

# INFORMATION ON CHILD DEVELOPMENT

The benefits of early learning programs are numerous. A child’s ability to think, form relationships and live up to his or her full potential is directly related to the connected effect of good health, good nutrition and appropriate stimulation and interaction with others. Scientists have shown the importance of early brain development, and the need for positive stimulation, good health and nutrition.

Children who participate in early learning programs tend to be more successful later in school, are more competent socially and emotionally, and show higher verbal and intellectual development during early childhood than children who do not participate in early learning programs.

Ensuring healthy child development, therefore, is an investment in your child.

According to the American Academy of Pediatrics, “The brain undergoes its most rapid development in the first three years of life, and in this development the environment plays a central role. Nerve connections that are associated with specific skills such as language are developed during this critical period.” Children need quality care and education in the first years of life to develop to their full potential.

# BASIC DEVELOPMENTAL MILESTONES

AGE	DEVELOPMENTAL MILESTONES
Birth - Six Months	Smiles spontaneously Can grasp a rattle Vocalizes Rolls over
Six Months - One Year	Sits without support Thumb-finger (pincer) grasp Waves “bye-bye” 2-3 word vocabulary
One Year - 18 Months	Removes clothes Walks without support Drinks from cup Knows 5-20 words
Two Years	Puts on clothes Knows 6 or more body parts Understands 2-step commands Knows at least 50 words
Three Years	Knows name, age and gender 250+ word vocabulary Goes up and down stairs without support Pedals tricycle
Four Years	Can play board/card games Draws a person with 3 parts Can name at least 4 colors Almost all speech is understood
Five Years	Ties shoes Prints first name Understands the concept of time Abides by rules



**pennsylvania**  
DEPARTMENT OF HUMAN SERVICES

[www.dhs.pa.gov](http://www.dhs.pa.gov)

# A Parent Guide: Reasons to Choose Quality Child Care and Information on Basic Child Development

*Invest in Your Child - Invest in Quality Child Care.*



Child Care Information Services Agency:

# 10 REASONS FOR PARENTS TO CHOOSE QUALITY CHILD CARE



## 1. SCHOOL READINESS!

Children in a quality setting will not only gain intellectual skills, but also social skills that will prepare them for the school environment.

## 2. ATTENTION!

Lower staff-to-child ratios increase your child's individual attention while in care.

## 3. PROFESSIONAL STAFF!

A quality care setting includes a staff trained to care for children and their needs.

## 4. GOOD RELATIONSHIPS!

Quality care promotes a positive relationship between parents and the caregiver. Parent involvement is a priority.

## 5. OPPORTUNITY!

Age-appropriate learning materials and activities give children the opportunity to learn and grow.

## 6. RESPECT!

A quality program will be respectful of children's and parent's cultural, ethnic and special accommodations.

## 7. PROFESSIONALISM!

A quality program will have business practices and policies in place so parents know what to expect in various situations.

## 8. SAFETY!

The basic need of a quality child care setting is to ensure that the children in care are in the safest environment possible.

## 9. STABILITY!

Parents have assurance that their child is in a safe, positive environment without jumping from provider to provider.

## 10. PARTICIPATION!

Quality providers participate in accrediting programs (such as Keystone STARS), to continue striving for higher quality early learning experiences for children.

**Call your local  
Child Care Information  
Services, CCIS, or  
1-877-4PA-KIDS  
for more information.**