

## Developmental Milestones

### Physical Development

- **By age 1:** Plays patty-cake and peek-a-boo, sits up without support, waves, crawls, pulls self up to stand, feeds self crackers and other finger foods.
- **By age 2:** Walks alone, eats with a spoon, kicks a ball and builds a block tower.
- **By age 3:** Walks up/down stairs with support, plays with toys and runs.
- **By age 4:** Briefly balances on one foot, climbs stairs without support, dresses and washes self.
- **By age 5:** Hops, skips, catches a large ball and throws small balls.

### Intellectual Development

- **By age 1:** Says “mama”, knows own name and repeats sounds.
- **By age 2:** Names some toys and people, recognizes self in mirror, points to eyes, nose and other body parts.
- **By age 3:** Repeats nursery rhymes, understands simple stories and uses at least 3-word sentences.
- **By age 4:** Tells stories, uses complete sentences, copies a circle, identifies some colors and answers simple questions.
- **By age 5:** Counts, copies shapes, follows multiple directions, speaks clearly, shares and takes turns.

**“You are your child’s most important teacher”**

### Helpful Resources

- **Information from the Federal Government**  
[www.disabilityinfo.gov](http://www.disabilityinfo.gov)
- **The National Dissemination Center for Children with Disabilities** **800.695.0285** or  
[www.nichcy.org](http://www.nichcy.org)
- **The US Department of Education’s Office of Special Education Programs** [www.ed.gov](http://www.ed.gov)

**Enjoy teaching, laughing,  
learning and loving your child!!  
You’re both worth it!!**



For additional FREE downloadable information please visit:  
[www.CWAVusa.org](http://www.CWAVusa.org)  
[email@childrenwithoutavoicusa.org](mailto:email@childrenwithoutavoicusa.org)

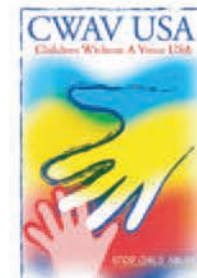
© 2014



memoosa

## YOUR CHILD’S DEVELOPMENTAL MILESTONES:

### AGE 1-5



Children Without A Voice USA  
501(c)(3) Registered Non-Profit  
PO Box 4351  
Alpharetta, GA 30023



**“Children with one or more disabilities have a harder time learning or completing tasks”**

**Disabilities include:**

- **Learning disabilities or mental retardation** causes slower development which makes reading, writing, and/or math difficult to learn.



- **Physical disabilities** such as cerebral palsy, which can range from mild to profound.

- **Speech and/or language impairments** makes articulation and/or understanding difficult.

- **Emotional disorders and/or behavioral impairments** makes coping with each day difficult.

- **Visual and hearing impairments.**

**If you suspect a problem, help is available from:**

- **Your health care provider or clinic**  
Get a complete physical exam for your child along with referrals to specialists or other resources as needed. Get a second opinion if you feel it's necessary.

- **Local school districts**  
If your child is age 2 or younger, ask about programs for infants and toddlers with special needs. If your child is age 3 or older, find out about special education services.

- **Social service agencies**  
Social workers can help you find counseling, locate resources, work with schools and contact other agencies.

**“It is extremely important to get help for your special needs child as early as possible”**

**Trust your instincts!**

**“Early intervention can help a child with special needs become as independent as possible”**

**Appropriate medical care, therapy and education will:**

- **Prevent disabilities from becoming more severe.** For example, speech therapy is most effective at an early age.

- **Build on a child's strengths.**  
Even a child with a severe or profound disability will benefit from an educational program that is tailored to meet the individual needs of each child.

- **Maintain a child's pride and self-worth.** An undetected disorder can cause more problems for a child. He/she may feel inferior and develop a behavior problem because his/her needs are not being met.

- **Become your child's advocate.**  
Ask questions, research your child's disability, find a support group, network with other parents of a special needs child, and get involved. By finding the best possible care for your child, you not only help your child but your efforts may also help other parents and families get the services they need.