

# PROGRAM GOALS BY AGE

## By the time a child turns 6 months, they will be able to do the following:

- Smiles frequently and shows different facial expressions
- Holds head up while on the stomach, pushes up on arms, and will turn head from side to side
- Sleeps for longer periods of time
- Can briefly clam self and has different cries – hungry, tired, upset
- Moves arms, hold a toy and explores hands by putting them in their mouth
- Holds head steady, unsupported
- Tracking through midline – follow from left to right and right to left

## By the time a child turns 1 year, they will be able to do the following:

- Moves items from one hand to the other hand can hold a toy in each hand and reaches for toys
- Knows familiar faces and if someone is a stranger
- Coos laughs and babbles – repeating sounds
- Can sit momentarily
- Can roll in both directions
- Responds to sounds and own name
- Likes to see self in a mirror and play with others

## By the time a child turns 18 months, they will be able to do the following:

- Pull self to standing and put weight on their legs
- Begins to take steps but may still hold on
- Use of pincher grasp – thumb and pointer finger
- Wave to greet someone or say goodbye
- Plays simple games like peek-a-boo
- Able to stack 2 blocks on top of each other
- Attends to pictures in a book
- Tries to say words, mimics adults, and points to ask for things

## By the time a child turns 2 years, they will be able to do the following:

- Expresses emotions – happy or sad
- Tries to talk and repeat words
- Feeds self with a spoon and/or for but spills and drinks from a cup independently
- Shows interest in other children
- Points to body parts when named
- Walks alone
- Scribbles on paper
- Willing to help dress and undress

## By the time a child turns 3 years, they will be able to do the following:

- Shows interest in toilet
- Puts 2-3 words together to make a phrase or sentence
- Takes some clothes off on their own
- Parallel plays – copies others
- Shows more independence
- Repeats words that are heard
- Shows affection and may show defiant behavior
- Begins to run, throw a ball, stand on tiptoes
- Can point to pictures in a book when you name them and can name them on their own
- Follows simple directions
- Able to build a tower of 4 blocks or more
- Begins to sort shapes and colors

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## **By the time a child turns 4 years, they will be able to do the following:**

- Toilet trained
- Understands right and wrong
- Plays with peers and shows affection towards them
- Knows colors
- Takes turns in games
- Separates easily from parents
- Can dress and undress self
- Follows instructions with multiple steps
- Talks well enough for strangers to understand most of the time
- Completes a 4-piece puzzle
- Able to build a tower of 6 blocks or more
- Can state their name, age, and sex
- Can use stairs, climb, and run easily

## **By the time a child turns 5 years, they will be able to do the following:**

- Uses full sentences in conversation
- Draws a person with body parts
- Enjoys doing new things
- More creative with make-believe play and plays “family”
- Cooperates with other children
- Sings a song from memory
- Tells stories with details
- Understands the idea of counting
- Starts to understand time
- Understands the idea of “same” and “different”
- Plays board or card games
- Hops and stands on one foot
- Pours, cuts with supervision and mashes own food

## **By the time a child turns 6 years, they will be able to do the following:**

- Jumps, hops, and skips
- Counts 10 or more objects
- Knows letters
- Learns left from right
- Waits to take a turn
- Shares with others
- Understands and agrees with rules
- Understands real and make-believe
- Shows more independence
- Speaks clearly
- Tells a simple story
- Draw a person- 6 or more body parts
- Swings and climb