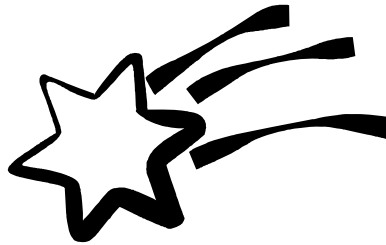


Washington State Training & Registry System (STARS)

Certified STARS Instructor: Lita Tabish, M.Ed.

Study Guide and Workbook for:
STARS 10 Hour Course
Milestones Zero to Three



This is an Internet class please go to the website:

www.starsclasses.com

Once at the website; Click on “Enter your Classroom” and choose your class. All the class assignments are listed for you. Send all work in by e-mail. For questions, assistance, or to turn in your assignments please e-mail:

miles@starstab.com

Developmental milestones are a set of functional skills or age-specific tasks that most children can do at a certain age range. Pediatrician's use milestones to help check how a child is developing. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique!

When we talk about normal development, we are talking about developing skills like:

- **Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions.
- **Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things.
- **Language:** speaking, using body language and gestures, communicating, and understanding what others say.
- **Cognitive:** Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.
- **Social:** Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.

Screening involves a series of questions and observations that gets at the child's ability to perform certain age-appropriate tasks. Using developmental milestones as a guide can help pediatricians identify children who may be at risk for developmental delay.

What if a child is not reaching their developmental milestones?

If a child's doctor finds anything that may be of concern, they can refer you to a specialist and/or work with the family to identify services that may help the child. If the child is delayed, you should start intervention as early as possible so the child can make the best possible progress.

Understand that as a caregiver you cannot diagnose any delays, this is for trained medical personnel to do. What you can do is record the milestones that the children in your care reach. You can also encourage growth and development by planning activities that enhance the attainment of these milestones.

In this class you will see the relationship of milestones to activities, play, toys and word plays. You will come up with appropriate activities & lessons to enhance this development.

Milestones for Birth to Six Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
1 month	<ul style="list-style-type: none"> • Lifts head when lying on tummy • Responds to sound • Stares at faces 	<ul style="list-style-type: none"> • Follows objects briefly with eyes • Vocalizes: oohs and aahs • Can see black-and-white patterns 	<ul style="list-style-type: none"> • Smiles, laughs • Holds head at 45-degree angle
2 months	<ul style="list-style-type: none"> • Vocalizes: gurgles and coos • Follows objects across field of vision • Notices his hands • Holds head up for short periods 	<ul style="list-style-type: none"> • Smiles, laughs • Holds head at 45-degree angle • Makes smoother movements 	<ul style="list-style-type: none"> • Holds head steady • Can bear weight on legs • Lifts head and shoulders when lying on tummy (mini-pushup)
3 months	<ul style="list-style-type: none"> • Recognizes your face and scent • Holds head steady • Visually tracks moving objects 	<ul style="list-style-type: none"> • Squeals, gurgles, coos • Blows bubbles • Recognizes your voice • Does mini-pushup 	<ul style="list-style-type: none"> • Rolls over, from tummy to back • Turns toward loud sounds • Can bring hands together, bats at toys
4 months	<ul style="list-style-type: none"> • Smiles, laughs • Can bear weight on legs • Coos when you talk to him 	<ul style="list-style-type: none"> • Can grasp a toy • Rolls over, from tummy to back 	<ul style="list-style-type: none"> • Imitates sounds: "baba," "dada" • Cuts first tooth • May be ready for solid foods
5 months	<ul style="list-style-type: none"> • Distinguishes between bold colors • Plays with his hands and feet 	<ul style="list-style-type: none"> • Recognizes own name • Turns toward new sounds • Rolls over in both directions 	<ul style="list-style-type: none"> • Sits momentarily without support • Mouths objects • Separation anxiety may begin
6 months	<ul style="list-style-type: none"> • Turns toward sounds and voices • Imitates sounds • Rolls over in both directions 	<ul style="list-style-type: none"> • Is ready for solid foods • Sits without support • Mouths objects • Passes objects from hand to hand 	<ul style="list-style-type: none"> • Lunges forward or starts crawling • Jabbers or combines syllables • Drags objects toward himself

HOW TO PLAY WITH BIRTH TO 6 MONTH OLDS

Skill Area	Milestones: Birth to 6 months	Activities, Games and Toys to Provide as a parent or caregiver
Social skills	Bonding with primary caregiver; smiling and crying to express needs	<ul style="list-style-type: none"> • Hold baby often • While holding or diapering baby, smile and look into their eyes, talking or singing to them • Try to read baby's moods. Respond to smiles and cries. • Hold out objects with contrasting colors so baby can see them • Hang a mobile over changing table and crib. Remove it from reach when baby can push up on hands and knees. • Attach a baby-safe mirror to a wall, crib or playpen for them to look at as they play • Hold baby on your shoulder (support that neck!!) and walk around so baby can see the world
Language skills	Actively listening and can recognize different voices cooing, babbling, and imitating sounds	<ul style="list-style-type: none"> • Talk and sing often to baby, using baby's name and your name as you go about your daily life. • Sing songs like <i>Rock-a-Bye Baby</i> and <i>Row Your Boat</i>. • Play games like <i>this little piggy</i>. • Make up a song or rhyme with baby's name • Respond to and imitate the sounds that baby makes (especially the ones you like).
Gross motor skills	Lifting head; batting arms; kicking legs; supporting head	<ul style="list-style-type: none"> • Provide time and space for floor play on tummy and back. Get down and floor and cheer them on. Stop after they start to get frustrated. • Hold things out and provide crib gyms for baby to kick and bat while lying on their back. • When they can support their head, take stroller walks to see the world.
Fine motor skills	Using hands to touch, grasp, and hold onto things	<ul style="list-style-type: none"> • Introduce baby to new and interesting textures for them to touch. • Provide safe and easy objects to grasp and hold onto like rattles, soft, washable stuffed animals/dolls, your fingers, and squeeze toys. They like things that make sounds.

BIRTH TO 6 MONTHS

TOYS, GAMES AND WORDPLAY

TOYS

Interesting objects to look at: mobiles and things with bright, contrasting colors Baby-safe mirror (large and unbreakable) attached to playpen, crib or wall safe objects with different textures: soft, rough, wet, bumpy materials Objects that can be held and make noise: rattles, squeeze toys, toy keys on a ring. Objects for teething - Soft, washable animals, blocks, dolls and balls Crib gyms with interesting & safe objects to bat or kick (remove when baby can push up on hands and knees, as these can be a strangulation hazard)

Toys to make

Pictures: put photos or pictures of people or animals at eye level for baby to see.

Mobile: Make a mobile with interesting things that make sounds, reflect light or are colorful. Make sure that everything is well attached, larger than two inches in diameter, and out of reach. Take down when baby starts to push up on hands and knees.

Games

Hold and gaze: hold baby and look into baby's eyes, talking or singing gently.

You Say, I Say: repeat baby's sounds and introduce the words they belong to (e.g. u-u-uh becomes "up").

See and Reach: hold out safe things to look at and reach for.

Tummy time: get down on the floor with them as they practice lifting their head.

Mirror Play: set baby on floor or in crib with baby-safe mirror to look at.

Peek-a-Boo

Shoulder with a view: Hold baby on your shoulder and walk them around so they can see new things.

Go for a Stroll: When he can sit up in a stroller, take baby out for walks to see the world.

Dance and Sing: Put on some Quiet music that you like and dance gently with baby in your arms. Notice how they respond to different kind of music.

RHYMES

This Little Piggy Goes to Market

This little piggy went to market (wiggle baby's big toe)

This little piggy stayed home (wiggle baby's next toe)

This little piggy had roast beef (wiggle baby's next toe)

This little piggy had none(wiggle baby's next toe)

This little piggy went wee-wee-wee all the way home (wiggle baby's littlest to and run fingers up their body and give them a big kiss)

Songs

Row, Row, Row your Boat

Row, row, row, your boat

Gently down the steam

Merrily, merrily, merrily, merrily

Milestones for 7 – 12 Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
7 months	<ul style="list-style-type: none"> • Sits without support • Drags objects toward herself 	<ul style="list-style-type: none"> • Lunges forward or starts crawling • Jabbers or combines syllables • Starts to experience stranger anxiety 	<ul style="list-style-type: none"> • Waves goodbye • Stands while holding onto something • Bangs objects together • Begins to understand object permanence
8 months	<ul style="list-style-type: none"> • Says "mama" and "dada" to both parents (isn't specific) • Passes objects from hand to hand 	<ul style="list-style-type: none"> • Stands while holding onto something • Crawls • Points at objects • Searches for hidden objects 	<ul style="list-style-type: none"> • Pulls self to standing, cruises • Picks things up with thumb-finger pincer grasp • Indicates wants with gestures
9 months	<ul style="list-style-type: none"> • Stands while holding onto something • Jabbers or combines syllables • Understands object permanence 	<ul style="list-style-type: none"> • Cruises while holding onto furniture • Drinks from a sippy cup • Eats with fingers • Bangs objects together 	<ul style="list-style-type: none"> • Plays patty-cake and peek-a-boo • Says "mama" and "dada" to the correct parent
10 months	<ul style="list-style-type: none"> • Waves goodbye • Picks things up with pincer grasp • Crawls well, with belly off the ground 	<ul style="list-style-type: none"> • Says "mama" and "dada" to the correct parent • Indicates wants with gestures 	<ul style="list-style-type: none"> • Stands alone for a couple of seconds • Puts objects into a container
11 months	<ul style="list-style-type: none"> • Says "mama" and "dada" to the correct parent • Plays patty-cake and peek-a-boo • Stands alone for a couple of seconds • Cruises 	<ul style="list-style-type: none"> • Understands "no" and simple instructions • Puts objects into a container 	<ul style="list-style-type: none"> • Says one word besides "mama" and "dada" • Stoops from standing position
12 months	<ul style="list-style-type: none"> • Imitates others' activities • Indicates wants with gestures 	<ul style="list-style-type: none"> • Takes a few steps • Says one word besides "mama" and "dada" 	<ul style="list-style-type: none"> • Walks alone • Scribbles with a crayon • Says two words besides "mama" and "dada"

How to play with 6 to 12 month-olds

Skill Area	Milestones; 6-12 months	Activities, Games and Toys To Provide As A Parent or Caregiver
Gross Motor Skills	Sitting up; crawling; standing; climb	<ul style="list-style-type: none"> • Provide open and safe floor space, as well as time, to practice sitting, rolling and crawling. • When they learn to sit up, give them interesting things to explore with their hands and go for stroller walks. • Swing them in an infant swing with your supervision. • Roll a ball with them • Call their name from a few feet away to encourage them to roll or crawl to you. • When they're able to crawl well put interesting objects on a higher, stable surface like a couch to encourage them to roll or crawl to you. • When they're able to crawl well put interesting objects on a higher, stable surface like a couch to encourage them to pull up to standing • After they get the hang of pulling up to standing add another toy further down to couch so they learn to move their feet to get to it while being supported <p>Give them things to move around to go after like cardboard boxes, balls, or simple wheeled push toys</p>
Fine Motor skills	Exploring objects; picking things up using thumb and fingers; opening and closing things	<ul style="list-style-type: none"> • Provide safe and interesting objects to pick up, shake, bang, and open and close like pots with lids, muffin tins, plastic containers, blocks, etc. • Provide a baby-safe drawer to cabinet to practice opening and closing, as well as freedom to explore. • Favorite toys include: nesting toys, rings that stack on a column, balls, drums, xylophones.
Social skills	More able to focus and concentrate as they play; experimenting with new ideas like self-awareness, cause and effect, and objects permanence	<ul style="list-style-type: none"> • Playing together in front of a mirror will allow baby to recognize themselves and you. • Play new games like <i>peek-a-boo</i> or <i>where's the toy?</i> A simple version of <i>Hide-and-seek</i>. • Playing with water and sand allows baby to experiment with concepts such as gravity, space and volume. Make sure you supervise this play. • Follow your child's direction, play with what interests them.
Language skills	Starting to say a few syllables and will soon be saying their first word; baby is also beginning to recognize some of your frequently used words	<ul style="list-style-type: none"> • Respond to babble by imitating their sounds or talking to them • Read and tell simple stories about things, people and events that are familiar to them. • Choose books with simple, uncluttered pictures. Books with hardboard pages are easier for them to turn. • Sing simple songs to your baby like <i>Twinkle Twinkle Little Star</i> or <i>the Itsy Bitsy Spider</i>. Use your baby's name in the song • Choose a melody you know and make up a simple song featuring your baby and other family members.

6 to 12 months

Toys, Games and Wordplay

Toys

Something low to climb on like a very low, stable cardboard box

Blocks: soft, rubber, plastic or rounded wood

2-3 piece puzzles

Cloth toys squeak toys

Small, hand-held manipulatives

Containers with objects to empty and fill like pots and pans

Soft balls

Large pop beads

Stacking rings

Unbreakable mirror toys that can be held

Simple nesting cups

Books: cloth, plastic, small cardboard

Soft dolls with loose hair

Simple push cars (one piece)

Banging toys

Toys to Make

Shaker: Put dried beans or grains or rice into a safe, unbreakable container that they can hold. Be sure to glue or securely tape the lid closed.

Toy Drum: Buy an oatmeal container and empty it, tape the container closed and show baby how to drum on it using hands or a short-handled spoon.

Games

Ball Play: Play with soft and easy-to-hold balls

Le's stand: Hold Baby up to stand on your lap

Where's the Toy?: put a toy under a blanket and say "Where's the ball?," then pull away the blanket "There it is"

Peek-a-Boo: Put a cloth over your face and let it down as you say "Peek-a-Boo." Let baby try it.

Mirror play: play together in front of a mirror pointing to your nose and other parts of your body as you name them: "Mommy's nose," then for the baby "Mary's nose!"

RHYME

The Itsy Bitsy Spider (finger play)

The itsy bitsy spider goes up the water spout (*use fingers and thumbs to climb upwards*)

Down comes the rain and washed the spider out (*wiggle fingers and hand move downward*)

Out comes the sun and dries up all the rain (*sweep arms upwards in a circular motion*)

And the itsy bitsy spider goes up the spout again (*use fingers and thumbs to climb up*)

Lap Game

The Ladies go prancing

The Ladies go prancing, prancing, prancing

The ladies go prancing, prancing by (*trot baby slowly on lap, holding onto hands*)

The gentlemen go galloping, galloping, galloping

The gentlemen go galloping, galloping, by (*trot baby faster on lap, holding hands*)

The farmers go plop! Plop! Plop! (*hold baby's hands and alternate legs so baby goes off to the side on "plop!"*)

Milestones for 13 – 18 Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
13 months	<ul style="list-style-type: none"> • Uses two words skillfully (e.g., "hi" and "bye") • Bends over and picks up an object 	<ul style="list-style-type: none"> • Enjoys gazing at his reflection • Holds out arm or leg to help you dress him 	<ul style="list-style-type: none"> • Combines words and gestures to make needs known • Rolls a ball back and forth
14 months	<ul style="list-style-type: none"> • Eats with fingers • Empties containers of contents • Imitates others 	<ul style="list-style-type: none"> • Toddles well • Initiates games • Points to one body part when asked • Responds to instructions (e.g., "give me a kiss") 	<ul style="list-style-type: none"> • Uses a spoon or fork • Matches lids with appropriate containers • Pushes and pulls toys while walking
15 months	<ul style="list-style-type: none"> • Plays with ball • Uses three words regularly • Walks backward 	<ul style="list-style-type: none"> • Scribbles with a crayon • Runs • Adopts "no" as his favorite word 	<ul style="list-style-type: none"> • "Helps" around the house • Puts his fingers to his mouth and says "shhh"
16 months	<ul style="list-style-type: none"> • Turns the pages of a book • Has temper tantrums when frustrated • Becomes attached to a soft toy or other object 	<ul style="list-style-type: none"> • Discovers the joy of climbing • Stacks three blocks • Uses spoon or fork • Learns the correct way to use common objects (e.g., the telephone) 	<ul style="list-style-type: none"> • Takes off one piece of clothing by himself • Gets finicky about food • Switches from two naps to one
17 months	<ul style="list-style-type: none"> • Uses six words regularly • Enjoys pretend games • Likes riding toys 	<ul style="list-style-type: none"> • Feeds doll • Speaks more clearly • Throws a ball underhand 	<ul style="list-style-type: none"> • Dances to music • Sorts toys by color, shape, or size • Kicks ball forward
18 months	<ul style="list-style-type: none"> • Will "read" board books on his own • Scribbles well 	<ul style="list-style-type: none"> • Strings two words together in phrases • Brushes teeth with help • Stacks four blocks 	<ul style="list-style-type: none"> • Throws a ball overhand • Takes toys apart and puts them back together • Shows signs of toilet training readiness

Milestones for 19 – 24 Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
19 months	<ul style="list-style-type: none"> • Uses a spoon and fork • Runs • Throws a ball underhand • Enjoys helping around the house 	<ul style="list-style-type: none"> • Understands as many as 200 words • Recognizes when something is wrong (e.g., calling a dog a cat) 	<ul style="list-style-type: none"> • Washes and dries own hands with help • Points to picture or object when you call it by name • May know when she needs to pee
20 months	<ul style="list-style-type: none"> • Feeds doll • Takes off own clothes • Dumps an object in imitation, such as throwing garbage away 	<ul style="list-style-type: none"> • Learns words at a rate of ten or more a day • Can walk up stairs (but probably not down) 	<ul style="list-style-type: none"> • May start exploring genitals • Draws a straight line • Names several body parts
21 months	<ul style="list-style-type: none"> • Can walk up stairs • Able to set simple goals (e.g., deciding to put a toy in a certain place) 	<ul style="list-style-type: none"> • Throws a ball overhand • Kicks ball forward • Stacks six blocks 	<ul style="list-style-type: none"> • Names simple picture in a book • Can walk down stairs
22 months	<ul style="list-style-type: none"> • Kicks ball forward • Follows two-step requests (e.g., "Get your doll and bring it here") 	<ul style="list-style-type: none"> • Does simple puzzles • Draws a straight line • Names several body parts 	<ul style="list-style-type: none"> • Puts on loose-fitting clothes • Might be ready for a big bed • Understands opposites (e.g., tall vs. short)
23 months	<ul style="list-style-type: none"> • Names simple picture in a book • Uses 50 to 70 words 	<ul style="list-style-type: none"> • Opens doors • Sings simple tunes • Takes more of an interest in playing with other kids 	<ul style="list-style-type: none"> • Talks about self (likes, dislikes) • Asks "why?"
24 months	<ul style="list-style-type: none"> • Names at least six body parts • Half of speech is understandable • Makes two- to three-word sentences 	<ul style="list-style-type: none"> • Talks about self • Arranges things in categories • Can walk down stairs 	<ul style="list-style-type: none"> • Begins to understand abstract concepts (e.g., sooner and later) • Becomes attuned to gender differences • Learns to jump

Milestones for 25 – 30 Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
25 and 26 months	<ul style="list-style-type: none"> Stacks six blocks Walks with smooth heel-to-toe motion 	<ul style="list-style-type: none"> Uses pronouns (e.g., I, me, you) Washes and dries own hands 	<ul style="list-style-type: none"> Speaks clearly most of the time Draws a vertical line
27 and 28 months	<ul style="list-style-type: none"> Jumps with both feet Opens doors 	<ul style="list-style-type: none"> Understands descriptions (e.g., big, soft) Draws a vertical line 	<ul style="list-style-type: none"> Starts to recognize ABCs Balances on one foot
29 and 30 months	<ul style="list-style-type: none"> Brushes teeth with help Washes and dries own hands Draws a vertical line 	<ul style="list-style-type: none"> Draws a circle Balances on one foot 	<ul style="list-style-type: none"> Puts on a T-shirt Names one color Names one friend

Milestones for 31 – 36 Months:

Child's Age	Mastered Skills (most kids can do)	Emerging Skills (half of kids can do)	Advanced Skills (a few kids can do)
31 and 32 months	<ul style="list-style-type: none"> Recites own name Draws a circle 	<ul style="list-style-type: none"> Puts on a T-shirt Balances on each foot for a second Recognizes ABCs Brushes teeth by herself 	<ul style="list-style-type: none"> Uses two adjectives Draws a cross Points to objects described by use
33 and 34 months	<ul style="list-style-type: none"> Names one color Names one friend Carries on a simple conversation 	<ul style="list-style-type: none"> Alternates feet going up and down stairs Uses prepositions (e.g., on, in, over) Speaks clearly most of the time (75 percent can be understood) Stacks eight blocks 	<ul style="list-style-type: none"> Is toilet trained during the day Wiggles thumb Expresses a wide range of emotions Draws a stick figure
35 and 36 months	<ul style="list-style-type: none"> Describes how two objects are used Uses three to four words in a sentence Names two actions (e.g., skipping, jumping) 	<ul style="list-style-type: none"> Hops and skips Follows a two- or three-part command Separates fairly easily from parents Rides a tricycle 	<ul style="list-style-type: none"> Balances on each foot for three seconds Gets dressed without help