



Early Learning Matters

Because parents are their children's first, best teachers.

Physical Development	
Benchmarks : Sensory Learning	
0-3 mo.	Prefers bright colors Tracks visually & makes eye contact Holds an object, but won't reach for it Starts to coo and smile (repeat the sounds that the child makes) Bonding with caregiver (touching and holding child is important) Basic needs need to be met - feeding, touching React to familiar scents – (becoming more calm when given a familiar blanket)
4-6 mo.	Imitates sounds Begins to recognize their name when spoken Discovers their body parts Shows emotion – crying when important person leaves Uses hands – passing back and forth Starts to see colors, shapes, patterns, pictures – loves flashing lights Turns toward a sound and looks for its source.
7-12 mo.	Shows curiosity by exploring senses Repeats actions (clapping – bye-bye, peak-a-boo) Exhibits stranger anxiety Explores – banging/shaking Begins to eat soft food and react to taste, scent and texture.
12-18 mo.	Begins relating to other children Explores books /pictures independently Explores new textures, shapes and materials within the environment Scribbles with different media
18-24 mo.	Experiments with objects Sorts and match objects with guidance Strings beads Explores puzzles and blocks Expresses wonder at the world through all five senses
24-36 mo.	Recognizes basic colors, shapes and body parts Knows familiar songs, rhymes, finger plays Listens attentively to stories and will imitate story reading Moving from fist to tripod grasp Displays self-soothing behaviors Builds a tower with blocks
36 mo. – 5 years * sensory learning becomes integrated in all areas of development for children of these ages	Demonstrates an increasing awareness of complex sensory inputs and uses more complex language to describe them. (for example bitter, sour, salty) Recognizes increased detail in objects and pictures



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Benchmarks: Health and Physical Well-Being	
0-3 mo.	Tracks visually & makes eye contact Basic needs need to be met - feeding, touching Cries as way to communicate
4-6 mo.	Eats to fullness Responds to regular daily routines (diaper change, feeding)
7-12 mo.	Self-soothing, redirect from unsafe behaviors
12-18 mo.	Develops self-help skills Feeds self Helps undressing self
18-24 mo.	Participates in brushing teeth & blowing nose Demonstrates food preferences
24-36 mo.	Aware of bodily functions Participates in meal time Displays some recognition of rules & pays attention to safety instructions
36-48 mo. 3 – 4 yrs	Dresses themselves independently Recognizes of rules and pays attention to safety instructions
4 – 5 yrs	Brushes teeth independently Blows nose independently Selects appropriate clothing for weather Participates in group physical games & actions
Benchmarks: Large Muscle (gross Motor)	
0-3 mo.	Develops neck & arm – tummy time is important Holds an object, but won't reach for it
4-6 mo.	Rolls over Sits with support Bears weight on legs Scoots and bounces
7-12 mo.	Sits independently Creeping to crawling Stands & bounces Banging and shaking Responds physically to music
12-18 mo.	Balance & coordination Control over arms & legs Walks independently
18-24 mo.	Begins to run Walks up and down stairs holding on to support Throws a ball at a target Kicks ball Attempts to jump
24-36 mo.	Jumps with both feet off the ground at once Bounces a ball Catches a large ball





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36-48 mo. 3 – 4 yrs	Walks down stairs alternating feet Jumps & hop several times Runs smoothly Gallops
4 – 5 yrs	Skips Gallops with either leg Kicks ball with accuracy Rides bike with training wheels Moves forward and backward with agility Throws overhead

Benchmarks: Small Muscle (fine motor)	
0-3 mo.	Tracks visually & makes eye contact Holds an object, but won't reach for it
4-6 mo.	Passes object from one hand to another Reaches for object with one hand (using a raking motion)
7-12 mo.	Shaking & banging Repeats motions (clapping, bye-bye) Uses fingers to grasp object (hand to hand) Puts object into a container and takes them out
12-18 mo.	Eye/hand coordination, Scribbles Feeds self Helps dress self Explores books
18-24 mo.	Strings beads Puzzles Blocks Sort & match Feeds self with a spoon Scribbling begins to include lines and circles
24-36 mo.	Builds a tower Dressing Fist toward tripod writing Cuts paper Turns book pages one at a time Consistently uses spoon and fork to eat Traces a shape
36-48 mo. 3 – 4 yrs	Draws sunshine people Copies shapes Writes name w/ model Cuts on line and curve
4 – 5 yrs	Uses an instrument in time w/rhythm Puts together a 10-12 piece puzzle Holds pencil properly (tripod hold) Draws their own name & familiar words Takes care of most dressing and bodily needs independently Starts to add details to pictures Uses all utensils to eat

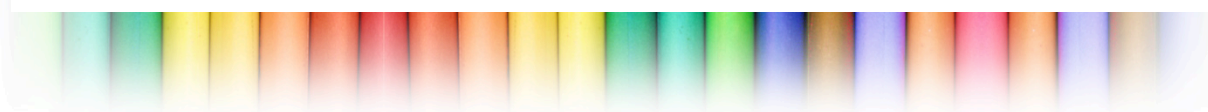




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Emotional Development	
<i>Benchmarks: Attachment Relationships (A Caring Community)</i>	
0-3 mo.	Tracks visually & makes eye contact Starts to coo and smile – (repeat the sounds that the child makes) Bonding with caregiver – (touching and holding child is important) Basic needs need to be met - feeding, touching Cries as way to communicate
4-6 mo.	Imitates sounds Begins to recognize their name when spoken Shows emotion – crying when important person leaves Plays independently
7-12 mo.	Stranger anxiety Parallel aware play
12-18 mo.	Self help skills – self feed help with dressing Security w/ familiar adults Begins relating to other children Has an awareness of other children's feelings Begins simple social play Imitate adults – like to help (routine behaviors) Starts to use simple words to express emotions(i.e. "sad", "happy", "mad")
18-24 mo.	Proud of things they do Solves simple problems Uses and understands the word, "Mine" Communicate sense of humor
24-36 mo.	Asks simple question (who, what when, where, why) Uses four-word sentences Knows 800 words, Uses 200 words Imitates adult and playmates activities Knows family members Uses social phrases (please, thank you) Listens attentively to stories and will imitate story reading Anticipates consequences Loves to do things independently (note: allow time for this, pick up shoes, put on coat and shoes) Self-help Comforts others who are sad Expresses & understands feelings Displays self-soothing behaviors Displays cooperative social pretend play





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36-48 mo. 3 – 4 yrs	Cooperates & shares with other children (bartering and trading) Understands time concepts Uses complete sentences Draws "sunshine" people Plays with age peers Uses fantasy play Seeks affirmation, takes pride in accomplishments
4 – 5 yrs	Manages emotions appropriately Understands and makes choices Takes care of most dressing and body needs independently Informs adults of change in routine and when rules are broken Focuses on a task for at least five minutes persisting through problems and distractions Makes peer friends Demonstrates an aware of cause and effect Demonstrates cooperation and team work Takes on other's point of view (ex. Aubrey likes fairies so Elaina likes fairies)
Benchmarks: Sense of Self – Social Identity	
0-3 mo.	Identity is based on caregiver
4-6 mo.	Begins to recognize their name Discovers their body parts Looks at self in mirror
7-12 mo.	Displays curiosity by exploring senses Shows likes and dislikes
12-18 mo.	Points to body parts when named Engages in pretend play Looks at self in mirror
18-24 mo.	Cooperative pretend play Uses and understands the word, "Mine"
24-36 mo.	Knows family members Displays cooperative social pretend play
36-48 mo. 3 – 4 yrs	States their age & gender Seeks affirmation, takes pride in accomplishments Focuses on a task for at least five minutes
4 – 5 yrs	Focuses on a task for at least 10 - 15 minutes Persists through problems & distractions





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Benchmarks: Mutual and Self Regulation	
0-3 mo.	Calms when comforted
4-6 mo.	Consistent schedule Calms self with a self-soothing technique (pacifier)
7-12 mo.	Looks to a familiar adult when trying to judge a situation
12-18 mo.	Starts to understand rules and routines
18-24 mo.	Begins to use verbal cues to communicate
24-36 mo.	Anticipates consequences Loves to be independent Develops independent self-soothing behaviors
36-48 mo. 3 – 4 yrs	Seeks affirmation, takes pride in accomplishments
4 – 5 yrs	Manages emotions appropriately Understands & makes choices Informs adults of change in routine Stays on task for 5 minutes even with distractions
Benchmarks: Emotions of self and others	
0-3 mo.	Cries as way to communicate
4-6 mo.	Uses different cries for different needs Cries when a familiar person leaves
7-12 mo.	Exhibits stranger anxiety
12-18 mo.	Demonstrates awareness of other children's feelings
18-24 mo.	Uses and understands the word, "Mine" Communicates sense of humor
24-36 mo.	Comforts others who are sad Expresses & understand feelings – both positive and negative
36-48 mo. 3 – 4 yrs	Seeks affirmation, takes pride in accomplishments
4 – 5 yrs	Manages emotions appropriately Shows kindness and empathy





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Social Development

Benchmarks: Social Interaction, Adults & Peers

0-3 mo.	Tracks visually & makes eye contact Repeats sounds Bonds with caretaker Cries as way to communicate Coos & smiles Basic needs need to be met - feeding, touching
4-6 mo.	Responds to another baby crying Recognizes own name Imitates sounds Cries when important person leaves Matches facial expressions Plays independently
7-12 mo.	Lifts arms to be picked up Repeats actions (Bye-bye, peek-a-boo) Says familiar words (mama, dada) Stranger anxiety Parallel aware play
12-18 mo.	Security w/familiar adults Begins relating to other children Displays an awareness of other children's feelings Begins simple social play Imitates play
18-24 mo.	Communicates sense of humor Asks for help verbally or with gestures Responds to requests made by familiar adults Cooperative pretend play
24-36 mo.	Imitates adult & playmates activities Knows family members Uses social phrases (thank you, please) Comforts others who are sad Cooperative social pretend play
36-48 mo. 3 – 4 yrs	Cooperates and shares with other children (bartering & trading) Plays with age peers Engages in fantasy play
4 – 5 yrs	Self confident and cooperative Shows kindness and empathy





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Communication and Language Development	
<i>Benchmarks: Listening, understanding & communicating</i>	
0-3 mo.	Tracks visually & makes eye contact 1-2 minute attention span Starts to coo and smile – repeat the sounds that the child makes Bonds with caregiver – touching and holding child is important Basic needs need to be met - feeding, touching Cries as way to communicate
4-6 mo.	Imitates sounds Begins to recognize their name when spoken Shows emotion – crying when important person leaves
7-12 mo.	Repeats actions (clapping – bye-bye, peak-a-boo) Starts saying familiar words – mama, dada Stranger anxiety Responds to familiar vocabulary
12-18 mo.	Security w/ familiar adults Begins relating to other children Awareness of other children's feelings Begins simple social play Imitates adults – likes to help Explores books /pictures independently
18-24 mo.	Uses and understands the word, "Mine" Communicates sense of humor Cooperative pretend play Asks a lot of questions Uses 15-20 words
24-36 mo.	Uses "ing" appropriately at the end of words Follows simple directions Repeats words heard in conversations Answers simple questions Uses 150- 300 words
36-48 mo. 3 – 4 yrs	Knows plurals Uses descriptive words Uses complete sentences Uses 900-1000 words
4 – 5 yrs	Uses correct grammar most of the time Asks and answers who, what, where, when questions





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Benchmarks: Early Literacy (Reading and Writing)	
0-3 mo.	Tracks visually & makes eye contact 1-2 minute attention span Starts to coo and smile (repeat the sounds that the child makes)
4-6 mo.	Imitating sounds Begins to recognize their name when spoken Uses hands – developing fine motor skills Starting to see colors, shapes, patterns, pictures – loves flashing lights
7-12 mo.	Starts saying familiar words – mama, dada Starts to use fingers to grasp objects Responds to familiar vocabulary
12-18 mo.	Begins to develop gross motor skills Demonstrates balance & coordination Controls of movement arms & legs Explores books /pictures independently Scribbles
18-24 mo.	Sorts and matches objects with guidance Strings beads Explores puzzles and blocks Works towards stringing words together Pretends to read using babbling
24-36 mo.	Imitates story reading Uses four word sentences Knows familiar songs, rhymes, finger plays
36-48 mo. 3 – 4 yrs	Knows some songs Matches letters Uses descriptive words Retells a story in sequence Uses & understands complete sentences Recognizes name – written Writes name with model Uses make believe writing w/ random letters
4 – 5 yrs	Reads environmental signs Makes up own stories to go w/ pictures Starts to exhibit reading/writing conventions Sings ABC song Uses inventive spelling Uses prepositions and opposites Recites 5 – 10 rhymes Draws their own name and familiar words Tells a story including beginning, middle & end Identifies picture rhymes Uses correct grammar most of the time Becomes interested in reading Asks for definitions & can define common words





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Thinking Skills and Cognitive Development

Benchmarks: Approach to learning, application of learning & problem solving

0-3 mo.	<i>See Physical Development: Sensory Learning</i>
4-6 mo.	
7-12 mo.	
12-18 mo.	
18-24 mo.	
24-36 mo.	Follows 1 step directions 10-15 minute attention span Demonstrates prior understanding Understands some opposites Understands similarities
36-48 mo. 3 – 4 yrs	Asks a lot of questions Follows simple 2-step directions Focuses on task for at least 5 minutes
4 – 5 yrs	Follows multi-step directions Focuses on a task for 5 minutes, persisting through problems and distraction Aware of cause & effect Inform adults of change in routine Understand & makes choices Name & locate basic body parts Answers who, what ,where, when questions Puts together 10-12 piece puzzle Makes an A/B pattern





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Mathematics and Numeracy	
Benchmarks: Numeracy & Mathematics	
24-36 mo.	Understands "just one"
36-48 mo. 3 – 4 yrs	Begins to understand ordinal numbers: first, second, third Counts to 10 consistently Understands numbers have meaning 1:1 correspondence to #5 Knows phone number & address Names complex colors Explores objects by attributes Understands concept of more than & less than Understands physical relationships: over, under Draws circles, plus signs and lines Demonstrates understanding of positional words: over, under, in, out, on Names complex colors and shapes Extends A/B pattern Recognizes time as a sequence of events that relates to daily life Uses appropriate language to discuss measurement: heavy, full, empty
4 – 5 yrs	Counts to 12 Independently sorts objects by attributes Understands the concepts of same, different, equal Creates an A/B pattern Draws squares & triangles Demonstrates understanding positional words: above, below, between, next to, far, near, in front of Uses appropriate language to discuss measurement: near, far, light (weight)

