises.
- Let me look in mirrors



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