



# Four Areas of Development: Infancy to Toddler

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# First Years of Life

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Children need:

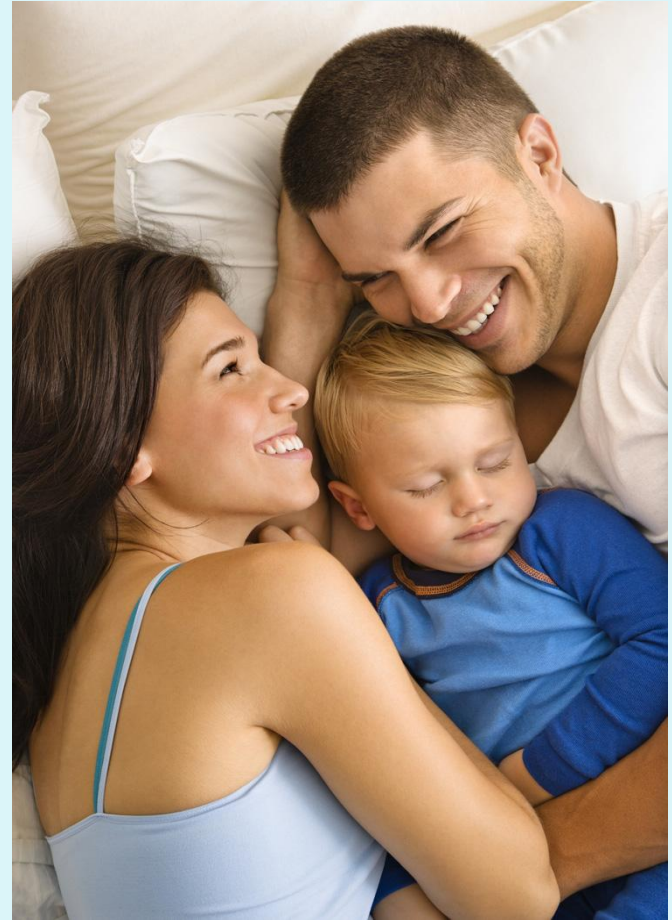
- Love
- Nutrition
- Health
- Social and emotional security
- Stimulation



# Why Family Support is Vital

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There is a strong connection between the development a child undergoes early in life and the level of success that the child will experience later in life.



# Developmental Milestones

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Developmental milestones are things most children can do by a certain age



# Physical Development of an Infant

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Meals and snacks should be provided to meet the caloric and nutritional needs that include the appropriate portions of protein, lipids, and carbohydrates.



# Physical Development at Two to Four Months

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## Two Months

- Can hold head up and begins to push up when lying on tummy
- Makes smoother movements with arms and legs



## Four Months

- Holds head steady, unsupported
- Pushes down on legs when feet are on a hard surface
- May be able to roll over from tummy to back
- Can hold a toy and shake it and swing at dangling toys
- Brings hands to mouth
- When lying on stomach, pushes up to elbows



# Physical Development at Six to Nine Months

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## Six Months

- Rolls over in both directions
- Begins to sit without support
- When standing, supports weight on legs and might bounce
- Rocks back and forth, sometimes crawling backward before moving forward

## Nine Months

- Stands, holding on
- Can get into sitting position
- Sits without support
- Pulls to stand
- Crawls



# Physical Development at Twelve Months

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## Twelve Months

- Gets to a sitting position without help
- Pulls up to stand, walks holding on to furniture (“cruising”)
- May take a few steps without holding on
- May stand alone

[Baby Cruising](#)  
(click on link)

# Social/ Emotional Development Two to Four Months

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## Two Months

- Begins to smile at people if your child:
- Can briefly calm himself (may bring hands to mouth and suck on hand)
- Tries to look at parent

## Four Months

- Smiles spontaneously, especially at people
- Likes to play with people and might cry when playing stops
- Copies some movements and facial expressions, like smiling or frowning

# Social/ Emotional Development Six to Nine Months

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## Six Months

- Knows familiar faces and begins to know if someone is a stranger
- Likes to play with others, especially parents
- Responds to other people's emotions and often seems happy
- Likes to look at self in a mirror

## Nine Months

- May be afraid of strangers
- May be clingy with familiar adults
- Has favorite toys

# Social/ Emotional Development Twelve Months

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## Twelve Months

- Is shy or nervous with strangers
- Cries when mom or dad leaves
- Has favorite things and people
- Shows fear in some situations
- Hands you a book when he wants to hear a story

- Repeats sounds or actions to get attention
- Puts out arm or leg to help with dressing
- Plays games such as “peek-a-boo” and “pat-a-cake”



# Intellectual Development Two to Four Months

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## Two Months

- Pays attention to faces
- Begins to follow things with eyes and recognize people at a distance
- Begins to act bored (cries, fussy) if activity doesn't change



## Four Months

- Lets you know if she is happy or sad
- Responds to affection
- Reaches for toy with one hand
- Uses hands and eyes together, such as seeing a toy and reaching for it
- Follows moving things with eyes from side to side
- Watches faces closely
- Recognizes familiar people and things at a distance

# Intellectual Development Six to Nine Months

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## Six Months

- Looks around at things nearby
- Brings things to mouth
- Shows curiosity about things and tries to get things that are out of reach
- Begins to pass things from one hand to the other

## Nine Months

- Watches the path of something as it falls
- Looks for things he sees you hide
- Plays peek-a-boo
- Puts things in her mouth
- Moves things smoothly from one hand to the other
- Picks up things like cereal o's between thumb and index finger

# Intellectual Development Twelve Months

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## Twelve Months

- Explores things in different ways, like shaking, banging, throwing
- Finds hidden things easily
- Looks at the right picture or thing when it's named
- Copies gestures



- Starts to use things correctly; for example, drinks from a cup, brushes hair
- Bangs two things together
- Puts things in a container, takes things out of a container
- Lets things go without help
- Pokes with index (pointer) finger
- Follows simple directions like “pick up the toy”



# Baby Steps: Learn the Signs. Act Early

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## Developmental Milestones



# Developmental Monitoring and Screening

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At each well-child visit the doctor looks for developmental delays or problems and talks with you about any concerns you might have.



# Developmental Screening

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Developmental screening is a short test to tell if a child is learning basic skills when he or she should, or if there are delays.



# Act Early

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Act early by talking to the child's doctor if a child:

- doesn't crawl
- can't stand when supported
- doesn't search for things that she sees you hide
- doesn't say single words like "mama" or "dada"
- doesn't learn gestures like waving or shaking head
- doesn't point to things
- loses skills he once had

# Early Intervention Services

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Research shows that early intervention treatment services can greatly improve a child's development

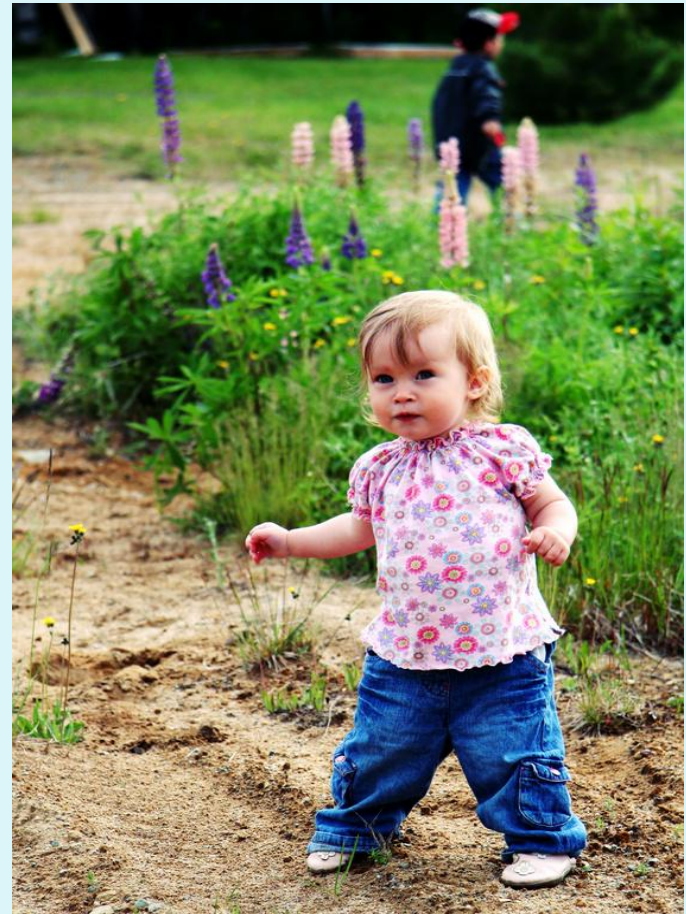


# Toddler Development

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Toddlers will show:

- greater independence
- begin to show defiant behavior
- recognize themselves in pictures or a mirror
- imitate the behavior of others





# Positive Parenting Tips for Toddlers

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- Read to the toddler daily.
- Ask her to find objects for you or name body parts and objects.
- Play matching games
- Encourage him to explore and try new things.
- Help to develop the toddler's language by talking with her and adding to words she starts.





# Play, Literacy, and Development

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Provide activities which include:

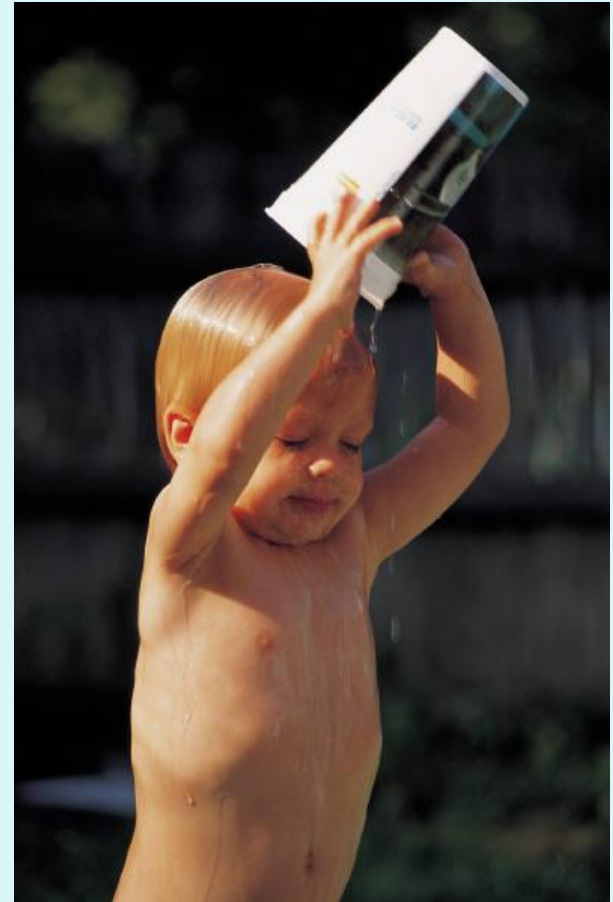
- Math
- Science
- Physical movement
- Outdoor play
- Art
- Music



# Toddler Growth and Development

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- The toddler phase is a very active time in a child's life.
- They become very mobile and physical



# Toddler Growth and Development

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- Their language is developing
- Cognitive and language development advances rapidly



# Nutrition for Toddlers

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- Nutrition needs of a toddler are based on their height, activity level and how their bodies burn calories.



# Nutritional Guidelines for Toddlers

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## Nutritional Guidelines



# References and Resources

Microsoft Clip Art: Used with permission from Microsoft

## Publication:

Helping Your Preschool Child  
U.S. Department of Education  
Office of Communications and Outreach  
Helping Your Preschool Child  
Washington, D.C., 2005

## Textbook:

Decker, C., & Ryder, V. (2010). *Parents and their children*. (7th ed., pp. 298-335). Tinley Park: The Goodheart-Willcox Publishing Company.

## Websites:

### Activities for Infants

Source: National Network for Child Care  
Teaching through care giving and learning through exploration  
[http://www.nncc.org/Child.Dev/dc24\\_activities.infant.html](http://www.nncc.org/Child.Dev/dc24_activities.infant.html)

### Ages and Stages –Infants

Source: University of Illinois Extension  
Development of infants from ages birth to twelve months  
<http://urbanext.illinois.edu/babysitting/age-infant.html>

### Baby on the Move: Cruising

What cruising looks like, when to expect it, and why it's an important milestone on the way to walking. Plus, tips for keeping it safe and fun.  
[http://www.babycenter.com/2\\_baby-on-the-move-cruising\\_1487416.bc](http://www.babycenter.com/2_baby-on-the-move-cruising_1487416.bc)

### Centers for Disease Control and Prevention

Early recognition of developmental disabilities such as autism is key for parents and providers. CDC realized the impact on families and invested in a campaign to help parents measure their children's progress by monitoring how they play, learn, speak and act.  
<http://www.cdc.gov/CDCtv/BabySteps/>

# References and Resources

## First Year Development: Infant Development

Source: American Pregnancy Association

Explains the categories of infant development and baby's development month by month.

<http://www.americanpregnancy.org/firstyearoflife/firstyeardevelopment.html>

## Infant and Newborn Development

Source: Medline Plus

Explains areas of growth in an infant

<http://www.nlm.nih.gov/medlineplus/infantandnewborndevelopment.html>

## KidsHealth

Nutrition through variety, how much food do they need, milk matters, and meeting iron needs.

[http://kidshealth.org/parent/nutrition\\_center/healthy\\_eating/toddler\\_food.html](http://kidshealth.org/parent/nutrition_center/healthy_eating/toddler_food.html)

## Understanding Growth and Development Patterns of Infants

Source: Virginia Cooperative Extension

Understanding a child's growth and development

<http://pubs.ext.vt.edu/350/350-055/350-055.html>

## YouTube™

Baby and Toddler Milestones

In this public service video for parents, Lisa Shulman, M.D., uses video of babies and toddlers to show the communication milestones expected in typically developing children.

<http://youtu.be/pZSim0drIGM>