

Developmental Milestones

Though each child is different, *developmental milestones* are skills and behaviors most children learn to do by a specific age (0-5). Working on the skills and behaviors listed below will help your child maximize their developmental progress. Regular *developmental milestone screenings* can identify a child's strengths and challenges. Addressing challenges early enables children to reach their full potential.



Communication Skills

More than just talking, communication skills help your child understand others and express themselves without words. You can help your child develop these skills each day by:

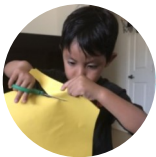
- ▣ Responding to their words and sounds
- ▣ Reading together
- ▣ Using facial expressions



Gross Motor Skills

Gross motor skills are movements that use large muscle groups in the arms, legs and torso. You can help your child develop these skills each day by:

- ▣ Practice sitting, crawling or standing
- ▣ Throwing or rolling a ball
- ▣ Jumping



Fine Motor Skills

Fine motor skills are movements that use small muscles in the wrist, hand or fingers. You can help your child develop these skills each day by:

- ▣ Grabbing objects
- ▣ Sorting laundry or doing chores together
- ▣ Coloring together



Problem Solving Skills

Your child improves how they makes connections and overcomes challenges through learning and play. You can help them develop their problem solving skills each day by:

- ▣ Asking questions
- ▣ Giving them simple puzzles
- ▣ Letting them explore their world



Social and Emotional Skills

Children develop skills to interact with others, show and feel emotions, and calm themselves down. Children learn a lot by watching your behavior. Have them practice:

- ▣ Taking turns sharing
- ▣ Talking about feelings
- ▣ Playing with others in a group

Keep Development on Track!

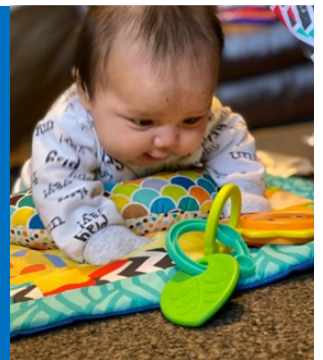
Regular *developmental milestone screenings* help keep your child's development on track. The U of A Cooperative Extension offers **FREE** screenings for children ages 0-5. Contact staff in your region to schedule a free appointment today!

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