

Children's Key Development Milestones 0–6 years

Learn together with little Maya!



Key Milestones

1 Year

- Waves bye-bye
- Walks holding on furniture
- Calls parents - mama/dada
- Understands “no”
- Respond to their name
- Drinks from a cup



2 Years

- Points to things in a book when you ask
- Says first name
- Put 2-3 words together
- Starts drawing (circles, lines)
- Eats with a spoon
- Runs



3 Years

- Follows simple instructions (e.g., "Pick up the toy")
- Uses 3–4-word sentences
- Says full name
- Recognizes colours and shapes
- Hops/balances on one foot for a few seconds



4 Years

- Identifies 4 basic colours
- Can draw a cross
- Jumps on one foot
- Can wait for their turn
- Uses understandable language
- Knows full name, age, gender, and usually address



5 Years

- Tells a story
- Hops on one foot
- Sings, dances, or acts for you
- Counts to 10 and writes some letters
- Follows rules and shares toys
- Answers simple questions about a book or story



6 Years

- Ties shoes
- Does basic maths
- Can say full name, age, birthday, and address
- Makes up rhymes and simple jokes
- Reads easy and familiar words, like “cat” and “dog”



Appointments in Health Care Centre

When your child is:

- | | | |
|------------|---------------|-------------------------------|
| → 1 month | → 9 months | → 3 years old |
| → 2 months | → 12 months | → 4 years old |
| → 4 months | → 15 months | → 5 years old |
| → 6 months | → 18 months | → 6/7 years old |
| | → 2 years old | (until 1 st grade) |

Vaccination

When your child is:

- | | | |
|------------|-------------|-------------|
| → 2 months | → 6 months | → 18 months |
| → 4 months | → 12 months | → 5 years |



Carefully prepared by



NIALP
INTERCULTURAL ASSOCIATION LISBOA
(AN IMMIGRANT ASSOCIATION)



Parceiro



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PRESCRIÇÃO SOCIAL
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BAIRROS e ZONAS
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Activities to promote children development

0—3 Months

- Create calming bedtime routine
- Change positions regularly for comfort
- Avoid prone sleeping position
- Hold colorful objects ~20cm from baby's face and move them slowly
- Keep baby alert with head in central position
- Gentle massage ≤20 min, light pressure
- Make eye contact, chest-to-chest hold
- Introduce daily tummy time gradually



3—12 Months

- Use colorful objects and facial expressions
- Read picture books - language exposure
- Talk and respond to coos and giggles
- Provide cuddles and bonding massage
- Introduce soft foods around 8 months
- Be gentle but firm when saying "no"
- Daily tummy time
- Place toys just out of reach to encourage movement
- Play peek-a-boo or hide and seek (cause-and-effect)



13—15 Months

- Start pretend play with toys
- Use puzzles and shape sorters
- Name objects, animals, and body parts
- Use ride-on toys and climbing structures
- Help with simple tasks like tidying toys
- Talk about separations and keep promises
- Set rules and don't give in to tantrums



16—24 Months

- Offer push/pull toys to support walking
- Read, sing, and play music (language skills)
- Stack and knock down blocks (motor skills)
- Avoid pressure about potty training
- Maintain consistent routines
- Ask simple questions (cognitive skills)



2—3 Years

- Sing nursery rhymes
- Encourage dress-up play
- Ask "what" and "where" questions
- Art and playdough - fine motor skills



3—4 Years

- Active outdoor play
- Toy sharing and team play
- Color sorting and identifying shapes
- Help in kitchen with supervision
- Use storytelling and open-ended questions
- Counting games and number recognition
- Board games to teach turn-taking and patience

4—5 Years

- Science-based play: observing plants grow, water play, magnets
- Literacy activities: tracing letters, rhyming games, phonic songs
- Support early writing
- Promote pair/team play and problem-solving
- Provide responsibilities: feeding a pet, setting the table
- Allow the verbalization of wishes, accept sensitivity, acknowledge progress and setbacks



5—6 Years

- Practice sight words and basic math
- Promote physical skills with games (catching/kicking balls)
- Foster emotional intelligence: label feelings, discussing solutions to problems
- Encourage independent thinking: open questions, creative tasks
- Use matching games, memory cards or following multi-step instructions for attention and memory
- Encourage participation in games to develop personality (dealing with shyness, submission, vanity, leadership, etc.)



Important considerations for Parents

- 😊 Children develop at their own pace
- 😊 Always supervise
- 😊 Encourage and praise efforts
- 😊 Create a consistent daily routine
- 😊 Communicate and listen clearly and attentively
- 😊 Model positive behaviour (children learn through observation)
- 😞 Limit and supervise screen time and prioritize active play (excessive screen use increases risks of depression, anxiety, cyberbullying, eating disorders and poor sleep)

Tummy time is essential

Laying your baby on their stomach while awake and supervised



- Prevents flat spots on head
- Strengthens neck, back, shoulders and core
- Improves head control and posture
- Supports motor, sensory and milestone development