



KIDDIES CENTRE

CURRICULUM FRAMEWORK FOR SKILL DEVELOPMENT MILESTONES OF CHILDREN AT KIDDIES CENTRE

IMPORTANT guidelines for Parents / Guardians regarding the development and monitoring of their child's progress at the Nursery School for school readiness.

The development milestones and guidelines are **NOT TO BE USED** by Parents **AS A CHECKLIST**.

The guidelines are for observation and planning, bearing in mind that children are unique in their individual learning needs and interests and will make sense of their world in different ways and at different times and that these can change from day to day.

The curriculums are based on the South African Constitution and the South African National CAPS system.

The aim of the curriculum is to help every child to develop knowledge, skills, attitudes and behaviours for life, learning, schooling and work.

The curriculum includes experiences that are planned for young children and created by the children themselves in order to make sense of their world.

The first 1000 days of life – the time spanning roughly between conception and one's second birthday is a unique period of opportunity when the foundation of optimum health, growth and neurodevelopment across the lifespan of a child are established. Please visit "***The first 1000 days of life: The brain's window of opportunity***"

By making sure children's needs are met in the first 1000 days of a child's life, parents can often avoid having long lasting and costly consequences for children, families and society.

By age 3, a child's brain has reached 80% of its adult size. The quality of experiences during the first 1000 days of life establishes either a strong or fragile foundation for everything that follows.

Skill development during the first five years of a child's life moves fast. The brain grows rapidly in babies, toddlers and young children. Language blooms, thinking becomes more developed and social and emotional skills allow more interaction with other people.

When babies, toddlers and young children are –

- Well nourished;
- enjoy good health;
- are safe and secure;
- are physically strong and;
- in a stress free environment;

then they thrive in their development and learning what children feel, do, hear and see in their early childhood setting is an important part of curriculum.

Children grow and develop through exposure to various experiences which happen con-currently and interactively, affecting the different areas of child development.

A child who is stimulated from the earliest possible moment who is read to, talked to, sung to, played with, is not only happier but will have a better cognitive capacity.

All children should enjoy their constitutional rights and families, and close social circles have the responsibility of ensuring that these rights are met.

DEVELOPMENT MILESTONES

In line with babies, toddlers and young children's needs in the first 1000 days of their life's and beyond, Kiddies Centre provide the following development milestones from birth to Grade R in six group classes:

1. Development Milestones from Birth to age 1

- Babies develop skills quickly during the first year of life
- They move from not being able to control limb movements to being able to reach for things and bang them together
- Cooing sounds begin to be more organized "jabbering" by the end of the first year

Milestones from birth to Age 1 include *Physical Milestones, Cognitive Milestones* and *Social and Emotional Milestones*

New born

Physical Milestones

- Makes reflex movements like sucking and startling
- Has jerky, uncontrolled arm and leg movements

Cognitive Milestones

- Learns about things by feel, sound, sight and smell
- Begins repeating movements to help brain growth and memory

Social and Emotional Milestones

- Starts learning to be comforted by caregivers
- Getting attached to caregivers

3 Months

Physical Milestones

- Push-ups on arms when on belly
- Holds head up unsupported for a short time
- Follows an object with eyes from one side to the middle, but not all the way around

Cognitive Milestones

- Starts paying attention to, watching and recognizing faces
- Recognizes familiar people at a distance
- Shows signs of boredom (fussiness) when doing one thing too long
- Uses eyes and hands together and plans, such as seeing a toy and reaching for it

Social and Emotional Milestones

- Smiles spontaneously
- Likes to play with people
- Coos and babbles
- Develops different cries for different needs (hungry, tired, wet)
- Responds to love and affection
- Shows happiness and sadness
- May imitate facial expressions

5 Months

Physical Milestones

- Reaches for and grabs objects
- Rocks on tummy; may be able to roll from tummy to back
- Puts weight on legs when feet are flat on the floor
- Moves things from hand to hand

Cognitive and Language Milestones

- Is curious about things out of reach and looks at new things
- Explores things by putting them in mouth
- Responds to conversation by making sounds
- Recognizes and responds to own name

Social and Emotional Milestones

- Starts to recognize and react to strangers
- Tries to get caregivers to play (sticks out tongue, pats toys, etc.)

7 Months

Physical Milestones

- Rolls from back to tummy and tummy to back
- Sits without support
- Does “push-ups” and starts trying to move forward

Cognitive and Language Milestones

- Practices turn-taking when “talking” with caregivers
- Jabbers with vowel sound combinations (*eh, ah, oh*) and starts using sounds like *b* and *m*
- Starts testing cause and effect, such as seeing what happens when shaking a toy

Social and Emotional Milestones

- Is interested in looking in the mirror
- Uses sounds to express happiness, sadness and anger

9 Months

Physical Milestones

- Gets into and out of a sitting position
- Starts scooting, creeping or crawling
- May stand with support
- Picks up small objects using thumb and fingers (pincer grasp)
- Follows a falling object with eyes
- Looks for hidden object, but only if he sees you hide it
- Plays peekaboo and patty-cake
- Starts to understand *no*
- Makes vowel-consonant sounds (*mama, baba*)
- Points and copies other gestures

Social and Emotional Milestones

- Begins having stranger anxiety
- May be upset when separated from caregivers
- Has favourite objects or toys

12 Months

Physical Milestones

- Walks holding on to hands or furniture
- May stand alone
- May take a few steps alone
- Can let go of items without help
- Points and copies other gestures

Cognitive and Language Milestones

- Finds hidden objects
- Looks at or points to a picture when you name it
- Bangs, throws and shakes things to see what happens
- Explores everyday objects, both in correct ways (using a cup to drink) and incorrect ways (puts a toy in a cup)
- Follows one-step directions
- Shakes head *no* and waves
- Tries to repeat words

Social and Emotional Milestones

- Uses inflection and pauses to make sounds that sound like talking
- Uses simple words like *mama* or *uh-oh*
- Responds to name
- Plays favourites with people
- Is a little fearful of new things
- Uses gestures or sounds to get your attention

2. Development Milestones from Age 1 to Age 2

- A 1-year-old can typically communicate with some words and gestures.
- A 1-year-old often shows affection for their caregivers but may be nervous about strangers.
- Between 1 and 2 years, most kids go from taking their first steps to being able to climb up the stairs.

Milestones from Age 1 to Age 2 include *Gross motor skills* and *Fine motor skills*

Physical Milestones

Gross Motor Skills

Most 1-year-olds can:

- Sit without leaning on anything or being held up
- Belly crawl, scoot or creep on hands and knees
- Pull to standing and move, holding on to furniture

Between 1 and 2 years, children typically can:

- Stand alone and walk, holding on to hands
- Stick out their arms, legs and feet to help get dressed and undressed
- Walk without help
- Begin walking upstairs, holding on to railing, may alternate feet
- Walk, run and start learning to jump with both feet
- Pull or carry toys while walking
- Throw and kick a ball, try to catch with both hands
- Stand on tiptoes and balance on one foot
- Climb on furniture and playground equipment

Fine Motor Skills

As they approach age 2, children are typically able to:

- Drink from a sippy cup (or regular cup with help)
- Use a spoon—clumsily—to eat
- Pick up objects like Cheerios or raisins with thumb and index finger (known as “pincer grasp”)
- Point, poke and maybe even pinch
- Put things into a bucket and take them out again
- Scribble with a thick crayon or marker
- Start brushing own teeth and hair
- May pull pants up and down
- Turn on the faucet and wash hands

Cognitive Milestones

Children between 1 and 2 years will typically:

- Know the use of everyday objects, such as a spoon, a toothbrush or phone
- Start following simple directions such as “blow me a kiss” or “sit down”
- Start simple pretend play, like feeding a stuffed animal
- Point to his own head, eyes, ears, nose or mouth
- Make the connection between a word you say and a picture in a book
- Show a reaction to familiar songs and stories
- Start testing cause and effect, such as what happens when he throws his cup on the floor
- Build puzzles of 4 pieces
- Build a block tower of at least four blocks
- Group toys by type, size or color

Language Milestones

Children between 1 and 2 years will typically:

- Babble in a way that sounds like talking and try to “talk” with you
- Sing songs and starting rhyming with movements
- Recognize family members’ names and the words for common items (cup, ball, shoe)
- Raise his arms when he / she wants to be picked up, point at things he wants and shake his head *no*
- Understand basic commands like *stop* and *no*
- Say *no*, *mama* and several other words
- Express happiness, sadness and frustration with different sounds or cries

Social and Emotional Milestones

Children between 1 and 2 years will typically:

- Smile and laugh in reaction to somebody else or when playing
- Cry when someone nearby is upset
- Feel comfortable exploring the room when a caregiver is nearby
- Show affection to familiar people
- Have mild temper tantrums when frustrated
- Be nervous around new people and clingy with caregivers

3. Development Milestones from Age 2 to Age 3

- A 3-year-old kid usually gets better at using *fine motor skills* to do things like draws with a crayon
- A 3-year-old kid is able to use up to five or six words in a sentence as he / she approach age 4

Milestones from Age 2 to Age 3 include *Gross motor skills* and *Fine motor skills*

Physical Milestones

Gross Motor Skills

- Run and walk without tripping over own feet
- Jump, hop and stand on one foot
- Walk backwards and climb stairs one foot after the other
- Kick and throw a small ball; catch a bigger ball most of the time
- Climb
- Start pedalling a tricycle or bike

Fine Motor Skills

- Draw a circle with a crayon, pencil or marker
- Color large pictures
- Play with toys with small moving parts and buttons
- Tear magazines
- Turn the pages of a book one at a time
- Build with Mega Blok's and create towers of six or more blocks
- Build puzzles of 4 pieces
- Work door handles and twist-on bottle tops

Cognitive Milestones

- Name the eight colors in a crayon box (red, yellow, blue, green, orange, purple, brown, black)
- Recite numbers to 10 and start counting groups of things
- Start understanding time in terms of morning, night and days of the week
- Remember and retell favourite stories
- Understand and talk about things that are the "same" and "different"
- Follow simple three-step directions ("Brush your teeth, wash your face and put on your pajamas.")

Language Milestones

- Use the basic rules of grammar, but make mistakes with words that don't follow the rules, like saying "mouses" instead of "mice"
- Speak well enough that most strangers can understand what they're saying
- Sing songs and starting rhyming with movements
- Use five or six words in a sentence and have a two- to three-sentence conversation
- Tell you their name, the name of at least one friend and the names of most common objects
- Understand words like "in," "on," "behind" and "next"
- Ask "wh" questions, like "why," to get more information about things

Social and Emotional Milestones

- Be interested—although hesitant—about going to new places and trying new things
- Start to play with children (as opposed to only playing side-by-side)
- Start being able to comfort and show concern for an unhappy friend without prompting
- Take turns while playing (even if they don't like to)
- Play “real life” with toys like play kitchens
- Start finding simple ways to solve arguments and disagreements
- Show (but maybe not name) a variety of emotions beyond happy, sad and mad

4. Development Milestones from Age 3 to Age 4

- A 3 to 4-year old kid are able to pay attention to an activity for 10 to 15 minutes by the end of the year.
- 4-year old kids typically begin using more complicated sentences that combine more than one thought.

Physical Milestones

Gross Motor Skills

- Control movement more easily; start, stop, turn and go around obstacles while running
- Log roll, do somersaults, skip and trot
- Get dressed with minimal help (zippers, snaps and buttons may still be a little hard)
- Throw and bounce a ball
- Jump over objects and climb playground ladders
- Pedal *and* steer a tricycle or bike

Fine Motor Skills

- Draw or copy basic shapes and crosses (this is a milestone known as “being able to cross the midline”)
- Write some letters
- Begin to use scissors purposefully
- Stack a tower at least 10 blocks high
- Build puzzles of 6 to 10 pieces
- String beads or O-shaped cereal to make necklaces
- Pinch and shape clay or play-dough into recognizable objects
- Tear and paste large paper

Cognitive Milestones

- Understand the difference between real and make-believe
- Understand that pictures and symbols stand for real things
- Explore relationships between ideas, using words like *if* and *when* to express them
- Start thinking in logical steps, which means seeing the “how-tos” and consequences of things
- Get abstract ideas like “bigger,” “less,” “later,” “ago” and “soon”
- Put things in order such as from biggest to smallest, shortest to tallest
- Stick with an activity for 10 to 15 minutes

Language Milestones

- Sing silly songs, make up goofy words and start rhyming
- Follow simple, unrelated directions (“Go find your shoes and pick up that toy.”)
- Change speech patterns depending on who he’s having a conversation with, such as speaking in short sentences to a younger sibling
- Pronounce most sounds correctly, but still have trouble with *s*, *w* and *r* sounds
- Ask for the definition of unfamiliar words
- Make up stories and talk about what he’s thinking
- Argue, even though the argument might not be logical

Social and Emotional Milestones

- Share, cooperate, be helpful and take turns
- Start acting a little bossy and start tattling
- Enjoy telling silly jokes and find other things funny
- Begin telling small lies to get out of trouble, even though he knows it’s wrong
- Do or say things he shouldn’t to see what the reaction will be
- Have imaginary friends and play the same imaginary games over and over

5. Development Milestones from Age 4 to Age 5 – Grade RR

- Grade RR kids typically get better at physical skills as opposed to learning many new ones.
- Most Grade RR kids begin to look for logical answers to their questions about the world.
- Grade RR kids may have trouble figuring out how to make and keep friends.

Physical Milestones

- Have improved hand-eye coordination for things like kicking a ball, catch a ball or tying shoelaces
- Climb, swing and jump with one leg
- Sing songs with rhyming and movements
- Dance in time with the music, perhaps even adding cool moves like spinning in place without moving from one spot
- Have improved handwriting that becomes neater and easier to read
- Play dough to strengthen finger muscles

Cognitive Milestones

- Recite their names and surnames
- Know the days of the week
- Identify the colors red, blue, yellow and green
- Build puzzles of 20 to 30 pieces
- Count groups of objects up to 5 and recite numbers to 10
- Copy 3 shapes and name the shapes
- Cut large pictures
- Color and paint
- Draw a stick person
- Tear and paste large paper
- Start developing the skills to reason and think logically; try to think about things before making decisions
- Use what they hear and read to start learning—not just what they see and do
- Find it hard to make choices because they want to do everything at once

- Can read a number of sight words (words they see frequently and can read without sounding out) and sound out and read other words
- Begin to have a better sense of time; understand increments of time, days, weeks, months and seasons

Language Milestones

- Start sounding out words; understand the relationship between letters and sounds
- Know, use and understand thousands of words

Social and Emotional Milestones

- Are more independent, but less secure; want a lot of attention and approval from adults
- Form and break friendships easily; can be critical of other kids
- Have feelings, hurt more easily and start being very aware of other people's feelings
- Are eager to please and want to "be first" and win
- Understand right from wrong, but look for the loopholes in rules to get what they want
- Become more gracious losers and are able to reflect on their role in conflicts

6. Development Milestones from Age 5 to Age 6 – Grade R

- Grade R's are very active – they typically hop, skip, jump and dance.
- Grade R's may begin playing with language to tell silly jokes.
- Grade R's usually start understanding right and wrong and can be critical of those who don't follow the rules.

Physical Milestones

Gross Motor Skills

- Walk on tiptoes and heel-to-toe like on a balance beam
- Jump rope and pump legs to swing alone
- Stand and hop on each foot
- Catch a ball the size of a softball
- Start to move in different ways at the same time to do things like swim, dribble a basketball or dance

Fine Motor Skills

- Use one hand more than the other (known as "hand dominance")
- Hold a pencil using a tripod grip (two fingers and a thumb)
- Cut out basic shapes with scissors; may be able to cut a straight line
- Use a fork, spoon and knife easily
- Be able to wipe and wash after using the bathroom

Cognitive Milestones

- Recognize and name colors and basic shapes
- Know the letters of the alphabet and letter sounds
- Know the days of the week
- Know the month of the year
- Recite their name, address and phone number
- Memorize rhymes and songs
- Write his name

- Draw himself with body parts
- Model letter numbers with clay
- Cut on lines
- Understand basic concepts about print (such as knowing which way the pages go and how words are read left to right and top to bottom)
- Know that stories have a beginning, middle and end
- Build puzzles of up to 50 pieces
- Count groups of objects up to 10 and recite numbers to 20
- Stick with an activity for 15 minutes and finish a short project
- Make plans about how to play, what to build or what to draw

Language Milestones

- Use words to argue and try to reason with people; *because* is an often used word
- Use most plurals, pronouns and tenses correctly
- Tell stories, jokes and riddles; may understand simple puns
- Use language to talk about opposites and compare things (“That black cat is smaller than the white one.”)
- Talk about things that are going to happen as well as things that have already happened
- Follow simple multi-step directions

Social and Emotional Milestones

- Have an interest in behaving like their friends and wanting their approval
- Begin to prefer same-gender friendships; become jealous of other people spending time with “their” friends
- Follow instructions and rules most of the time; may criticize kids who don’t follow the rules
- Work independently
- Enjoy being on display; will sing, dance or be silly to get attention
- Want your approval and to be taken seriously; may throw a tantrum or get angry if they think they’re not being listened to
- Start to see why it’s helpful to share and get along with other kids