



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.

