

ANNEXURE B: Children's Developmental Stages

Age range	What children do	What children need
0 – 3 months	Children begin to smile, track people with their eyes, prefer faces and bright colours, reach, discover hands and feet, lift head and turn toward sound, and cry, but are often soothed when held.	Protection from physical danger, adequate nutrition, adequate health care (immunization, hygiene), motor and sensory stimulation, appropriate language stimulation, responsive, sensitive parenting
4 – 6 months	Children smile often, prefer parents and older siblings, repeat actions with interesting results, listen attentively, respond when spoken to, laugh, gurgle, imitate sounds, explore hands and feet, put objects in mouth, sit when propped, roll over, bounce, grasp objects without using thumb.	Protection from physical danger, adequate nutrition, adequate health care (immunization, hygiene), motor and sensory stimulation, appropriate language stimulation, responsive, sensitive parenting
7 – 12 months	Children remember simple events, identify themselves, body parts, familiar voices, understand own name, other common words, say first meaningful words, explore, bang, shake objects, put objects in containers, sit alone, creep, pull themselves up to stand, walk, may seem shy or upset with strangers.	Protection from physical danger, adequate nutrition, adequate health care (immunization, hygiene), motor and sensory stimulation, appropriate language stimulation, responsive, sensitive parenting
1 – 2 years	Children imitate adult actions, speak and understand words and ideas, enjoy stories and experimenting with objects, walks steadily, climb stairs, run, assert independence, but prefer familiar people, recognise ownership of objects, develop friendships, solve problems, show pride in accomplishments, like to help with tasks, begin pretend play.	In addition to the needs of previous years, children require support in the following: acquiring motor, language, and thinking skills, developing independence, learning self-control, opportunities for play and exploration, play with other children. Healthcare must also include deworming.
2 – 3½ years	Children enjoy learning new skills, learn language rapidly, are always on the go, gain control of hands and fingers, are easily frustrated, act more independent, act out familiar scenes.	In addition to the needs from previous years, children at this age require opportunities to do the following: make choices, engage in dramatic play, read increasingly complex books, sing favourite songs, work simple puzzles.
3½ – 5 years	Children have a longer attention span, act silly and boisterous, talk a great deal, ask many questions, want real adult things, keep on projects, tests physical skills and courage with caution, reveal feeling in dramatic play, like to play with friends, do not like to lose, share and take turns.	In addition to needs from previous years, children at this stage require opportunities to do the following: develop numeracy and reading skills, engage in problem-solving, practice teamwork, develop sense of personal competency, practice questioning and observing, acquire basic life skills, attend basic education.