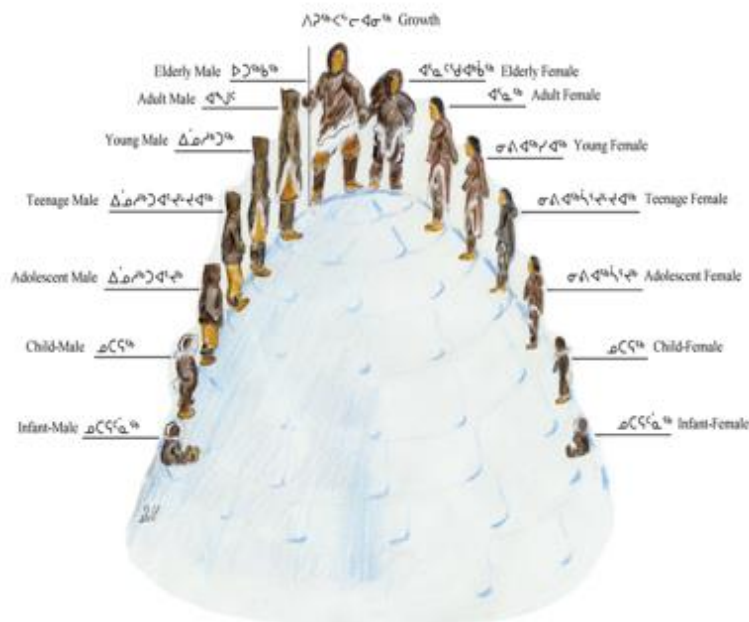


## Child Development Chart (REVISED)



### Inuit Child Development Chart

We cannot grow properly if we overlook proper childrearing programs, good parenting skills and proper laws to guide us. ...culture shows us what we must know about making a life, and culture shows us how we must teach these lessons. Inuit culture is collective wisdom that has been passed on generation to generation, not only how to survive in our environment, but how to be a human being. ...We are guided by culture, because culture is like the constant guidelines which Inuit society live by. Inuit believe one of the most important things to consider is how to make a human being, and so we study this very closely and have realized that we cannot stay quiet about it anymore,

AGE	MILESTONE	SUPPORTING ACTIVITY
0-6mo	<ul style="list-style-type: none"> <li>• Crying to meet needs</li>   <li>• Recognizing people</li> <li>• Smile/laughs</li> <li>• Holding head up</li> <li>• Sitting up</li>   <li>• Copying facial expressions</li> <li>• Kicking</li> <li>• Rolling over</li>   <li>• Grabbing an object</li> <li>• Imitating sounds/actions</li>   <li>• Finding their mouth</li>   <li>• Noticing hands</li> <li>• Teething</li>   <li>• Scaring themselves</li>   <li>• Potty training</li> </ul>	<p>Understand different cries Always comfort a cry Facial contact using names Smile back Hold child away from you Sit in lap, sit with supports Don't hold baby all the time Make new faces Stretch legs and bicycle Place on tummy, support roll Provide soft places to move around on Provide object easily grasped Sing, chant, talk continually Aqqaq, word games Provide object safe to suck Introduce foods slowly Play putujaa, naugli kublu etc</p> <p>Provide cloth, nikpu, flipper bones Cuddle, hug and be a safe place</p>

		Use the term haahaa and anticipate when baby needs to go
6-12mo	<ul style="list-style-type: none"> <li>• Recognizing things, places, people</li> <li>• Beginning to interact</li> <li>• Becomes mobile</li> <li>• Seeks attention</li> <li>• Copies words</li> <li>• Copies actions</li> <li>• Potty training</li> <li>• Shows emotions</li> </ul>	<p>Provide lots of experiences</p> <p>Serve and respond language</p> <p>Continually communicate</p> <p>Begins to crawl, stand alone, may begin to walk. Pay attention and secure the areas</p> <p>Be within voice contact at all times – respond</p> <p>Encourage correct words</p> <p>Repeat words back</p> <p>Play and mirror actions</p> <p>Potty training may have taken place at this point</p> <p>Use emotion terms and suggest reasons for those feelings</p>
12-18mo	<ul style="list-style-type: none"> <li>• Becomes more social</li> <li>• Becomes mobile</li> <li>• Washes hands, brushes teeth</li> <li>• Drinks from a sippy cup</li> <li>• Holds toys easily</li> <li>• Chooses foods and feeds themselves</li> <li>• Mimics actions, words, expressions</li> <li>• Begins to dress themselves</li> <li>• Will make demands such as going outside</li> <li>• Learning to share</li> <li>• Can take on small tasks</li> <li>• Develops control with crayon/pencil/fork/spoon</li> </ul>	<p>Provide many social opportunities</p> <p>Support big muscles development</p> <p>Establish routines</p> <p>Move from breast to cup. Do not use bottles if possible.</p> <p>Provide interesting objects which can be easily grasped.</p> <p>Provide soft foods. Introduce a variety of foods one at a time.</p> <p>Play and have lots of communication</p> <p>Have loose fitting clothes that can easily be pulled on.</p> <p>Respond with a plan if you cannot do what the child wants.</p> <p>Teach patience.</p> <p>Sharing is an expectation. Teach taking turns or trading toys.</p> <p>Provide lots of opportunities for doing tasks and taking responsibility for them.</p> <p>Practice opportunities.</p>

18-24mo	<ul style="list-style-type: none"> <li>• Walking</li> <li>• Talking meaningfully</li> <li>• Feeds themselves</li> <li>• Plays independently</li> <li>• Likes to be read to/be sung to</li> <li>• Copies actions</li> <li>• Using washroom successfully</li> <li>• Sleeps longer</li> <li>• Interacts with siblings/friends</li> <li>• Might begin to be weaned from the breast</li> <li>• Climbs, jumps and is moving actively</li> <li>• May become emotional/tantrums/ outbursts</li> <li>• Begins to explore independence</li> <li>• May not want to separate for long</li> <li>• Begins to share</li> </ul>	<p>Assist with building big muscles. Provide supported walking help. Speak continually face to face. Serve foods that can easily be eaten. Have small utensils for use.</p> <p>Don't provide too many toys. Encourage using something to represent the object they want to use – boxes, jars etc</p> <p>Provide a variety of books, music</p> <p>Model and mirror actions</p> <p>Monitor potty training carefully</p> <p>Plan for naps</p> <p>Plan for playtimes with friends</p> <p>Provide more water in a cup</p> <p>Provide chances to play in big movements</p> <p>Gently calm your child, distract.</p> <p>Once calm discuss causes for behaviours and how to avoid them.</p> <p>Provide lots of opportunities to explore and do things on their own safely</p> <p>Explain when you leave, how long you'll be gone and when you'll be back</p> <p>Encourage and celebrate all sharing behaviours.</p>
3years	<ul style="list-style-type: none"> <li>• Sorting</li> <li>• Matching</li> <li>• Knows big and little</li> <li>• Uses imagination in play</li> <li>• Speaking multiple ideas</li> <li>• Copies or draws on their own</li> <li>• Knows some numbers/colours/shapes</li> <li>• Can do puzzles/games</li> <li>• Has friends/plays with others</li> <li>• Cleans up/does chores</li> <li>• Begins to make letters/numbers on paper</li> </ul>	<p>Provide games, objects to manipulate and support their activities with language</p> <p>Encourage creative symbolic play</p> <p>Should be able to convey several ideas in a conversation or story</p> <p>Provide materials for drawing</p> <p>Practice with number, colour, shape games, puzzles</p> <p>Encourage lay with friends</p> <p>Set expectations for chores.</p> <p>Observe skills so that the task is suited to their ability.</p>

	<ul style="list-style-type: none"> <li>• Growing independence</li> <li>• Spends more time with other children</li> <li>• Pushes, pulls, uses big muscles</li> <li>• Comforts others</li> <li>• Can say name, age</li> <li>• Balances</li> <li>• Climbs stairs</li> <li>• Thinks to solve problems</li> <li>• Eye-hand coordination improves</li> <li>• Catch and throw balls</li> <li>• Can identify feelings/emotions</li> </ul>	<p>Use textured materials to teach numbers, symbols, shapes Celebrate what can be done on his own. Have patience. Leave them with others for short periods of time.</p> <p>Use big muscle activities. Celebrate compassion Practice together Challenge with balance activities. Ask questions that pose issues Catch and throw activities, promote accuracy.</p> <p>Describe emotions as they occur and talk about the feelings that go with them.</p>
4 years	<ul style="list-style-type: none"> <li>• Counts to 10</li> <li>• Remembers 3 step instructions</li> <li>• Becomes somewhat bossy</li> <li>• Wants to be independent</li> <li>• Builds with various materials</li> <li>• Can become jealous/demanding/dependent</li> <li>• Can start reading some words</li> <li>• Understands taking turns</li> <li>• Understands expectations</li> <li>• Follows conventions- please, thank you</li> <li>• Can make comparisons - big/small</li> <li>• Answers questions</li> <li>• Speaks complete thoughts</li> <li>• Remembers the words to songs, chants etc.</li> <li>• Can identify their needs and ask for what they want</li> <li>• Cutting with scissors, using small tools/sew</li> </ul>	<p>Practice. Encourage listening and step by step approaches. Make them aware of how their bossiness affects others. Create opportunities. Provide lots of things to use. Discuss emotions and how to manage them appropriately. Use familiar stories leaving out some words. Use word cards. Encourage patience and taking turns. Make expectations clear and explain them repeatedly. Expect respectful behaviour. Provide lots of opportunity. Ask questions to cause thought.</p> <p>Provide music and action songs. Respond to what is reasonable. Explain why you might not respond to some demands. Have tools available.</p>
5 years	<ul style="list-style-type: none"> <li>• Recognizes animals/ makes animal sounds</li> </ul>	<p>Exposure to sounds.</p>

	<ul style="list-style-type: none"> <li>• Determine right or left handiness</li> <li>• Understands the needs of others</li> <li>• Counts to bigger numbers</li> <li>• Shares and plays cooperatively/takes turns</li> <li>• Helps others more</li> <li>• Takes of several tasks in the home</li> <li>• Can complete tasks independently</li> <li>• Colours within the lines</li> <li>• Recognizes words</li>   <li>• Wants to be outside/enjoys playground</li> <li>• Can be sensitive at times</li>   <li>• Can organize patterns, sort objects</li> <li>• Likes to have attention</li> </ul>	<p>Observe and support.  Recognize compassion  Practice together.  Recognize good choices.  Recognize helping activities.  Celebrate taking responsibility.  Practice.  Provide lots of opportunities to read and recognize short, familiar words.  Make sure time is provided.  Discuss emotions and ways to manage them.  Provide lots of materials to manipulate.  Notice and celebrate all achievements.</p>
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