

CHILDREN'S DEVELOPMENT

Attachment Styles:

Secure

- Child feels safe and confident; trusts caregiver will respond.

Avoidant

- Child avoids closeness; may seem emotionally distant.

Ambivalent

- Child is clingy and anxious; unsure if caregiver will respond.

Disorganized

- Child acts confused or fearful; caregiving may be unpredictable.

Consistent, loving responses help build secure attachment.



Speech & Language Development (Ages 0–3)

- **Receptive language** = understanding others
- **Expressive language** = using words, sounds, gestures to communicate

By age 3, most children can:

- Follow two-step instructions
- Use simple sentences and ask questions
- Name common objects and body parts
- Be understood by most people outside the family

Reading Milestones (Preschool to Grade 3)

- **Senior Kindergarten (age 4–5)**
 - Recognizes most letters
 - Understands basic sounds in words
 - Begins identifying sight words
- **Grade 1**
 - Starts reading full sentences
 - Applies letter-sound rules
 - Reads familiar words more fluently
- **Grade 3**
 - Reads with expression and understanding
 - Summarizes and predicts story events
 - Connects stories to personal experiences

Read together daily. Talk about books, signs, and labels in your environment.



Writing Milestones

Senior Kindergarten

- Prints their name and simple words
- Understands spacing, direction, capital and lowercase letters

Grade 1

- Writes simple sentences
- Uses punctuation (periods, capitals)
- Begins to spell common words correctly

Grade 3

- Uses descriptive language
- Applies grammar and spelling rules
- Writes clearly and with structure

Encourage writing through drawing, journaling, and writing together (grocery lists, cards, etc.).



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