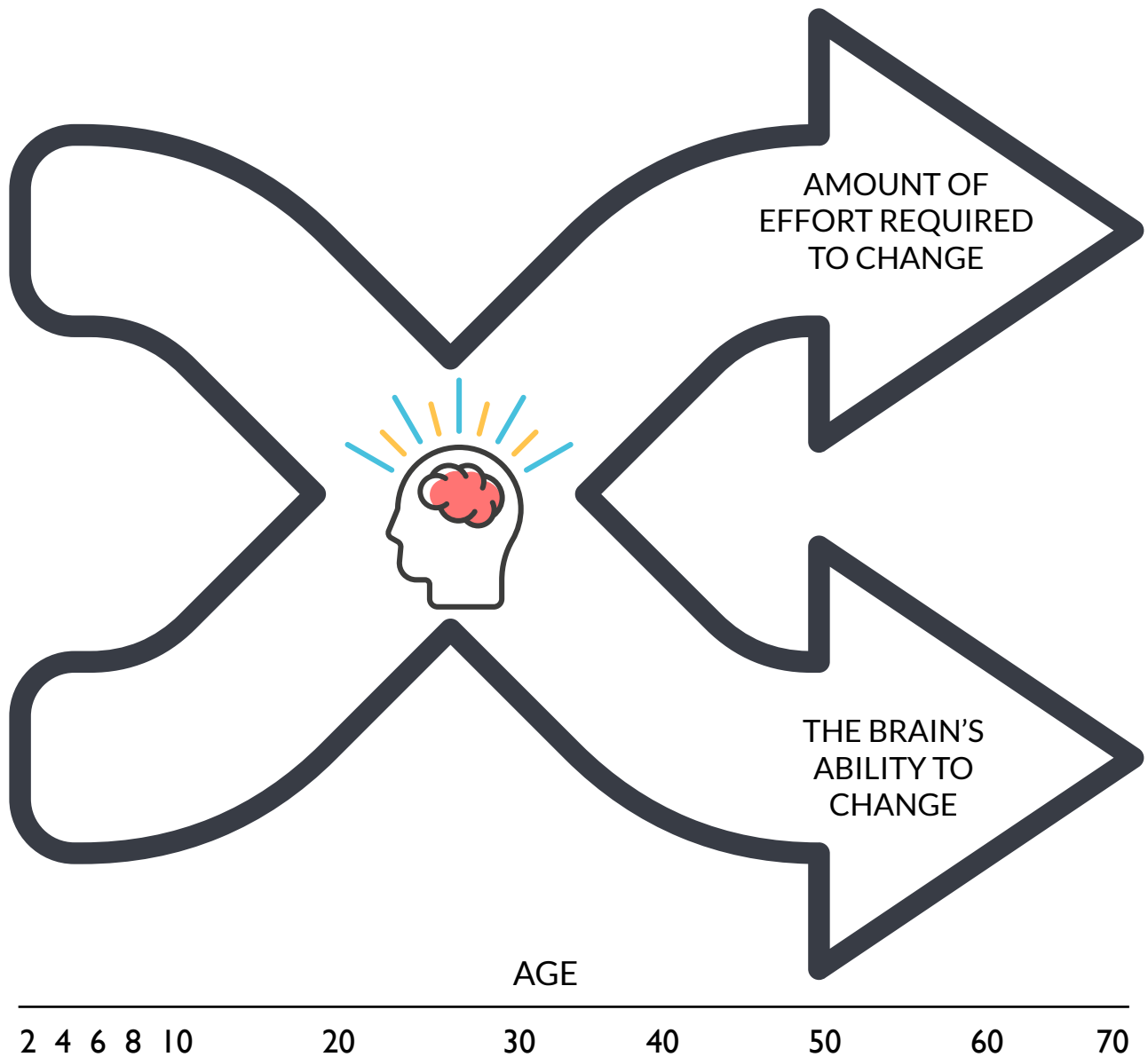


# BRAIN PLASTICITY

Neuroplasticity (or brain plasticity) is the ability of the brain to change and adapt throughout a person's life. Your brain's plasticity is especially strong in the earliest years of your life.



# DEVELOPMENTAL MILESTONES

MILESTONES	SUPPORT
<b>TWO MONTHS</b>	
<p>Smiles at people Turns head toward sounds Can hold their head up on their own</p>	<p>Look at pictures of relatives with them Talk, read, and sing to them Encourage them to lift their head by holding a toy at eye level</p>
<b>FOUR MONTHS</b>	
<p>Begins to babble and copies sounds they hear Cries in different ways to show hunger, pain, or being tired Responds to affection</p>	<p>Copy their sounds back to them Help them learn how to calm themselves by remaining patient and using a soothing voice Hold them and talk to them cheerfully</p>
<b>SIX MONTHS</b>	
<p>Likes to play with others Shows curiosity about things and tries to get things that are out of reach Begins to sit without support</p>	<p>Play on the floor with them as often as possible Point to the object they are reaching for and talk about it Place pillows around them to help them balance</p>
<b>NINE MONTHS</b>	
<p>Makes a lot of different sounds like “mamamama” and “bababababa” May be clingy with familiar adults Crawls</p>	<p>Copy their sounds and words back to them As they move around, try to stay close so they know you are near Put them close to things they like, encouraging them to crawl</p>
<b>ONE-YEAR</b>	
<p>Hands you a book when they want to hear a story Tries to say words you say Looks at the right picture or thing when it's named</p>	<ul style="list-style-type: none"> <li>• Read to them and ask them to participate by turning the pages and identifying the pictures</li> <li>• Talk to them about what you are doing (for example, “I am cleaning the dishes”)</li> <li>• Give them lots of praise when they do something positive</li> </ul>

# DEVELOPMENTAL MILESTONES

(continued)

MILESTONES	SUPPORT
<b>EIGHTEEN MONTHS</b>	
<p>Plays simple pretend, such as feeding a doll Scribbles on their own Walks alone</p>	<p>Encourage them to use their imagination Draw with them Provide safe areas for them to move around</p>
<b>TWO YEARS</b>	
<p>Copies others, especially adults and older children Shows defiant behavior Repeats words overheard in conversation</p>	<p>Encourage them to help with simple chores Give them praise when they follow instructions and limit praise when they don't Do not correct them when they mispronounce a word; repeat it back to them correctly instead</p>
<b>THREE YEARS</b>	
<p>Carries on a conversation using two to three sentences Follows instructions with two or three steps Turns book pages one at a time</p>	<p>Ask them about their day Give them simple instructions, such as “put your shoes on” Read to them and ask them to repeat words after you</p>
<b>FOUR YEARS</b>	
<p>Sings a song from memory, such as “The Wheels on the Bus” Tells stories Names some colors and numbers</p>	<p>Play their favorite music and sing with them Encourage participation by asking them what they think will happen next Identify colors of things in books and around your home</p>
<b>FIVE YEARS</b>	
<p>Speaks very clearly Uses future tense; for example, “Grandma will be here” Can print some letters or numbers</p>	<p>Ask them to describe what they are doing Teach them concepts such as morning, noon, and nighttime Keep a pencil, paper, and crayons handy to encourage them to write and draw</p>