

# DEVELOPMENTAL MILESTONES

LITTLE STEPS TO BIG LEAPS

24 – 36 Months



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Pick n Pay School Club 

The Development Milestones kindly provided by Associate Professor Catherine Draper

24 - 36 Months

# FINE MOTOR DEVELOPMENT



## INDICATORS:

Can undo big buttons

Opens and closes lids

Threads big beads

Scribbles basic shapes with a pencil / crayon

Starts to cut with scissors

## HOW TO HELP:

Give them buttons to practice

Let them open and close lids on empty containers

Let them practice threading some big beads

Encourage them to scribble with a pen, pencil or crayons on any kind of paper

Help them cut with scissors

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# GROSS MOTOR DEVELOPMENT



## INDICATORS:

Starts climbing on a jungle gym

Tries to catch a ball

Copies actions to a song

## HOW TO HELP:

Help them climb on the jungle gym, if you have access to one

Practice throwing and catching a big ball with them

Teach them actions to a song

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# COGNITIVE DEVELOPMENT



## INDICATORS:

Matches shapes

Obeys 1-2 prepositions (e.g. up, down, in, out)

Names 7 objects and 3 actions correctly  
Identifies and names 1-2 colours

Identifies and names main body parts

## HOW TO HELP:

Use things around the house to help them match shapes

Practice using prepositions when talking with them

Get them to identify colours, objects and actions when reading a book or magazine

Teach them their body parts when bathing or dressing

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# SOCIAL EMOTIONAL DEVELOPMENT

## INDICATORS:

Wants to do things by themselves

Enjoys routine

## HOW TO HELP:

Let them develop their independence and do things themselves, e.g. dressing

Establish a daily routine



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# 1 2 3 NUMERACY



## INDICATORS:

Remembers 2 numbers in a sequence

Tells the difference between big and small

Tells the difference between short and long

## HOW TO HELP:

Practice counting with them

Practice showing them things that are big and small, short and long, and ask them if they can tell the difference

24 - 36 Months

# LANGUAGE AND LITERACY



## INDICATORS:

Asks for water, food, toilet etc

Has vocabulary of 200-300 words

Recognises and identifies familiar objects

Understands simple questions and commands

## HOW TO HELP:

Encourage them to verbalise their requests

Regularly ask them to identify and name familiar objects

Read and tell stories to increase their vocabulary

Ask them to do small tasks

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