

DEVELOPMENTAL MILESTONES

LITTLE STEPS TO BIG LEAPS

36 – 48 months



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36 – 48 months



FINE MOTOR DEVELOPMENT



INDICATORS:

Tries to tie shoelaces

Colours in simple shapes

Shows a definite hand preference

Pencil / crayon grip improves
(3 fingers)

HOW TO HELP:

Let them practice tying shoelaces

Show them how to colour in shapes,
and allow them to use their preferred
hand

Encourage them to draw with a pen,
pencil or crayons

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GROSS MOTOR DEVELOPMENT



INDICATORS:

Stands on 1 leg for longer (3-5 seconds)
Jumps further on 1 leg (5 steps)
Skips a few steps

Better at kicking a ball at a target

Catches a small ball

HOW TO HELP:

Spend time doing active play with them to practice balancing, jumping, and skipping

Help them practice catching, throwing and kicking a ball at a target, e.g. between 2 chairs

If they struggle with a small ball, use a big ball instead



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COGNITIVE DEVELOPMENT



INDICATORS:

Remembers parts of a story and names

Names 12 objects correctly
Names 12 actions correctly
Can name basic shapes

Matches a 3-5 piece puzzle

Identifies and names other body parts

HOW TO HELP:

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

Use things around the house to help them to identify and compare different shapes

Make a puzzle from a magazine picture or box

Teach them new body parts when bathing or dressing

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SOCIAL EMOTIONAL DEVELOPMENT

INDICATORS:

Starts to develop friendships
Becomes less dependent on caregiver

Shows awareness of others' needs

Understands give and take

HOW TO HELP:

Encourage them to spend time with their peers, and to play independently (safely, with supervision)

Verbalise others' needs

Encourage them to take turns and share with others



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NUMERACY

1
2
3
4
5

INDICATORS:

Starts to count objects
Counts up to 4 or 5

Finds the biggest and smallest objects

HOW TO HELP:

Practice counting with them, including counting objects

Practice comparing big and small, and ask them to find the biggest and smallest things at home



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LANGUAGE AND LITERACY



INDICATORS:

Asks 'how?' questions

Uses sentences of up to 6 words

Able to follow instructions

HOW TO HELP:

Talk, sing, read and tell stories with them

Encourage them to talk (in sentences) and ask questions

Get them to help with simple chores

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