

Normal Stages of Development (Birth to 5 Years)



	Physical and Language	Emotional	Social
Birth to 1 month	Feedings: 5-8 per day Sleep: 20 hrs per day Sensory Capacities: makes basic distinctions in vision, hearing, smelling, tasting, touch, temperature, and perception of pain	Generalized Tension	Helpless Asocial Fed by mother
2 months to 3 months	Sensory Capacities: color perception, visual exploration, oral exploration. Sounds: cries, coos, grunts Motor Ability: control of eye muscles, lifts	Distress	Smiles at a Face Visually fixates at a face, smiles at a face, may be soothed by rocking.

	head when on stomach. Delight		
4 months to 6 months	Sensory Capacities: localizes sounds. Sounds: babbling, makes most vowels and about half of the consonants Feedings: 3-5 per day Motor Ability: control of head and arm movements, purposive grasping, rolls over.	Enjoys being cuddled	Recognizes his mother. Distinguishes between familiar persons and strangers, no longer smiles indiscriminately. Expects feeding, dressing, and bathing.
7 months to 9 months	Motor Ability: control of trunk and hands, sits without support, crawls about.	Specific emotional attachment to mother.	Protests separation from mother. Enjoys “peek-a-boo”
10 months to 12 months	Motor Ability: control of legs and feet, stands, creeps, apposition of thumb and fore-finger. Language: says one or two words, imitates sounds, responds to simple commands. Feedings: 3 meals, 2 snacks Sleep: 12 hours, 2 naps Anger	Affection Fear of strangers Curiosity, exploration	Responsive to own name. Wave bye-bye. Plays pat-a-cake, understands “no-no!” Gives and takes objects.
1 years to 1 ½ years	Motor Ability: creeps up stairs, walks (10-20 min), makes lines on paper with crayon. Dependent Behavior	Very upset when separated from mother Fear of Bath	Obeys limited commands. Repeats a few words. Interested in his mirror image. Feeds himself.
1 ½ years to	Motor Ability: runs, kicks a ball, builds 6 cube tower (2yrs)	Temper tantrums (1-3yrs)	Resentment of new baby Does opposite of what he is told (18 months).

<p>2 years</p>	<p>Capable of bowel and bladder control. Language: vocabulary of more than 200 words Sleep: 12 hours at night, 1-2 hr nap</p>		
<p>2 years to 3 years</p>	<p>Motor Ability: jumps off a step, rides a tricycle, uses crayons, builds a 9-10 cube tower. Language: starts to use short sentences controls and explores world with language, stuttering may appear briefly. Fear of separation</p>	<p>Negativistic (2 ½ yrs) Violent emotions, anger Differentiates facial expressions of anger, sorrow, and joy. Sense of humor (Plays tricks)</p>	<p>Talks, uses “I” “me” “you” Copies parents’ actions. Dependent, clinging, possessive about toys, enjoys playing alongside another child. Negativism (2 ½ yrs). Resists parental demands. Gives orders. Rigid insistence on sameness of routine. Inability to make decisions.</p>
<p>3 years to 4 years</p>	<p>Motor Ability: Stands on one leg, jumps up and down, draws a circle and a cross (4 yrs)</p>	<p>Self-sufficient in many routines of home life. Affectionate toward parents. Pleasure in genital manipulation Romantic attachment to parent of opposite sex (3 to 5 yrs) Jealousy of same-sex parent. Imaginary fears of dark, injury, etc. (3 to 5 years)</p>	<p>Likes to share, uses “we” Cooperative play with other children, nursery school. Imitates parents. Beginning of identification with same-sex parent, practices sex-role activities. Intense curiosity & interest in other children’s bodies. Imaginary friend.</p>
<p>4 years to 5 years</p>	<p>Motor ability: mature motor control, skips, broad jumps, dresses himself, copies a square and a triangle. Language: talks clearly, uses adult speech sounds, has mastered basic grammar, relates a story, knows over</p>	<p>Responsibility and guilt Feels pride in accomplishment</p>	<p>Prefers to play with other children, becomes competitive prefers sex-appropriate activities</p>

	2,000 words (5 yrs)		
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