



Cognitive Development Milestones Checklist⁷

Handout B14



At this stage of development, my child may ...

- ☐ Use objects the way they're meant to be used (using a hair brush, using a spoon, etc.)
- ☐ Understand the idea of time more easily and time phrases like "not now" or "when we get home"
- ☐ Point to and name familiar people in photos
- ☐ Show increased memory for daily routines
- ☐ Remember how to do something they learned earlier
- ☐ Demonstrate their use of numbers by counting
- ☐ Show interest in new objects, sounds, or people in their environment
- ☐ Understand and follow simple two-step directions like: "Go to the chair and bring your blanket to the floor."

Reminder...
Children grow and develop at different rates. Your child may be following a different path than other children the same age.



Continued



*How I can support my child's
cognitive development...*

- ☐ Encourage their efforts and acknowledge what they've learned
- ☐ Continue to provide an environment that encourages them to explore
- ☐ Watch them closely to discover what toys might be too simple or too hard for them
- ☐ Notice what they're interested in and join in
- ☐ Use their interests to help them learn other concepts like counting, pouring and mixing, and patterns
- ☐ Encourage their creativity by having art materials available like crayons and paper
- ☐ Offer them simple puzzles with only a few pieces (2-4 pieces)
- ☐ Talk with them about what they're hearing, seeing, touching, doing, and feeling
- ☐ Gently challenge them when they've mastered a skill, for example: if they've mastered a 2-piece puzzle, encourage them to try the 4-piece puzzle
- ☐ Continue to talk with them about numbers, colors, and patterns
- ☐ Read together and encourage them to point to the pictures
- ☐ Talk with them about past events to support their memory development
- ☐ Share with them things that will happen soon or changes in their routine

Remember that the Daily Do
Brain Builders
supports healthy brain development.

