

# HOW I LEARN

## MILESTONES OF TYPICAL CHILD DEVELOPMENT



### SELF MANAGEMENT SKILLS

- Eats independently
- Toilets
- Starts to dress with little help
- Know some routines during the day
- Cleans teeth
- Cleans up toys after playing
- Calms down after something exciting

### THINGS YOU CAN DO

Children learn by watching adults as well as friends behave in acceptable ways. Help your child to calm down and manage stress, even if it takes more time.

### FINE MOTOR SKILLS

- Writes first name
- Attempts to use scissors to cut lines
- Draws shapes, straight and squiggly lines
- Hold pencils and crayons between thumb and first two fingers
- Uses play dough to roll, pinch and cut shapes
- Can thread objects

### THINGS YOU CAN DO

Messy play and activities in the home such as drawing and making things help your child develop skills when they repeat the activity and practice daily.

### LARGE MOTOR SKILLS

- Hops and jumps
- Balances on one leg
- Climbs on equipment
- Throws and catches
- Walks in straight line
- Paints people with head, eyes, mouth, arms and legs
- Shows preference for right or left hand
- Uses objects and materials to build and create things

### THINGS YOU CAN DO

Provide games and outdoor active play that encourages your child to develop strength and coordination which is needed for many sports games and activities.

### MATHEMATICS AND SCIENCE SKILLS

- Counts some objects by touch
- Knows some numbers
- Begins to understand sizes such as big and little
- Starting to understand yesterday, today and tomorrow
- Can start to sort objects using colour or shape

### THINGS YOU CAN DO

It is so important your child plays counting and timing games such as 'hide and seek' as it develops concepts of time and trust too. Look at shapes and patterns all around you and play 'guess who' by giving clues.

### SOCIAL AND EMOTIONAL SKILLS

- Plays games with simple rules and instructions
- Uses words to express some feelings like happy, sad, upset, hungry
- Enjoys making up games and playing with others
- Talks to self during playtime
- Likes to give and receive attention from parents
- May have a special friend

### THINGS YOU CAN DO

Create opportunities for your child to play games where they have to take turns, wait in line, share toys, and cope if they do not win. Encourage your child to learn greeting and farewell words. At this stage, your child is exploring emotions and learning how to express feelings through talking, play and simple gestures.

### LITERACY SKILLS

- Knows some letters and the sounds they can make
- Is interested in telling stories
- Engages in dramatic play and pretends to be a character
- Copies letters and begins to scribble or write words, often made up
- Enjoys jokes, rhymes and stories
- Starts to sing the alphabet song
- Points to pictures when listening to a story

### THINGS YOU CAN DO

Language is the most important skill to develop as it helps children communicate and express ideas or feelings all day at school. Model back to children the correct language and sentence structure in conversations. Encourage your child to look around the environment and recognise print and letters in words and signs.

### WHAT TO EXPECT OF A CHILD GETTING READY FOR SCHOOL

- Asks many questions
- Sleeps 9-10 hours a night
- Begins to loose baby teeth
- Answers simple questions
- Changing appetite
- Snacks between main meals
- Grows at different rates to peers
- May go through separation issues when leaving parent/s
- Will need one-on-one attention to build emotional confidence
- Invents games

### THINGS YOU CAN DO

Share any positive experiences you had when starting school. Ask your child about how they are feeling about starting school and reassure them there will be teachers and friends to care for them. Try and arrange a get together with another child and family who is also starting school. You can always take pictures of the school and start a little journal to begin telling the story of 'going to big school'.

