



# Daily Routines

## Deadly at 3-6 months

- Sleeps less during the day and a little more at night
- Breast milk (or infant formula) is the food your baby likes most

## Deadly at 6-9 months

- Starting to have a sleep routine and able to settle more easily
- Starting to eat solid foods

## Deadly at 9-12 months

- Holds food and chews different textures (e.g. biscuits, meat, pasta, fruit)
- Starts to drink from a cup with help

## Deadly at 12-18 months

- Starts feeding self with a spoon and chews well
- By 18 months drinks from cup holding with both hands
- By 18 months starting to help with dressing and undressing (e.g. holding arms up for putting shirt on)

## Deadly at 2 years

- Puts on some clothes without help
- May be ready for toilet training (e.g. knows when they are wet)
- Asks for things – milk, food, drink, toys

## Deadly at 3 years

- Able to dress and undress with help
- Usually toilet trained by day
- Washes and dries hands
- Eats skillfully with a spoon, and may use a fork
- Able to follow family rules (e.g. when going out)

## Deadly at 4 years

- Uses spoon and fork well
- Can dress and undress mostly without help
- Is toilet trained by day and night

## Deadly at 5 years

- Dresses and undresses with little help for most clothes
- Uses spoon and fork well, cuts soft food with knife
- Eats a wide range of foods (e.g. meat, pasta, fruit, veggies, nuts)

If you have any health concerns,  
please visit your local health centre.





# Making Friends

## Deadly at 3-6 months

- Looks and smiles when smiled at
- Enjoys playing with familiar people
- Starts to show some shyness with unfamiliar people

## Deadly at 6-9 months

- Uses eye contact and shows different facial expressions
- Recognises familiar people
- May be shy with strangers and clingy with familiar people

## Deadly at 9-12 months

- Enjoys communicating with familiar people using eye contact and facial expression
- Can be shy with unfamiliar people and seek out familiar people for comfort
- Enjoys taking turns when playing games (e.g. peek-a-boo, clapping)

## Deadly at 12-18 months

- Plays happily beside other children
- Plays games with carer or another familiar person
- Repeats actions or sounds to get attention (e.g. dropping toys, squealing)
- By 18 months starting to learn routine behaviours when asked (e.g. 'sit down', 'come here')

## Deadly at 2 years

- Happily plays near or with other children
- Begins to include other children in simple play
- Is developing more self-control but sometimes finds it hard to control emotions

## Deadly at 3 years

- Plays together with other children
- Understands sharing play things, taking turns and simple rules
- With familiar people, can separate from parents/carer
- Can tell you their name when asked

## Deadly at 4 years

- Plays cooperatively, understands simple rules, taking turns and sharing with other children
- Separates happily from parent/carer

## Deadly at 5 years

- Cooperates with other children and understands the need for rules and fair play (e.g. sharing, negotiating)
- Shows affection and sympathy to others
- Chooses own friends or play mates
- General behaviour, more sensible, controlled and independent

If you have any health concerns, please visit your local health centre.





# Listening and Talking

## Deafly at 3-6 months

- Listens to everyday sounds and people's voices
- Makes sounds when people talk to them (e.g. ahh, ooh)
- Makes sounds to communicate 'happy' or 'upset'

## Deafly at 6-9 months

- Copies sounds and actions (e.g. blowing raspberries, pointing, showing, waving)
- Understands words e.g. 'bye-bye', 'no'
- Starting to use long strings of babble (e.g. bu-bu, ma-ma, da-da)

## Deafly at 9-12 months

- Listens and follows sounds (e.g. turns head to search unseen sound)
- Uses gestures (e.g. waves 'bye-bye')
- Shows what they want by pointing and making sounds
- Babbles loudly in repetitive strings that sound like they are 'talking' (babudu, agagmu)
- Tries to copy words and sounds
- Enjoys repetitive rhymes and songs

## Deafly at 12-18 months

- Understands and responds to simple requests (e.g. child passes something in response to 'Ta')
- Learns new words everyday
- Starting to use some words with meaning (e.g. mama, dada, cup, car)
- Enjoys simple picture books and points to pictures
- By 18 months understands many words and short requests (e.g. 'show me the ball')

## Deafly at 2 years

- Consistently learns new words
- Says at least two word sentences (e.g. 'push car', 'throw big ball Daddy')
- Understands two-step instructions (e.g. get your teddy and give me a cuddle)
- Listens and pays attention to stories and books

## Deafly at 3 years

- Uses at least three words together to have a simple conversation (e.g. 'car go down', 'mummy read big book now')
- Familiar people understand speech most of the time
- Can follow three step instructions (e.g. 'bring ball and book and come to mummy')
- Can say how they feel (e.g. happy, sad, angry)

## Deafly at 4 years

- Can have a conversation
- Can tell a story about past or future events
- Uses words for people such as 'I', 'you', 'he' and 'she'
- Speech can be understood by people outside the family
- Understands words for a wide range of feelings (e.g. sad, excited, happy, scared)
- Follows instructions containing 'in', 'out', 'beside' (e.g. 'put the ball beside the door')

## Deafly at 5 years

- Can communicate well with only a few grammatical errors
- Follows instructions with multiple parts (e.g. 'find your hat and shoes and let's play outside')
- Able to answer questions that start with 'where', 'what', 'who', 'why'
- Creates imaginative stories in pretend play

If you have any health concerns, please visit your local health centre.





# Movement and Play

## Deadly at 3-6 months

- Lifts head and chest when lying on their tummy
- Learns to roll over from tummy to back or back to tummy
- Learning to sit with support
- Reaches out for toys and brings hands and toys to mouth
- Likes to play with their toes

## Deadly at 6-9 months

- Rolls and starts to move around the floor (e.g. crawling)
- Explores things within their reach
- Is curious about what's happening around them

## Deadly at 9-12 months

- Is keen to explore the world
- Explores things in different ways (e.g. shaking, banging and throwing)
- Starting to pull to stand when holding onto furniture
- Picks up small things with fingertips and thumb (e.g. sultanas)

## Deadly at 12-18 months

- Walks while holding onto furniture and can walk independently by 18 months
- Plays using objects for their real purpose (e.g. playing with doll, pushing car, stacking blocks)
- Enjoys playing ball games
- Picks up small objects with fingertip and thumb, turns pages in books
- Starting to hold pencil and scribble when shown

If you have any health concerns, please visit your local health centre.

## Deadly at 2 years

- Walks and runs well
- Walks up and down stairs while holding on
- Enjoys playing ball games
- Copies household activities (e.g. sweeping floor)
- Plays imaginary games (e.g. uses a box for a car, makes toys talk to each other)
- Plays with blocks or other construction toys (e.g. building towers)
- Enjoys scribbling and drawing (e.g. circles and lines)

## Deadly at 3 years

- Walks, runs and jumps well
- Likes to climb and play on playground equipment
- Cuts with scissors, may need help
- Copies drawing lines and circles
- Makes up games and stories (e.g. pretends to be dinosaurs, football stars, princesses)

## Deadly at 4 years

- Runs well, turning corners
- Walks up and down stairs alone
- Plays ball games
- Climbs playground equipment easily
- Draws a stick person (may have 3-4 features, e.g. head, arms, legs and body)

## Deadly at 5 years

- Skilled at climbing, skipping, hopping, ball games
- Rides bike (with trainers) or scooter
- Copies letters and writes some letters in own name
- Puts more detail in drawings (e.g. windows on house), colours pictures neatly
- Counts between 10 and 20 objects
- Cuts out simple shapes with scissors

