

AGES & STAGES : 0-18 MONTHS



AGES & STAGES

This section will list the developmental milestones & activities at different ages. Children born prematurely (less than 37 weeks), will need to be corrected for pre maturity till they are 2 years old. Your doctor will help you to calculate the corrected age.

MY ADVENTURE
BEGINS!



CONTENT

Developmental Milestones & Activities based on Ages and Stages

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01 0 - 6 Months: Early Infancy

05 6 - 18 Months: Late Infancy

Pointers:

- * Refer to sections on your child's age
- * Ensure your child's development by level
- * Carry out recommended activities and observe the development of your child
- * This book is only a general guide. Your child may reach these levels earlier or a little later than indicated in the section. If your child's development seems to be lagging, seek advice from the clinic, doctors, and professionals.

INFANT

EMPHASIZE ON THE
IMPORTANCE OF INFANTS'
EMOTIONAL DEVELOPMENT
AT THIS AGE

6
MONTHS



0
MONTHS



PARENTAL TIP

PRACTICE MAKES PERFECT

- Infants learn by doing something over and over again like reading the same story every night.
- Do something repeatedly with patience until the child is inspired or move on to other things
- Children will change habits once they reached the development stage or are already satisfied with the activities.

BECOMING A ROLE MODEL

- Be the best example for our children.

CARE & NUTRITION

	0-3 months	3-6 months
Sleeping Time	Day or Night: 3-4 hours each period	Day: 3-4 hours each period, for 3 times Night: 6-10 hours
Total Hours/Day	15-18 hours	14-16 hours
Waking Time	1-2 hours each time	2-4 hours each time

The timing provided is only a guide. Seek professional help if you are having difficulties with your baby's mealtimes and sleep routines.



BREASTFEEDING

Breast milk is the most nutritious food for the baby. And it's free!

- **Strengthens ties** between the baby and mother.
- Contains antibodies and **prevents** infant from **diseases and infections**.
- Mothers who breastfeed have **less risk of breast and cervix cancer**.
- Your baby will be satiated depending on the breastfeeding mother's diet and nutrition. **Eat healthy to keep your baby healthy.**
- If unable to breastfeed, choose milk based on **affordability and suitability** for your baby.
- **Seek professional help** if your baby has problems breast-feeding as it may be due to allergies or digestive disorders.
- Continue to breastfeed your child until he is **two years old**. The longer you give him breast milk, the more benefits both you and your baby will have. If you stop breastfeeding or pumping milk, your body will stop producing milk.



Formula Milk
Follow the instructions and measures given. Monitor your baby's digestion.

DEVELOPMENTAL MILESTONES

AGE	DEVELOPMENTAL MILESTONES	CAUSES FOR CONCERN
6 Weeks	<ul style="list-style-type: none"> • Smiles in response to others • Watches face and follows objects • Coos • Becomes still in response to sound • Attempts to lift his head when placed on the tummy • Moves arms and legs equally 	<ul style="list-style-type: none"> • Is unable to move each limb separately from the others • Has difficulty tracking light or faces • Regularly cries for hours at a time and is very hard to calm 
3 Months	<ul style="list-style-type: none"> • Vocalises, laughs, squeals with pleasure • Becomes more expressive and develops a social smile • Turns head to source of sound • Brings hands together in midline • Holds objects placed in hand • Mild head lag, Props chest up on forearms • Develops a general routine of sleep/ wake times 	
6 Months	<ul style="list-style-type: none"> • Smiles and vocalizes at mirror image of self • Imitates speech sounds, babbles • Reaches for objects and mouths them • Transfers objects from one hand to the other • Rolls over • Sits with support, without support by 8 months 	<ul style="list-style-type: none"> • Cannot hold head up or roll over • Does not make sounds in response to attention • Consistently resists all efforts to hold or comfort • Shows little interest in exploration • Strongly resists a routine of sleep and awake time

AREAS OF CHILD DEVELOPMENT

As a parent, you should be aware of the five basic areas of development for your child and ensure his holistic development. Each age category in this section contains list of exciting activities to do with your child.

 Social and Emotional Development	<ul style="list-style-type: none">• Make and keep social relationships• Recognize his own feelings• Understand and respond to emotions of others
 Physical Health, Well-Being, & Movement Skills	<ul style="list-style-type: none">• Engage senses while developing large and small muscle control• Hand-eye coordination• Overall physical fitness
 Self-Help/ Adaptive	<ul style="list-style-type: none">• Encourage independence• Attention and ability to adapt to a daily routine, and when doing tasks or challenges
 Thinking Abilities (Mental & Cognitive)	<ul style="list-style-type: none">• Reasoning and problem-solving• Imagination and creativity
 Communication, Language and Literacy	<ul style="list-style-type: none">• Develop early reading and writing skills



Children do not need special toys or videos to stimulate their brain development.

INFANT

AT ABOUT AGE 1 +, YOUR CHILD WILL CHANGE HIS DIET. ENCOURAGE HIM TO EAT THREE TIMES A DAY. DON'T WORRY IF HE REFUSES AS HE SIMPLY NEEDS TO EAT WHEN HUNGRY

18
MONTHS



6
MONTHS



PARENTAL TIP

GIVE THEM 100% ATTENTION

- Take the time to observe and play with your child.
- Give your child undivided attention while chatting and vary your facial expressions.
- Learn new words every day. Track your child's milestones and note it down in his development book.

Studies show that children do best when they have at least three loving and supportive adult influences in their lives.



DEVELOPMENTAL ACTIVITIES

0 - 6 MONTHS



Body Awareness

- Hold your baby in your lap and say the following:
 - Where is your toe? Here it is! (Touch her toe and kiss it)
 - I love your toe very much. Now, try it with his nose and eyes.
- Help your baby hold and play with toys in her left and right hands so she can practice holding in each hand.

Love and Trust Building

- Respond to your infant's crying as soon as possible the first few months.
- Pick up your infant and cradle her so that she will feel secure. Rock her gently or bounce her if she responds to this.



Reach for it

- Hang a ribbon or scarf loosely around your neck. When you lean over the baby to change him or pick him up, allow him to reach out and touch the ribbon or scarf.

Exercycle

- Hold your baby's feet and gently guide them in a cycling motion.
- Sing "Row Your Boat" while you do this exercise –
*Row, row, row your boat
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream."*

Tummy Time

- Physical activity such as floor and water-based play in a safe environment should be encouraged from birth, especially for infants who cannot walk. Your child can move freely on his tummy or back – crawling, rolling, reaching and grasping for objects, pushing or pulling up against furniture.
- Set aside short periods for tummy time throughout the day.
- Only place your baby on his tummy when awake or supervised. Otherwise, your baby **should always be placed on the back**.
- Let your baby play **with sensory toys that light up or make sounds**, to encourage them to move towards the object.
- **Soft materials** can be used to create stimulating, yet safe environment for your baby to move freely.



What's My Name?

- Call your infant's name before you enter his room. Peek your head in the room and call his name again. Observe whether he turns to you when you call him. Include your child's name as you sing simple nursery rhymes and songs with your infant.



Follow the Beat

- Place toys that make sounds when touched within "bumping" distance of his hand or leg.
- Copy your infant's sound when he makes one. Pause and smile to see if he will do something to get you to copy him again



Talk, talk, talk

Always tell her what you are going to do before you do it.

- "I'm going to change your diaper."
- "I'm going to give you a kiss." Say to her.
- "I am going to pick you up."
- Stretch out your arms to offer a visual cue.
- Make a new sound and see if your baby will imitate you.



SELECTING BOOKS TIP

Board and cloth books are great for babies to chew on, throw, and handle

CARE & NUTRITION

AFTER 6 MONTHS...

Your baby is ready to eat if he is:

- Able to sit on his own and turns his head if he does not want to eat.
- Open his mouth widely when spoon fed, and closes his mouth after.
- Keeps food in his mouth, chews and swallows it, and not spit it out.



IMPORTANT TIP!

Feed one type of food at a time. Do not mix foods so that you know what your child likes and can detect if he has any food allergies.



BEDTIME & NAPTIME

Ensure your child sleeps for 14 hours a day to foster a healthy bedtime and naptime routine. Parents are encouraged to do the following:

Make sure your child gets **plenty of exercise** during the day

Develop a bedtime and naptime routine:

- Do and say the same things before naps and bedtime
- Establish a predictable place for sleeping.
- Help your child understand the steps in the routines (e.g. use "first, then" statements, picture schedule)
- Let your child carry a favourite transition object to bed like a doll, or book to read.
- Provide your child with calming and rest inducing activities, sounds, or objects.
- Put your baby or child down for sleep while he is still awake. Say, "Good night" and leave the room.
- If your child does not want to sleep, set the time for reading or quiet activities.

★ Give your child your **undivided attention.**

★ Avoid sweet foods and drinks **six hours before sleep** (sodas, chocolates, fatty foods).

★ Try breastfeeding or offering a warm bottle just before bed.

★ Give your child the time and opportunity to soothe himself to sleep.

★ Reduce noise, light, and distractions in and near your child's room.

★ Celebrate the little successes along the way.



DENTAL HYGIENE

Baby Bottle Tooth Decay (BSTD) happens when prolonged use of milk bottle causes some children to develop cavities and lose their baby teeth early.

WHY IS THIS IMPORTANT?

Other than chewing, baby teeth are important for helping the baby learn how to speak and talk properly. Healthy-looking teeth can boost a child's self-confidence and self-esteem.

If "milk teeth" decay and are lost too early, the tooth beside the decayed tooth may shift into the empty space, making the adult tooth which develop later to grow crooked or crowded, affecting your child's smile.

Main cause of tooth decay:

Prolonged exposure to sweetened fluids from a bottle such as:

- Milk
- Formula
- Fruit juice
- Syrups with sugar or honey

Symptoms of tooth decay:

- White spots on teeth due to demineralisation in teeth
- Cavities on teeth
- Painful toothaches
- Swollen or bleeding gums
- Fever caused by gum or tooth infection

WHAT CAN YOU DO?

After every bottle feeding, take a wet cloth or gauze pad and gently wipe your child's gums and teeth to remove bacteria-containing plaque and excess sugar.

Your child will likely have the first tooth about six months old. You can begin to brush the baby's tooth then, and there is no need for toothpaste at this age.

All baby teeth should have emerged by age 2 or 2+. If your child is able to spit out, use a small amount of children fluoridated toothpaste at this age. Consider flossing.

Encourage your child to drink from a cup at six months. When your child is around one year old, you can start to wean him from the bottle.

Arrange regular dental check-ups for your child, starting as early as one year old.

Eat a balanced diet and limit snacks between meals.

Do not allow your child to fall asleep with a bottle of sweetened liquid other than water.



DEVELOPMENTAL MILESTONES

AGE	DEVELOPMENTAL MILESTONES	CAUSES FOR CONCERN
12 Months	<ul style="list-style-type: none"> Imitates words and actions Says "thank you", "bye-bye", and imitates animal sounds like "moo", "quack", "meow" and "woof" Waves bye  Responds well to own name Indicates wants by pointing Calls papa, mama with meaning Obeys one step commands Holds small objects between thumb and index finger Cruises (walks holding on to objects) around furniture, pulls to standing, stands alone for a few seconds 	<ul style="list-style-type: none"> Is not able to calm himself sometimes Does not babble or make simple gestures Fails to respond to name or simple verbal requests Does not crawl or explore the area Has little or no reaction when parent(s) leave the room or return
	<ul style="list-style-type: none"> Copies caregiver in household activities, e.g. cleaning Drinks from a cup Points to own body parts Speaks 10-15 single words and obeys simple instructions Builds a tower with 3 blocks Walks well  	



Children with parents who play more with them and respond quickly to their needs tend to be more empathetic, have stronger self-esteem and maturity, and are better at managing their emotions.

TOILET TRAINING

Toilet training can begin when your child shows signs of readiness. Most healthy children can be toilet trained between 18 months and 3 years old.

Your child may be ready for toilet training when he/she

- Is aware of passing urine or motion
- Keeps the diapers dry for at least 2 hours
- Has a regular predictable bowel pattern
- Is able to indicate that the diapers are wet/soiled



HOW CAN YOU START TOILET TRAINING?



DEVELOPMENTAL ACTIVITIES

6 - 12 MONTHS

12 - 18 MONTHS



Learning to Share

- Give your child crackers or cookies during mealtime and say,
 - "Give me one please."
 - Put out your hand to show that you want one.
 - When the child gives it to you, say Thank you

Goodnight Elbow

- Put your child to bed and say,
 - "I am going to say good night to your
 - ears - hair - forehead - eyebrows - shoulders - elbows
- Each time you say good night to a body part, gently massage that part

Meet My Family

- Play a matching game with family photos, as a child quickly learns to recognize many people.
- Hold up one at a time and ask, "Whose daddy is this?" "Whose mommy is this?"



Pull Up

- Put a toy on a couch, sturdy chair, or a low table without sharp corners to encourage your baby to use the furniture to pull herself up

Pull, Push & Haul

- Give your child a push toy with a long handle
- Encourage him to stand and hold the toy by its handle
- Talk about what happens when he pulls and pushes the toy



Find Me

- Hide behind a chair, letting your child see part of you. Call out,
 - "Where am I? Come and find me."
 - Hug him when he does

Paper Cup Nesting

- Let your child play with a large stack of paper cups, pulling the cups apart and putting them back together



This Goes With That

- Select two pairs of objects that your child frequently sees you using together
- Place the objects in front of your child and say: "Let's play bath time", "Let's have tea" or "Give me what we need."
- Watch your child search for the correct objects

Peek-a-Boo

- Cover your child's biscuit with an empty cup toward the end of his lunch
- Ask, "Where is your biscuit?"
- Place two pails upside down outside
- Put a rock under one of the pails. Ask, "Where is the rock hiding?"



Read, Read, Read

- Read with your child every day! Read the same books over, and over and also read new ones
- Point to the pictures and name the objects
- Change your tone of voice, and make faces when you read. Let the child choose the books and set the pace for reading
- Capture the things your child does during the day. Paste photographs or simple drawings. You can even let the child participate in making the book through hand painting or feet painting

Understanding

- Give your child simple requests to follow in a variety of situations. Begin with simple requests:
 - "Come here."
 - "Give me the toy."
 - "Sit down."
- Show the child what to do and give the child a lot of praise for completing the request. Introduce a synonym to increase his vocabulary

More & All Gone

- Say, "All gone," after a child has finished drinking from a cup or bottle
- Ask your child questions: "Where is your milk?"
- Teach your child to use gestures or simple signs such as arms outstretched for "all gone."



SELECTING BOOKS TIP

- Find sturdy board books they can carry, books with photos of children doing familiar activities, and bedtime-themed stories
- Choose books with only a few words on each page, simple rhymes, and striking pictures

Notes

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