



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Relationships & Family

Lesson 22: Child Development

Child's Age	Cognitive	Social and Emotional	Speech & Language	Fine Motor Skills	Gross Motor Skills
1 to 3 years	<ul style="list-style-type: none"> -Turn pages to imitate reading -Tests care providers reaction to YES and NO -Sort various colors and shapes 	<ul style="list-style-type: none"> -Can play next to other children -Possessive and jealous of attention and objects - Argue or hit, if not supervised and taught to share 	<ul style="list-style-type: none"> -By 2 years, will clearly speak 50 plus words -Begin to form sentences -May pronounce words different than heard, not all correctly 	<ul style="list-style-type: none"> -Likes to stack items -Begin using spoon for eating -Explores and will easily get injured, as reasoning is poor - Wean from bottle between 12-18 months 	<ul style="list-style-type: none"> - Walks and begins to run -Roll and kick a ball - Can manage stairs, one step at a time
3 to 5 years	<ul style="list-style-type: none"> -Imitates by playing -Curiosity is high - Enjoy personal interaction (reading, singing) 	<ul style="list-style-type: none"> -Develop fears for things they trusted before - Able to approach others for interaction 	<ul style="list-style-type: none"> -Recite poems or songs - Ask "Why" often - Tell stories, often made up 	<ul style="list-style-type: none"> -Hold a crayon -Button own clothing -Trace letters 	<ul style="list-style-type: none"> -Pedal a tricycle -Climb, skip, jump - Throw and catch a ball
Elementary Age (6 to 11)	<ul style="list-style-type: none"> -Poor decision making skills -Asks for and expects parental presence - Not good with being alone -Desire peer connection 	<ul style="list-style-type: none"> - Writing and reading increases -Parents to communicate with teachers to support consistency 	<ul style="list-style-type: none"> -Bashful about asking for help – parents support them to practice - Enjoy performing for praise 	<ul style="list-style-type: none"> -Advances quickly, team and individual sports support -Outdoor free play allows personal risk taking, muscle control, and core strength to build balance 	<ul style="list-style-type: none"> - Advances quickly -Able to learn new muscle movements with practice
Adolescent (12-18)	<ul style="list-style-type: none"> -Self centered -Desire for peer acceptance 	<ul style="list-style-type: none"> -Risk taking -Requires adult guidance -Develop friendships (good and bad) -By 16, may be able to be home alone overnight 	<ul style="list-style-type: none"> -Speak well and can organize thoughts for decision making -Reading supports vocabulary expansion 	<ul style="list-style-type: none"> -Chores allow mind and body connection for organizing and prioritization 	<ul style="list-style-type: none"> -Upper body fitness activities support mind and body confidence and balance



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Birth to 6 weeks	<ul style="list-style-type: none"> -Totally dependent on others - May coo to show comfort or pleasure 	<ul style="list-style-type: none"> -Changes facial expression with new things -Sleeps up to 20 of 24 hours -Enjoys and responds to massage 	<ul style="list-style-type: none"> -Listens to sounds -Communicates through crying, only - Makes eye contact to show interest -Chokes or gags easily, liquid only -No lip or tongue control 	<ul style="list-style-type: none"> -Needs tummy time when awake - Clamps fists - Sleeps safely on the back, cannot move objects from face or head 	<ul style="list-style-type: none"> -Attempts to control the head - Cannot roll over or away from hurt
1 ½ to 3 months	<ul style="list-style-type: none"> - Follow objects with eyes - Pull hand from under self or lift head to catch glimpse of objects 	<ul style="list-style-type: none"> -Vision and hearing improve - Begins to smile or frown showing emotion -Responds to music and voices 	<ul style="list-style-type: none"> -Begins to make more sounds for attention 	<ul style="list-style-type: none"> -Open fists more often - Enjoys touching their mouth 	<ul style="list-style-type: none"> -More movement of arms and legs - Neck muscles strengthen and can lift head when on tummy
3 to 6 months	<ul style="list-style-type: none"> -Remembers faces and reacts - Recognize objects up to 3 feet away 	<ul style="list-style-type: none"> - Actively strives for attention - Recognizes self in a mirror 	<ul style="list-style-type: none"> - Squeals for pleasure - Makes vowel sounds - Gurgles to copy familiar voices 	<ul style="list-style-type: none"> - Grab items handed to them - Reach for own toes - Play with own hands 	<ul style="list-style-type: none"> - Can roll over - Hold head upright when seated in a propped position -Begins to sit without falling over
6 to 9 months	<ul style="list-style-type: none"> -Shows facial expression and enjoys company - Picks up on feelings of others -More affectionate to familiar faces than strangers 	<ul style="list-style-type: none"> -Laugh and smile for people they enjoy -Use gestures with communication 	<ul style="list-style-type: none"> - Babbles - Blows bubbles -Turn head when name is called -Begins weaning and needs less sucking 	<ul style="list-style-type: none"> - Reaches for objects -Picks up tiny objects 	<ul style="list-style-type: none"> -Control back to sit in a high chair for eating -Scoot on belly or may raise butt -Enjoys standing when held in position
9 to 12 months	<ul style="list-style-type: none"> - Uses pointer finger to request wants -Watches for response to their actions 	<ul style="list-style-type: none"> -Understands the word "NO" -Able to use a sippy cup -Poor separation from main care provider 	<ul style="list-style-type: none"> - May clearly say first word -Recognize own name - Control lips and tongue 	<ul style="list-style-type: none"> - Hold and examine toys or other item -Use pincher motion with thumb and pointer finger to pick up small food or other items -Ability to throw things 	<ul style="list-style-type: none"> -Pull up onto knees -Crawl or drag themselves around -Pull up to stand next to furniture