

developmental milestones

Gross Motor Skills

- Walks up & down alone, changing feet.
- Jumps forward several times.
- Hops on one foot without help.
- Swings on swing without help.

Fine Motor Skills

- Starting to recognise and copy own name.
- Draws a person showing at least 3 parts (head, eyes, nose, mouth).
- Copies cross & square.

Self Help Skills

- Can do up buttons.
- Goes to the toilet without help.

Speech & Language

- Uses sentences of about 6 words with correct grammar.
- Understands opposites such as 'wet' & 'dry' and 'high' & 'low'.
- Follows longer instructions, e.g. "Stand up, get your shoes and wait by the door".

Learning

There are many opportunities for learning in the family home for children of all ages. Day to day interactions between children and parents provide exciting discoveries. You could try cooking together or exploring the garden.

Pre-writing Skills

All letters and numbers are based on these shapes:

I — O + / X Δ

Practicing these shapes and creative drawing like drawing a person, house, cat... will help your child with writing.

Gross Motor

To help develop body awareness (knowing where the body, arms, legs, head... are in space), encourage pushing & pulling activities (tug of war); statue games (freezing like a statue when music stops); and using different textured materials on your child's body.

Social Skills

- Follows simple rules in board game.
- Co-operates and negotiates in play.
- Describes and talks about own feelings.

frequently asked questions

Q My child has a short attention span at pre-school and doesn't always follow instructions. What should I do?

A Speak to your pre-school teacher about your concerns. Consider referral to a Speech Pathologist for a language assessment.

Q My child still uses their whole hand to hold a pencil. Should I be concerned?

A By this age children are usually able to hold a pencil using their thumb and 3 fingers. Speak to your child's teacher for advice.



Peninsula Health
Community Health

Developed by
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