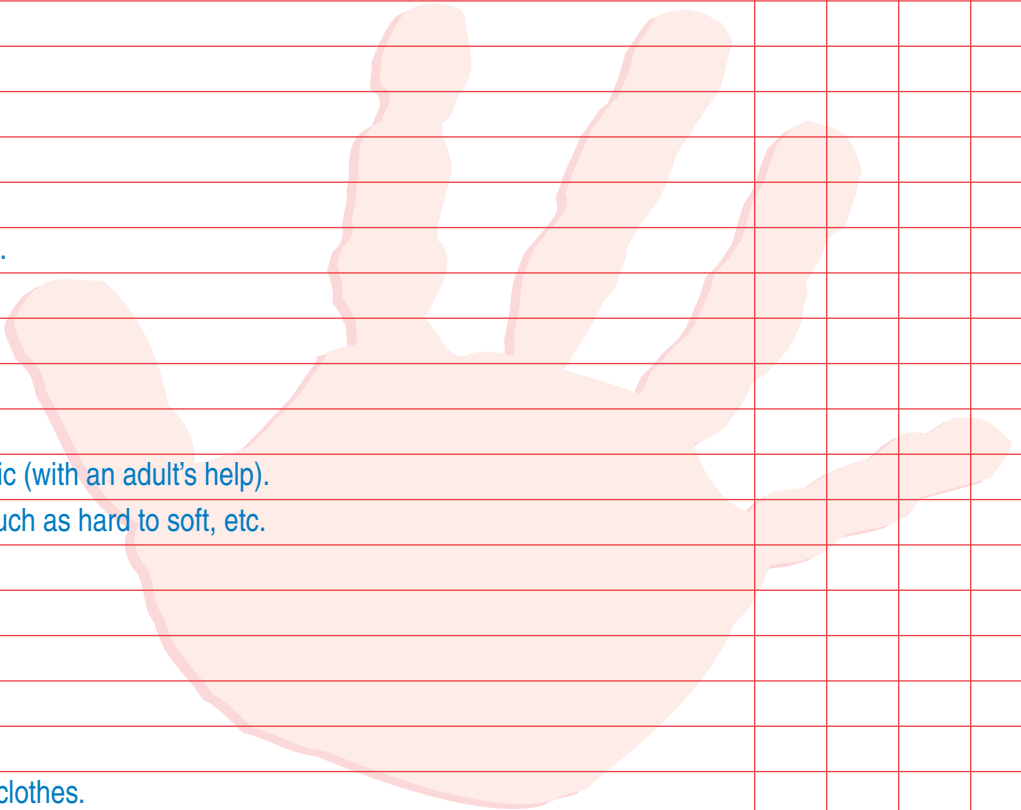




Watch Me Grow Series Developmental Checklist

Share My Discovery As I:

	Attempts	Practicing	Accomplished	Mastered
Tell about something I have done.				
Do a five to ten piece puzzle.				
Copy counting to 10.				
Screw a lid onto a jar.				
Recognize some opposites.				
Talk about some things I will do.				
Hop on one foot.				
Do simple comparing.				
Balance on one foot for five seconds.				
Begin to do a forward somersault.				
Give simple reasons.				
Understand same and different.				
Begin to pump on a swing.				
Do easy sorting, by one characteristic (with an adult's help).				
Name two or three things in order, such as hard to soft, etc.				
Begin to take turns and try to share.				
Play with another child.				
Use simple art materials.				
Tell a little about what I am doing.				
Show or tell the use of something.				
Put on and take off most of my own clothes.				
Match one to one.				
Help tell a story.				
Use my fingers to show age.				
Put together two halves to make a whole.				
Balance and walk on a 5" wide board.				
Use some words that tell "where" (up, down, in, out, etc.).				
Try to copy simple shapes.				
Catch a big ball bounced three feet away.				



✓ Reality Check: Parenting Myths vs. Parenting Reality

Myth: I must control my child if my child is going to learn self-control.

Reality: Somewhere during the preschool years, and even before, conflict grows out of the parent's wish for the child to control himself and the child's wish to do whatever he wants, without considering alternatives or consequences.

Impulses are natural, normal and begin at birth. Struggles arise when parent's or society's wishes conflict with the child's impulses. It is a difficult task to teach children to control their impulses so that they can function within society. Some parents feel that in order for a child to learn self control they must control him/her. A child who is totally controlled by his/her parents will have a difficult time learning self control. A child needs opportunities to practice self control and to learn to make responsible decisions.

Developmental Tip: Self Help Skills

As your preschooler becomes more independent, self help skills become increasingly more important. Independent children are interested in taking care of themselves. Teaching children basic self help skills of dressing, brushing teeth and toilet learning takes time and patience. Success is easier if a child attempts to learn these skill in some steps. For example, if your child wants to pour his/her own glass of milk, give him/her a small pitcher containing a small amount of milk for a better chance of success. Remember to encourage the child's effort not necessarily just the outcome. Encourage the willingness to try.

Activity Center

Balls
Books
Crayons, safety scissors, glue
Paints, Paint brushes
Bubbles
Sewing cards, lacing cards
Puzzles
Tricycle
Dishes
Toy house
Bean bags
Low slide
Pegs, pegboard
Musical toys
Dress up clothes and hats
Riding toys

Sanford Children's C.H.I.L.D. Services
is located at:
1115 W. 41st Street, Sioux Falls, SD
(605) 333-0698

 **Sanford
Children's**

1305 W. 18th Street • PO Box 5039
Sioux Falls, SD 57117-5039
sanfordchildrens.org

