Infants

Motor Development and Coordination

Children develop strength, coordination, and control of their large muscles.

1. Maintain upright posture when sitting or standing
2. Move to explore immediate environment (e.g. scoots, creeps, crawls)
3. Pull to stand, cruise, then walk a few steps independently
4. Balance while exploring immediate environment (e.g., sit and reach for toys without toppling over)

Children develop strength, eye-hand coordination, and control of their small or fine motor muscles.

1. Transfer objects from one hand to another
2. Use both hands to hold, reach for and let go of objects
3. Coordinate movements using eyes and hands (e.g., bring hands together, stack rings)

Health and Safety Practices

Children develop healthy eating habits and knowledge of good nutrition.

1. Communicate feelings of hunger and fullness (e.g., cry or search for food, turn away when full)
2. Show food preferences
3. Eat different kinds of foods (e.g., liquids, pureed or soft foods, finely chopped food)

Children develop personal health and self-care habits, and become increasingly independent.

1. Sleep well and show alertness during waking periods
2. Develop a personal sleep routine or pattern
3. Indicate, in a variety of ways, own personal health and self-care needs and wants (e.g., cry/vocalize when need changing or hungry)
4. Tolerate, show interest, and assist in care routines (hand washing, raise arms for dressing)

Children develop the ability to identify unsafe situations, and use safe practices.

1. Show preference for and trust in familiar caregivers
2. Notice and imitate adults' reactions to new people and situations
3. Express discomfort or anxiety in stressful situations