

When is my Child Suppose to do That?

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Goals for session:

- Understanding typical communication, fine motor, gross motor, sensory, social-emotional development in children ages birth to 5
- Knowing atypical/red flags for the 5 domains of development in children ages birth to 5

Communication Under 6 months

- Understanding
 - > Startles to loud sounds
 - > Starts to smile
 - > Increase or decrease their sucking in response to a sound
 - > Moves eyes in directions of sounds
 - > Notices toys/other kids that make noise
- Talking
 - > Pleasure sounds (cooing and gooing)
 - > Different cries for different sounds
 - > Begins to babble with sounds like b, p, m
 - > Laughs and chuckles
 - > Vocalizes excitement and displeasure

Fine Motor

Under 6 months

- Turn head towards noise
- Bring hands towards mouth
- Move arms together and apart
- Grasps objects and passes from one hand to another
- Props self
- Put toys in mouth

Gross Motor Under 6 months

- ◉ Lifting head when on stomach
- ◉ Moving head side to side
- ◉ Hold head steady when in sitting position
- ◉ Stand when being held
- ◉ Touch knees or feet when laying on back
- ◉ May begin sitting

Sensory Under 6 months

- ◉ Calm with familiar's voice, pacifier, or rocking
- ◉ Enjoys being held
- ◉ Smiling and engaging with people's faces
- ◉ Learning to self-sooth
- ◉ Coordination of suck/breath

Social Emotional Under 6 months

- ◉ Eye contact
- ◉ Shows affection by kicking or waving
- ◉ Smile at self in mirror
- ◉ Laugh
- ◉ Quiet when picked up
- ◉ Build trust that cries are answered

Communication

6 to 12 months

○ Understanding

- > Enjoys peek-a-boo and pat-a-cake
- > Turns and looks toward different sounds
- > Recognizes words for common objects like book, cup, shoe, or juice
- > Can respond to requests such as “come here” or “want more”

○ Talking

- > Babbling has short and long groups of sounds
- > Using gestures such as waving, clapping and arms up to be picked up
- > Imitates new speech sounds
- > May get first couple of words around birthday

Fine Motor

6 to 12 months

- ◉ Develop eye hand coordination
- ◉ Can put things in a container
- ◉ Holding own bottle

Gross Motor 6 to 12 months

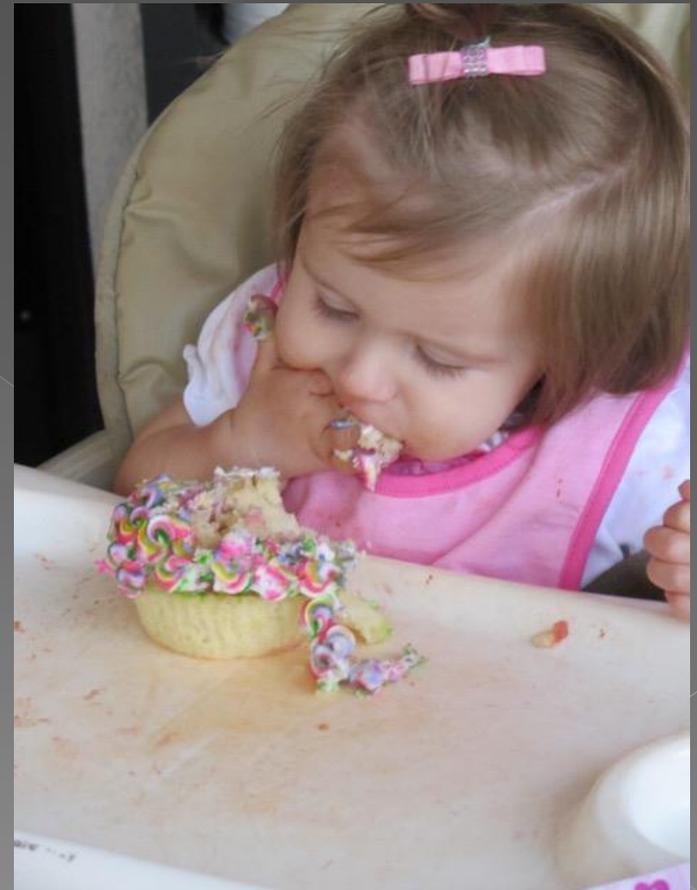
- Rolling over to retrieve toy
- Crawling
- Cruising furniture
- Walk with hands held
- Sits without support

Sensory

6 to 12 months

- ◉ Able to fall asleep on own
- ◉ Falling into a sleep and nap schedule
- ◉ Able to comfort self
- ◉ Exploring table foods
- ◉ No difficulties with diaper changing
- ◉ No difficulties with bathing

Exploring 1st Birthday Cake



Social Emotional 6 to 12 months

- ◉ Several different clear emotions
- ◉ Plays peek-a-boo
- ◉ Displeasure with loss of toy
- ◉ Understand tone of voice
- ◉ Stranger anxiety

Atypical/Red flags under 12 months

- Over-startles with diaper changes
- Fusses through bath
- No smile back when you smile
- No babbling by 12 months
- Resists physical contact with others
- Not comforted by others when distressed
- Inappropriate facial expression
- Not sitting on own
- Not picking up and exploring objects
- Not crawling
- Responding to sound with eye gaze

Activities for under 12 months

- ◉ Mirror play
- ◉ Peek-a-boo, clapping, blowing kisses,
- ◉ Pat-a-cake, itsy bitsy spider, waving bye-bye
- ◉ Anticipation games 1-2-----3!
- ◉ Narrate what your doing and where you are going with simple language
- ◉ Animal sounds
- ◉ BUBBLES

Communication

1 to 2 years

- Understanding
 - > Pointing to a few body parts
 - > Can follow simple commands like roll the ball and kiss the baby
 - > Understands simple questions like where is your shoe? or where's daddy?
 - > Listens to simple stories, rhymes, and songs
 - > Points to pictures when named in a book
- Talking
 - > Saying more words every month
 - > Uses one or two words questions like “where kitty?” or “go bye-bye?”
 - > Puts two words together like “more cookie” or “no go” or “mommy book”
 - > Uses many different consonant sounds at the beginning of words

Fine Motor 1 to 2 years

- ◉ Scribble with a crayon
- ◉ Point with one finger
- ◉ Take off socks
- ◉ Throw ball
- ◉ Building a tower with blocks
- ◉ Put hat on head
- ◉ Hold own cup and feed self with spoon

Gross Motor

1 to 2 years

- ◉ Walking
- ◉ Squat to pick up toys
- ◉ Crawling up/down stairs
- ◉ Sit self on small chair
- ◉ Pull a toy behind them
- ◉ Make foot contact with ball

Sensory 1 to 2 years

- ◉ Enjoys messy play
- ◉ Takes notice of bright objects or moving objects
- ◉ Enjoys swinging and airplane play
- ◉ Wide range of foods
- ◉ Cries when hurt, but able to be comforted

Social Emotional 1 to 2 years

- ◉ Being able to play alone for a few minutes
- ◉ Helpful around house
- ◉ Bring things to you to show you
- ◉ Say “no” to requests
- ◉ Show empathy
- ◉ Starting to insert independence
- ◉ Show jealous when not center of attention
- ◉ Have a favorite toy

Atypical/Red flags 1 to 2 years

- ◉ Limited food range or still eating baby jar food
- ◉ Obsessive interests
- ◉ Atypical pain threshold
- ◉ Doesn't know how to play with toys or obsessive line up toys
- ◉ Upset with minor changes
- ◉ Unusual reaction to how things sound, taste, feel, and smell
- ◉ Not walking by 18 months
- ◉ Loss of speech or social skills

Activities for 1 to 2 year olds!

- Point out familiar objects like dog, bird, ball, say their name and what they do
- Sound walk where you meet timmy the clock, mad kitty cat, and vinnie the van
- Expand on their words: if they say car you say, “yes, a big red car!”
- Put an action with a sound
- Ask them to name what they see....but don't force it!
- Repetition repetition repetition

Communication

2 to 3 year olds

Understanding

- > Knows differences in meanings (up/down, big/little, go/stop, in /out)
- > Follows two step commands (get the book and put it on the table)
- > Longer attention for stories

Talking

- > Has a word for almost everything
- > Uses 2-3 words to talk and ask for things
- > Uses k, g, t, d, f, and n sounds
- > Easily understood by familiar listeners
- > Asks for or directs attention to objects by naming
- > Knows first name when asked

Fine Motor

2 to 3 year olds

- ◉ Imitates simple horizontal and vertical lines
- ◉ Puts together Mega blocks
- ◉ Strings together large beads
- ◉ Takes off pants and shoes
- ◉ Completes simple inset puzzles
- ◉ Snips at edge of paper
- ◉ Uses one hand more often than the other
- ◉ Pours from one container to another

Gross Motor

2 to 3 year olds

- ◉ Stand on tip toes if shown first
- ◉ Stand on one foot momentarily
- ◉ Catch ball (bring into chest)
- ◉ Kick a ball forward
- ◉ Walk up stairs with alternating feet
- ◉ Walk down stairs with 2 feet on same step
- ◉ Running

Sensory

2 to 3 year olds

- ◉ Flexible play
- ◉ Enjoys messy play
- ◉ Navigates playground equipment
- ◉ Tolerates walking on different surfaces

Social Emotional

2 to 3 year olds

- ◉ Assertive about what they want
- ◉ Can become shy
- ◉ They want independence but want security from parents
- ◉ Need order predictable routine
- ◉ Watch other children play and join them shortly
- ◉ Define possessions
- ◉ Begin to play house

Atypical/Red flags 2 to 3 year olds

- ◉ Play with toy the same way or don't know how to play
- ◉ Seem to be hearing impaired
- ◉ Very organized
- ◉ Likes parts of toys
- ◉ Don't understand personal space boundaries
- ◉ Don't show things to people
- ◉ Too passive
- ◉ Extreme difficulties waiting for objects they want

Activities for 2-3 year olds!

- ◉ Talk how you want them to imitate
- ◉ Repeat what they say and expand on it
- ◉ Let them know what they say is important by asking them to repeat when not understood
- ◉ Bucket play and dress up
- ◉ Magazines and family pictures
- ◉ Question games, finger games
- ◉ NAME NURSERY RHYMES

Communication

3 to 4 year olds

○ Understanding

- > Answers what, who, where questions
- > Knows name, gender, street, and nursery rhymes

○ Talking

- > Talks about activities at school or friends houses
- > People outside of family should understand most of their speech
- > Lots of sentences with 4 or more words
- > Talks easily without repeating syllables or words
- > Developmental stuttering

Fine Motor

3 to 4 year olds

- ◉ Develops hand dominance
- ◉ Cuts across a straight line
- ◉ Draws a circle, X, +
- ◉ Manage large buttons
- ◉ Feed self with fork and spoon
- ◉ Put on most clothing

Gross Motor

3 to 4 year olds

- ◉ Ride tricycle
- ◉ Walk along a line
- ◉ Run around obstacles
- ◉ Use a slide independently
- ◉ Climb playground equipment

Sensory

3 to 4 year olds

- ◉ Tolerates all clothing choices
- ◉ Navigates through cluttered environment without difficulties
- ◉ Motor movements have purpose behind them

Social Emotional

3 to 4 year olds

- ◉ Share toy and take turns with help
- ◉ Join other children's play
- ◉ Make up own games
- ◉ Follow simple rules in games, but always want to win
- ◉ Bossy and defiant
- ◉ Experience a broad range of emotion
- ◉ Can show attachment to one friend

Atypical/Red flags 3 to 4 year olds

- ◉ Preoccupation with a narrowed topic interest
- ◉ Repetitive actions
- ◉ Not understanding or talking about emotions
- ◉ Doesn't share interest or achievements
- ◉ Too passive or fearful
- ◉ Extreme difficulty separating from caregiver
- ◉ Extreme fears that interfere with daily activity

Activities for 3 to 4 year olds!

- ◉ Make silly pictures and silly stories (magazines, magnets, books with no words)
- ◉ Items that don't belong and why
- ◉ Retelling stories and then act them out
- ◉ Ask what their favorite part of the story was
- ◉ Question game to trick each other (do you have a tail?)
- ◉ Role-play, dress-up, dollhouse

Communication

4 to 5 year olds

- Understanding
 - > Understand tomorrow and yesterday
 - > Interested in explanations for how and why
 - > Understands prepositions and can tell long stories about personal experiences
 - > Interested in written words and numbers
- Talking
 - > Uses sentences that give lots of details
 - > Tells stories and stays on topic
 - > Communicates easily with other kids and adults
 - > Says most sounds correct with exception of: l, s, r, v, z, ch, sh, and th
 - > Can rhyme words
 - > Names some letters and numbers usually their name and age
 - > Same grammar usage as rest of family
 - > Vocabulary of 4,000 to 6,000 words
 - > Uses past, present, and future but not always correct

Fine Motor

4 to 5 year olds

- ◉ Cuts circle
- ◉ Imitates square
- ◉ Uses a mature pencil grasp
- ◉ Starts to color inside the lines
- ◉ Draws a person
- ◉ Starts to write name
- ◉ Imitates block designs
- ◉ Utilizes buttons, snaps, and zippers with little to no assistance

Gross Motor

4 to 5 year olds

- ◉ Skipping
- ◉ Hopping one foot
- ◉ Walking along a balance beam
- ◉ Walk backwards
- ◉ Throw a ball and hit a target
- ◉ Pump and maintain momentum on swing

Sensory

4 to 5 year olds

- Imitate and hold motor positions
- Tolerates all environmental noises
- Tolerates hygiene (teeth brushing, hair cuts, nail trimming)

Social Emotional 4 to 5 year olds

- ◉ Develop friendships
- ◉ Moral reasoning such as fairness
- ◉ Imaginative play
- ◉ Stick with a difficult task for a longer period
- ◉ Show understanding of right versus wrong

Atypical/Red flags 4 to 5 year olds

- ◉ Extreme rigid about routine
- ◉ Unusual reactions to sight, smell, textures, and sound
- ◉ Not riding a tricycle
- ◉ Take what is said too literally
- ◉ Not using a consistent hand dominance
- ◉ Difficulties across environments
- ◉ Respond to a question by repeating it rather than answering it

Activities for 4 to 5 year olds!

- ◉ Spatial concepts (first, middle, last, left right)
- ◉ Opposites
- ◉ The 'I spy' game
- ◉ Categories (same vs. different)
- ◉ Prediction with stories
- ◉ Give and follow complex silly directions (2-3 step)
- ◉ BOARD GAMES

Resources

- ◉ <http://www.cdc.gov/ncbddd/actearly/milestones/index.html>
 - > Spanish and English
- ◉ http://www.preschoollearningcenter.org/images/upload/developmental_checklist.pdf
 - > Can write date observed and comments

Thank you for your time!

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