

## A Glance at Child Growth and Development

Prepared by Extension family life education specialists

	Physical	Intellectual	Emotional	Social
<b>8–9 weeks</b>	Focuses eyes. Reacts to touch, sound and light. Eats about every 3 to 4 hours.	Eyes follow objects or light.	Cries when distressed.	Smiles.
<b>12 weeks</b>	Holds up head.	Recognizes mother figure and bottle. Brings hands together and watches them.		Coos and gurgles.
<b>16 weeks</b>	Tries to grab things. Tries to roll over.	Has some eye-hand coordination.	Cries different ways for different reasons.	Laughs aloud.
<b>6 months</b>	Sits with support. Teeth begin to come in.	Reaches for and grasps objects.	Laughs, chuckles. Shows fear, anger or dislike.	Tries to talk to image in mirror.
<b>8 months</b>	Sits alone.	Puts objects in mouth. Transfers objects from hand to hand. Can make several sounds.		Pats image in mirror. Responds to name.
<b>9–10 months</b>	Creeps or crawls. Pulls to standing.	Can pick up small objects.	Yells to get attention. May be shy or afraid of strangers.	Plays peek-a-boo.
<b>1 year</b>	Eats three meals a day with snacks in between. Stands and takes beginning steps. Drinks from a cup with help. At 1 year healthy babies have usually tripled their birth weight and grown about 9 or 10 inches.	Says a few words and knows their meaning. Points to objects he wants. Imitates animal sounds.	Shows affection. More tolerant. More willing to accept restrictions. Anger is more controlled—directed toward a person or thing.	Waves goodbye. Plays pat-a-cake. Cooperates. Responds more to adults than to other infants.
<b>12–15 months</b>	Walks alone with feet wide apart. Runs stiffly on toes. Can walk sideways or backward. Tries to go up and down stairs while holding rail.	Can stack three or four blocks on top of one another. Can hold pencil and make marks on paper. Uses six to 12 words. Short attention span.	Self-centered. Emotions change a lot. May sometimes be fearful, anxious or resentful.	Plays mostly alone. Recognizes other children and tries to get attention. Tries to copy other children.
<b>15 months–2 years</b>	Can throw objects. Grows about 5 inches by age 2.	May show preference for one hand. Can use cup to drink. Begins to form ideas and use imagination. Shows curiosity.	Shows affection. Tends to be selfish and possessive. Cries when toys are taken away.	

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	<b>Physical</b>	<b>Intellectual</b>	<b>Emotional</b>	<b>Social</b>
<b>2 years</b>	Uses one hand much more than the other. Jumps with both feet together. Pulls toys.	Puts two or three words together. Refers to self by name. Can make circular scribbles.	Easily frustrated. Often fearful or resentful. Tries to do things by himself. Doesn't like to be bossed or helped.	Joins in short songs. Imitates others. Plays simple "pretend" games.
<b>2½ years</b>	Kicks a ball. Stands on tiptoes.	Uses 200 to 500 words and simple sentences. Uses pronouns I, me, you. Memorizes short rhymes. Starts to use plural and past tense words.	Often stubborn. Acts out feelings noisily and violently. Seeks security.	Likes fantasy play. Likes to tell others what to do.
<b>3 years</b>	About 3 feet tall and weighs about 30 pounds. Gains about ½ pound each month and grows about 3 inches during the year. Runs easily and smoothly. Can turn somersaults, ride a tricycle, and stand briefly on one foot. Feeds self.	Begins to understand simple ideas such as hello/goodbye, back/front, up/down. Recognizes letters and numbers. Learns to count. Learns to cut with scissors along lines. Puts two thoughts together in a compound sentence.	Begins to express feelings with less hostility.	May play with others but does not share well or cooperate all the time. Seeks attention. Has friends the same age. Likes to help.
<b>4 years</b>	Skips on one foot. Hops. Dresses himself. Can button clothes. Can brush teeth and wash and dry hands.	Knows about 2,000 words. Can give full name and address. Listens to stories and can make up stories. Asks many questions.	Tries to be independent. Has short attention span. Needs and seeks parents' approval.	Understands taking turns. Begins to compete with others.
<b>5 years</b>	Dresses and undresses self. Ties shoelaces. Uses knife and fork. Dances to music. Grows about 3 inches and gains 4 to 5 pounds each year.	Begins to understand time. Likes puzzles and manipulative toys. Draws recognizable figures. Draws alphabet letters.	Is inconsistent in expressing feelings. Likes to argue.	Begins to cooperate. Less apt to fight.
<b>6–7 years</b>	Throws and catches a ball. Climbs up ropes. Has good balance. Can make running and standing jumps. Uses arms without moving torso. Growth is slow but steady. Legs grow faster than rest of body. Large muscles better developed than small ones.	Can do snaps, hooks, and other small fasteners. Shows interest in books, records, and musical instruments. Begins to collect things. Likes to cut and paste. Knows more than 2,500 words and speaks very well. Thinks about and solves problems. Asks fewer but more meaningful questions.	Is much less fearful. Thinks showing affection is childish. Seldom gets angry or violent. Less resistant and stubborn. Wants the approval of others.	Likes group games and activities. Close playmates are usually of the same sex. Some children like role playing; others like sports and competition. Enjoys being alone sometimes. Wants the approval of adults and children his age.

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