

Developmental Milestones

Level 2

Name: _____

Date: _____

Childcare Practice Book

Rate how confident you feel about the skills tested in this workbook:

Skill	Not a clue!	I know a little	I feel okay with this	I feel quite confident	I feel very confident
Identify specific details from a text					
Find alternative words possibly using a dictionary					
Use quotes/evidence from text to back up your points					
Interpret implied information					

Developmental Milestones

As part of your career in childcare, it is important that you have an awareness and understanding of the milestones children of different ages are expected to reach. This will help you support the children in your care to the best of your ability and be able to communicate any concerns to their parents or carers.

This practice book describes some of the key milestones and asks you questions to check your understanding and helps you practise some of the skills you will need for your reading exam.



Part One – Newborn 0-3 months

Type of Development	Developmental Milestones
Communication and Speech	• Begin to make noises other than crying and imitate sounds • Crying associated with different needs • May start to listen to carers speaking
Physical	• Developing control of their limbs such as raising their head or putting their hands to their mouth • May see them turning towards noise • Use their eyes to follow a moving object
Social and Emotional	• At 2 or 3 months you may see them smile
Cognitive	• May begin to be interested in people and objects • May begin to recognise familiar people and objects • May enjoy very simple play

Question 1

Use a dictionary to find out what the word 'cognitive' means.

Question 2

List two movements you might see from the baby at this stage.

Question 3

At this age, babies generally have good hearing. Find one piece of evidence in the text that supports this statement.

Part Two - Infant (3-12 Months)

Type of Development	Developmental Milestones
Communication and Speech	• Uses more variety of one syllable sounds • May respond to you with these sounds • You will see them react to noises 7-9 months • Can recognise their name being said • Can respond to some instructions • Begins to associate names with objects and people 9-12 months • Recognises the word 'no' • Can use pointing and other gestures • Can reach for objects they want • Show an interest in mirrors and their reflection • May start to make their own words and sounds for specific objects or actions • Might even say <i>mama</i>, <i>dada</i> or similar words
Physical	• Can sit up and turn over • More interest in touching and tasting objects 7-9 months • Can hold an object in one hand • Begins to crawl and may even stand 9-12 months • Can use simple gestures such as waving • Better hand-eye coordination • May stand or even walk (if holding on) • Can see in full colour • Can use common objects such as drinking from a cup

Social and Emotional	• Laughs or cries at appropriate stimuli • Recognises faces • May become bonded with toys • May feel uncomfortable or anxious with strangers • Begins to recognise tone in speech or by facial expressions 9-12 months • Shows empathy with reactions to other people being upset • Enjoys the company of other babies but not joint play • Can give and receive hugs
Cognitive	• Can enjoy music 7 months onwards • Interest in movement of objects such as knocking something over 9-12 months • Can make patterns with objects such as coloured bricks or basic shape toys • Identify a picture from a word i.e. a photo of a cat • Can concentrate for around 1 minute • Can find a hidden item

Question 4

Identify a piece of evidence that suggest the infant's vision is improving.

Question 5

A website says, "Most infants can walk unaided by the time they are one year old." Explain why this is NOT true using evidence from the text.

Question 6

List two sounds that the infant might respond to.

Question 7

What age does the text suggest an infant would mimic the reactions of another person such as being upset?

Part Three - Toddler (1-3 Years)

Type of Development	Developmental Milestones
Communication and Speech	• Start to use a number of words correctly • May reply to simple questions • Around half of the words they say will be understandable Age 2-3 • Will use simple phrases but with incorrect grammar or missing words such as 'me get down' • Can use some pronouns • Understand directions with more than one part, 'Go over to the chair and pick up your toy' • Show an interest in stories • Ask basic questions such as 'why?'
Physical	• Start to walk without help • Climb stairs while holding on • Can use a crayon to scribble but not yet draw or write • Can carry objects while walking such as toys • Can feed themselves Age 2-3 years

	• May begin to put their own clothes on • Developing independent toilet habits • Can jump and climb • May sing and dance • Can run and kick a ball
Social and Emotional	• Want to be more independent • May see temper tantrums • May imitate other people's behaviour • More confidence when interacting with others
Cognitive	• More complex play with building blocks and 'make believe' • Can classify objects by colour or shape • May start to count • May recognise written letters • Can understand some abstract concepts such as 'now' and 'later' • Some cause and effect understanding – if they drop something it might break • Has some self identity

Question 8

In the sentence, "Can classify objects by colour or shape", replace the word 'classify' with another word that has the same or a similar meaning.

Question 9

Do you think it is likely a toddler could fetch a toy from their bedroom and take it to another room if asked? Explain your answer using evidence from the text.

Question 10

The text says, “Can understand some abstract concepts such as ‘now’ and ‘later’”. Explain what you think *abstract concepts* are in relation to this text. You may use a dictionary to help you.

Question 11

The text suggests that toddlers may use pronouns. Give three examples of pronouns. You may use a dictionary or the internet to help you.

Part Four - Preschool Age (3-4 Years)

Type of Development	Developmental Milestones
Communication and Speech	• Start to draw recognisable objects • More variety of speech including words that may be difficult to pronounce • Ask more variety of questions • Not all speech is grammatically correct
Physical	• Can walk on tip toes • May ride a tricycle • Can walk up and down stairs confidently • Able to catch a ball • Can start to form a few letters but not well • Use cutlery and common objects although may not always use correctly

Social and Emotional	• Engage in play with others • Begins to communicate feelings verbally • Takes part in role play games • Has a sense of right and wrong • Has a clearer sense of self • Developing sense of creativity
Cognitive	• Will know their first name and age • Can show sympathy to others who are upset • Can remember some stories and songs and spot mistakes • Can concentrate for around 3 minutes • Can look at a book • Can count to ten but may make mistakes By age four • Will know their surname • Will know a few different songs

Question 12

A student thinks that a four-year-old should be able to write out the alphabet correctly. Are they right? Use evidence from the text to support your statement.

Question 13

From the text, list one development in the way the child interacts with others.

Question 14

What are two **skills** the child might have developed?

Challenge Question

Can, *will* and *may* are examples of modality devices that express degrees of possibility. Explain why they are important in this text.

Part Five - School Age (4-5 Years)

Type of Development	Developmental Milestones
Communication and Speech	• Can create compound sentences using 'and' • Can use and understand the future tense From age 5 • Might be able to tell a story that has a clear chronology • All speech is generally clear and understandable
Physical	• Greater independence with eating, washing and dressing themselves • Can hold a pencil correctly • Improved drawing skills At 5 years • Can stand on one leg for 10 seconds • Can climb and dance more confidently • Most are able to use the toilet with no assistance
Social and Emotional	• Enjoy starting conversations • Can make friends and know the concept of a friend • Know their personal likes and dislikes • Better interaction with others such as turn-taking and sharing • Can express more emotions such as anger or jealousy
Cognitive	• Even greater understanding of right and wrong • Knows the concept of lying • Better understanding of numbers

	• Asks questions about life • Know and follow routines and rules • Know their address • Some understanding of telling the time • Starting to understand prepositions • May use humour and jokes • Able to use everyday items in the home
--	--

Question 15

A student says a 4- or 5-year-old would probably be able to understand the sentence, "We will go to the shops after lunch." Do you agree? Use evidence from the text to support your answer.

Question 16

List two physical improvements you might see at this age.

Question 17

Which of these statements is not true of 4- to 5-year-olds?

- a) They can turn on the TV or other simple devices
- b) They could explain that a toy is under or on a table
- c) They will always be able to tell the exact time
- d) They might start a conversation with a family friend

Question 18

The text has used the heading **Developmental Milestones**. What other word or phrase could you replace 'milestones' with that would have the same meaning? You may use a dictionary.