

Appendix 3: The growing child

Children do not all develop at the same rate; children with a health condition or those with a disability may well be significantly behind other children; some parents may engage in a range of activities with their children that encourages them to develop earlier than others. It is therefore important to take account of the child's age, development, and circumstances rather than using blanket terms. In general:

Pre-mobile:

By 2 months, a baby is likely to be able to:

- Whilst laying on tummy, turn their head to the side;
- Whilst laying on back, wave arms, legs and wiggle / squirm;
- Briefly holds a toy when placed in their hand;
- Follows an object or person with both eyes.

By 4 months, a baby is likely to be able to:

- When laying on tummy, hold their head straight up and look around;
- When in a sitting position, hold their head steady, without support;
- Whilst laying on back, bring hands together over the chest, touching their fingers;
- When in a sitting position, start to reach for a toy close by;
- When baby has a toy in their hand, they will hold it whilst looking at it, waving it about and attempting to chew it;

By 6 months, a baby is likely to be able to:

- Roll from their back to their tummy;
- Sit up with support;
- Get into a crawling position;
- Grasp a toy using both hands at once;
- Reach a small object using their finger and pick it up using their thumb and all fingers;
- Be able to pick up a small toy with one hand and pass it to the other;
- Plays with feet when laying on back.

By 9 months, a baby is likely to be able to:

- Sit without support;
- Get into sitting position from lying down;
- Pull to stand and take weight on feet;
- May crawl;
- Roll over both ways.

By 12 months, a baby is likely to be able to:

- Sit well and gets into sitting position alone;

- Pull to stand from sitting position and sit down again;
- Walk around furniture;
- May crawl or bottom shuffle;
- May stand alone;
- Help turn the pages of a book;
- Throw a small ball;
- Be able to pick up a piece of string with first finger and thumb.

Mobile:

By 18 months, child is likely to be able to:

- Walk well;
- Walk upstairs holding an adults hand;
- Stack blocks on top of each other;
- Turn the pages of a book;
- Put a small spoon in their mouth, right side up.

By 2 years, a child is likely to be able to:

- Try to kick a ball;
- Run well;
- Jump with both feet leaving the floor at the same time;
- Hold a pencil by using thumb and first two fingers;
- Can string small items such as beads, pasta onto a string;
- Drinks from a cup with no lid.

By 3 years, a child is likely to be able to:

- Walk on tip toes when shown;
- Walk upstairs with alternate feet, still puts both feet on each step when coming down;
- Catch a large ball;
- Pedal a tricycle;
- Climb walls.

At about 4 years, a child is likely to be able to:

- Walks up and down stairs using alternate feet;
- Good on a tricycle;
- Hops and stands on one foot;
- Can throw, catch and kick well;
- Draws a person with recognisable body parts eg head, arms and legs;
- Uses a fork and spoon well.

At about 5 years, a child is likely to be able to:

- Balance and stand on one foot for about 10 seconds;
- Hop;
- Dance;

- Swing and climb;
- Slides down a slide;
- Can now get dressed and undressed by self.