



## Parent & Family Services

### Developmental Milestones Tip Sheet

Information used in this Tip Sheet was gathered from the Center for Disease Control, Milestone Moments booklet. For more information please go to [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones). If your child is age 3-5 and not meeting the milestones, please contact FDLRS to set up a free developmental screening: 863-541-0444 ext 230

### Four Areas of Development

Social/Emotional



Language/Communication



Cognitive



Movement/Physical



Scan the QR codes to complete the milestone checklist for each area of development.

Download the free CDC Milestone Tracker on iOS and Android devices in English and Spanish. This app provides an interactive checklist of developmental milestones, tips and activities for helping your child reach the milestones, a summary of your child's performance and a notice of when to act early.



# ACTIVITIES FOR EACH AGE



## Age 3 Activities

1. Talk about emotions. Teach breathing exercises, find comfort toys and create a safe place to go to calm down.
2. Create and practice rules.
3. Read with your child and ask questions about the story.
4. Sing songs and rhymes with your child.
5. Play counting games.
6. Give 2 to 3 step directions.

## Age 4 Activities

1. Role play new situations. Practice.
2. Give a choice.
3. Ask your child what will happen next a story.
4. Ask your child colors, shapes, sizes of things you see throughout the day.
5. Give toys that encourage the use of imagination.

## Age 5 Activities

1. Play board games and card games.
2. Encourage your child to "read" a book by looking at the pictures.
3. Give your child puzzles and building blocks.
4. Practice buttoning, zipping, tying.
5. Skip, hop, jump using alternating feet.
6. Pump feet back and forth on swings.

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