



**MONTHS**

# Colorado Early Learning & Development Guidelines

## GETTING COLORADO'S CHILDREN OFF TO A STRONG START

What children experience and learn from birth through third grade lays the foundation for their success. No matter the role we have in kids' lives – whether as first-time parents, teachers, childcare providers, or involved relatives, friends or neighbors – we all play an important part in their development.

The **Colorado Early Learning and Development Guidelines** offer practical tips that everyone can use to help our children get off to a happy and healthy start. Colorado's early childhood advocates and experts spent countless hours creating these Guidelines, which reflect the latest national research and broadly accepted strategies currently used statewide.

### USING THE GUIDELINES IS SIMPLE:

1. Reference the Guidelines to learn about child development.
2. Try out the easy, age-appropriate tips and suggestions to help children learn.
3. Check back with the Guidelines as children grow so you can continue to support their development.

### AS CHILDREN DEVELOP, PAY ATTENTION TO THEIR:

- Physical health
- Feelings and behaviors
- Problem-solving and learning

### KEEP IN MIND:

The Guidelines describe how a typical child develops but it is important to understand that each child learns and grows at his or her own pace. Since all children are different, caregivers should talk with a health care provider or other trusted professional about any questions or concerns. For more information, please visit [EarlyLearningCO.org/contact](http://EarlyLearningCO.org/contact).





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Infants between four and eight months old may explore objects with their mouths and by kicking, reaching, grasping, pulling and letting go. They delight in discovering new skills. Kids at this age often smile, laugh, coo and reach out to engage their parents and other caregivers. They love to listen and respond to language by imitating the sounds and rhythms that they hear.

| KIDS THIS AGE MAY:   | HOW YOU CAN HELP THEM DEVELOP:  |
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| Look at an object in her hand, mouth it, and then take it out to look at it again.   | Expose kids to a variety of sensory experiences like sights, sounds, tastes, textures, movements, smells, both indoors and outdoors.  |
| Hold head, roll from back to stomach and from stomach to back.<br>Sit without support or move from a sitting position onto hands and knees.      | Provide opportunities for them to move and engage in a variety of physical activities, such as lying on a blanket on the floor in a safe area.  |
| Cry when hearing another baby cry or stop playing and look at a child who is crying.   | Talk about what other children are feeling or expressing with their sounds, gestures, or facial expressions.  |
| Repeat sounds when babbling, such as "dadadada" or "babababa."   | Respond to the baby's cooing and babbling and converse as if the baby understands everything you are saying. Imitate sounds or gestures that the baby makes and allow time for the baby to imitate you.   |
| Respond to a wave by waving and saying, "bye-bye."   | Use everyday routines, such as leaving, to role-play social language games, like waving goodbye or blowing kisses.  |
| Shake a toy, hear the sound it makes and then shake it again.<br>Bang a spoon on the table, notice the loud sound it makes and then do it again. | Offer toys that they can grasp and explore and see a response. Shake sound toys so they can hear the noises they make and react. Respond to the baby, pointing out the effects of their actions on toys. For example, say, "Look how you made the ball move!" |

