

Help Build Emotional Wellbeing

- Practice labeling feelings.
 - Name your child's emotions during the day. "You are excited!" "You are sleepy."
- Give them choices
 - Let them make small choices, for example, let them pick if they want to walk or hop to the car.
- Use a routine.
 - Doing the same things every morning or before bed helps your child to know what to expect.
- Let the child lead in play.
 - Let the child play with a toy and you follow along.



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Still Have Questions?

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Carsonек KIDS

Guide to Child Development



Years 0-3

Years 0-3

It's important that your child grows in their own time, but what can you expect to see, and what can be a warning sign?

0-1 Years

- May say their first words
- Drink from a cup or scribble
- Take their first steps

1-2 Years

- Stack 2-4 blocks
- Name 6 or more body parts
- Getting better at walking and running
- Asking for what they want

2-3 Years

- Pretend food play
- Drawing a shape
- Learn action words
- Storytelling

Helping Your Child Grow

Here are some things you can do to help your child learn and grow

Activities 0-1

- Repeat words baby tries to say
- Give baby water in an open cup (can be done in bath if needed)
- Have baby practice walking on different types of floor (carpet, hard wood)

Activities 1-2

- Show them how to stack blocks
- Sing "Head-shoulders-knees-toes"
- Let the child play outside
- Let the child play with sand, mud, and water

Activities 2-3

- Coloring activities
- Have the child copy the shape you draw to make artwork
- Play Simon Says
- Read books to the child

Warning Signs

Abnormal things a child can do that can be a warning sign are not making eye-contact, repeating sounds or making the same motions over and over, not speaking or trying to speak, not answering to their name, or getting overly upset after touching, tasting, or hearing something they do not like.

What do I do?

If you notice your child may have delays, speak with your child's doctor.

