



Milestone Resources

USE THE AMAZON™ HOLIDAY GIFT GUIDE TO TRACK YOUR CHILD'S MILESTONES TODAY!

Happy Holidays!

From Virtual Milestone Academy





24-30 months

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SOCIAL & EMOTIONAL MILESTONES:

- Notices when others are hurt or upset, like pausing or looking sad when someone is crying
 - ✓ Pg. 15- Use the stickers to recognize if your child notices your feelings when you *drop* or *rip* a sticker.
- Looks at your face to see how to react in a new situation
 - ✓ As your child discovers items in the catalog, notice if he/she looks at your face to see how you feel about the items.

SPEECH & LANGUAGE MILESTONES:

- Points to things in a book when you ask, like “Where is the ____?”
 - ✓ Pg. 5- bear, mouse, fox, car, sun, cloud, box, hat, scarf, rock, lights, ears, nose, eyes, shirt
(Note if your child is using the pointer finger straight and the thumb wrapped around the other fingers)
- Says at least two words together, like “More milk.”
 - ✓ Does your child use phrases like “want that” or “my car”?
- Points to at least two body parts when you ask him to show you
 - ✓ Pg. 15- Try using stickers to discover if your child can place stickers on your body.
- Uses more gestures than just waving and pointing, like blowing a kiss or nodding yes
 - ✓ Can your child nod ‘yes’ to simple questions or blow kisses to toys in the book?

COGNITIVE & PLANNING MILESTONES:

- Holds something in one hand while using the other hand; for example, holding a container and taking the lid off
 - ✓ While holding the magazine, can your child turn a page or group of pages?
 - ✓ Can your child tear a page out of the magazine?
- Tries to use switches, knobs, or buttons on a toy
 - ✓ Pg. 15- KidKraft™ *Ultimate Corner Wooden Play Kitchen* offers many opportunities to practice switches, knobs, and buttons.

MOVEMENT AND MOTOR MILESTONES:

- Kicks a ball, runs
 - ✓ Pg.88- Remember to use a variety of different ball weights, sizes, and textures.
- Walks (not climbs) up a few stairs with or without help
 - ✓ Pg. 84 D- Little Tykes™ *First Slide* is a great way to boost stair skills.
- Eats with a spoon
 - ✓ Pg. 70 G to I – Baby Alive™ *Princess Ellie Grows Up* is a great way to encourage spoon skills.





30-36 months

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SOCIAL & EMOTIONAL MILESTONES:

- Shows you what she can do by saying, "Look at me!"
 - ✓ Pg.87 B -Fisher-Price™ Harley-Davidson™ Tough Trike
- Follows simple routines when told, like helping to pick up toys when you say, "It's clean-up time."
 - ✓ Pg.50 -Lego™ Duplo Sets are great for teaching clean up routines

SPEECH & LANGUAGE MILESTONES:

- Says about 50 words
 - ✓ At this time, it should be difficult to write down **all** the words your child has
- Says two or more words together, with one action word, like "Doggie run"
 - ✓ Pg. 62- Play-Doh™ play is great for this: "help me", "open it", "push down", "want that", "clean up" are some common phrases to work on in this activity
- Names things in a book when you point and ask, "What is this?"
 - ✓ Pg. 30 & 31- Squishmallows™ page has some fun naming opportunities
- Says words like "I," "me," or "we"
 - ✓ "We have that" "I want that" are common phrases you should hear as your child looks at the toys in this Gift Book.

COGNITIVE & PLANNING MILESTONES:

- Uses things to pretend, like feeding a block to a doll as if it were food
 - ✓ Pg. 83 H- Kidcraft™ Wooden Farm to Table Play Kitchen
- Follows two-step instructions like "Put the toy down and close the door."
 - ✓ Pg. 70 -Baby Alive™; playing dolls is a great activity for this skill.
- Shows he/she knows at least one color, like pointing to a red crayon when you ask, "Which one is red?"
 - ✓ Pg. 31- Care Bears™ Glitter Good Luck Bear Plush; see if your child names a color.

MOVEMENT AND MOTOR MILESTONES:

- Turns book pages, one at a time, when you read
 - ✓ Your child should be turning cardboard pages or the cover page of the magazine.
- Jumps off the ground with both feet
 - ✓ Note if both of your child's feet come off of the ground at the same time.
- Takes some clothes off by himself, like loose pants or an open jacket
 - ✓ Pg.73 A -Disney™ Princess Rapunzel, Ariel, Tiana & Jasmine Deluxe Dress-up Trunk is a fun way to start work on dressing skills.





3 years

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SOCIAL & EMOTIONAL MILESTONES:

- Calms down within 10 minutes after you leave her, like at a childcare drop off**
 - ✓ Pg. 19 C- Bluey Brisbane™ *Adventure Bus*. Pretend play together to practice strategies and process feeling; pretend plays builds perspective together.
- Notices other children and joins them to play**
 - ✓ Pg. 18 D- Fisher-Price™ *Little People Barbie You Can Be Anything*. Pretend play is a fun way to practice joining different social groups by spawning communication and expression in a safe context.

SPEECH & LANGUAGE MILESTONES:

- Talks with you in conversation using at least two back-and-forth exchanges**
 - ✓ Ex- "I have that" ... "yes, yours is blue" "that's pink" ... "yes that's shiny pink!"
- Asks "who," "what," "where," or "why" questions, like "Where is mommy/daddy?"**
 - ✓ Pg. 82 – Dolls are a great activity to work on these; be careful to not use animal characters here while children are learning the difference between 'who' and 'what'.
- Says what action is happening in a picture or book when asked, like "running," "eating," or "playing"**
 - ✓ Pg. 12 (sitting, laying, reading, looking) Pg. 27 (riding, laughing) Pg. 45 (playing)
- Talks well enough for others to understand, most of the time**
 - ✓ Your child should be approximately **75% intelligible to all people**

COGNITIVE & PLANNING MILESTONES:

- Draws a circle, when you show him how**
 - ✓ Pg. 72 has a Scavenger Hunt. Have fun finding items and practicing drawing circles.
- Avoids touching hot objects, like a stove, when you warn**
 - ✓ Pg. P 84 Your child should be able to pretend play safety awareness with pretend kitchen.
- Seems to be learning new things each day**
 - ✓ Pg. 83 A KidKraft™ Appleton Wooden Swing Set ages withy our child is versatile for all play

MOVEMENT AND MOTOR MILESTONES:

- Strings items together, like large beads or macaroni**
 - ✓ Pg. 61- Consider using a pipe cleaner with small beads if you do not have large beads.
- Puts on some clothes by himself, like loose pants or a jacket**
 - ✓ PG. 98 -Pajamas have loose elastic bands that provide great dressing practice.
- Uses a fork**
 - ✓ PG. 22 – This page shows a hand grasp similar to one that is used for holding a fork.





4 years

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SOCIAL & EMOTIONAL MILESTONES:

- Pretends to be something else during play (teacher, superhero, dog)**
 - ✓ Pg. 51- *Animal Masks* is a fun way to have fun with pretend play!
- Changes behavior based on where she is (place of worship, library, playground)**
 - ✓ Pg. 69 -Polly Pocket™ separates settings and is a great resource for playing with social expectations in a variety of settings such as home, school, outdoors, restaurant, and events

SPEECH & LANGUAGE MILESTONES:

- Says sentences with four or more words**
 - ✓ While doing this activity take note of word number: Ex) 4, 3, 2, 1, 5, 4, 3, 2, 5, 4 = 3.3 (avg length sent)
- Says some words from a song, story, or nursery rhyme**
 - ✓ You may use the cover to talk about music on the radio to encourage singing together.
Note that children who avoid this skill or struggle with it should be screened for phonological concerns that can lead to dyslexia
- Talks about at least one thing that happened during his day, like "I played soccer."**
 - ✓ Pg. 13 F- Amazon™ *Echo Show 5*: Your child may not be ready to talk after school, but using video communication to stay in touch motivates children to retell the events of their lives to loved ones.
- Answers simple questions like "What is a coat for?" or "What is a crayon for?"**
 - ✓ A fun way to engage children is to ask this question OFTEN! By pretending to not understand function, children find it fun to explain function to you!

COGNITIVE & PLANNING MILESTONES:

- Names a few colors of items**
 - ✓ Pg. 92 -*Coloring by Number* is a fun activity to do together to practice this skill together!
- Tells what comes next in a well-known story**
 - ✓ Pg. 14 A -Peppa Pig™ *Wooden Deluxe Playhouse*. Have your child retell/pretend familiar routine
- Draws a person with three or more body parts; Holds crayon or pencil between fingers and thumb**
 - ✓ Pg. 60 G -Crayola™ *Ultimate Lightboard*: It is important to teach by telling and showing how to form shapes and letters. Let child observe your grasp as well as how you FORM a design.

MOVEMENT AND MOTOR MILESTONES:

- Catches a large ball most of the time**
 - ✓ Pg. 88 -Remember to use a variety of different ball weights, sizes, and textures.
- Serves himself food or pours water, with adult supervision**
 - ✓ Pg. 50 D -LEGO™ DUPLO™ *Bath Time Fun: Floating Animal Island* : Bath time is great time to practice this skill!
- Unbuttons some buttons**
 - ✓ PG. 98 E & F -Disney™ *Kids' Puffer Coats*: Great for practice; these jackets have zipper and button!





5 years

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SOCIAL & EMOTIONAL MILESTONES:

- Follows rules and takes turns when playing games with other people**
 - ✓ Pg. 19 F – Chutes and Ladders™ is a great family game to practice rules and turn taking.
- Does simple chores at home, like matching socks or clearing the table after eating:**
 - ✓ Your child should be able to separate dishes, laundry, toy bins, organize bed sheets, pick out appropriate clothing, and organize materials for play within minimal help.

SPEECH & LANGUAGE MILESTONES:

- Tells a story she heard or made up with at least two events. For example, a cat was stuck in a tree and a firefighter saved it**
 - ✓ Pg. 28- eeBoo™ *Animal Village Create Story Pre Literacy Cards* is a fun way to practice this!
 - ✓ Pg. 4 -Read “The Biggest Bear Hug”. Ask your child to retell with at least 2 events they remember.
- Answers simple questions about a book or story after you read or tell it to him**
 - ✓ Pg. 4 -Read “The Biggest Bear Hug”. Ask child “What was Bear missing?” “Who drove in the car with Bear?” “Can you describe Bear’s sweater?” “Can you name his friends?”
- Talks about at least one thing that happened during his day, like “I played soccer.”**
 - ✓ Ask child to find something in the Gift Book that they have played with before, tell about it.
- Uses or recognizes simple rhymes (bat-cat, ball-tall)**
 - ✓ Pg. 11 - “From here to cheer” Ask your child to find the rhyme.
 - ✓ Pg. 16 – “Paws-itively Awesome” Does your child understand this joke?

Note that children who avoid this skill or struggle with it should be screened for phonological concerns that can lead to dyslexia

COGNITIVE & PLANNING MILESTONES:

- Counts to 10; names some numbers between 1 and 5 when you point to them**
 - ✓ Pg. 64 -Uno™ cards are great for sorting and talking about numbers. P. 92-Coloring with Cheer
- Pays attention for 5 to 10 minutes during activities. For example, during story time or making arts and crafts (screen time does not count).**
 - ✓ How is your child’s attention during this Gift Book activity?
- Names some letters when you point to them**
 - ✓ Pg. 47 - *Word Search Ahead* is a fun way to start exploring and looking for letters!

Note that children who avoid this skill or struggle with it should be screened for phonological concerns that can lead to dyslexia

MOVEMENT AND MOTOR MILESTONES:

- Writes some letters in name**
 - ✓ Pg. 1 - Ticket to Cheer – From: Can child copy letters?
- Buttons some buttons**
 - ✓ Pg. 98 E & F- Kids’ Disney™ *Puffer Coats*: Great for practice; these have zipper and buttons!
- Hops on one foot**
 - ✓ Pg. 99 -Standing while putting on Totes Kids’™ *Boot Slippers* require one footed balance.

