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

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Listening and Talking

Deadly 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’

Deadly 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)

Deadly 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

Deadly 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’)

Deadly 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

Deadly 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)

Deadly 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’)

Deadly 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

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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

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

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