

Cognitive Development



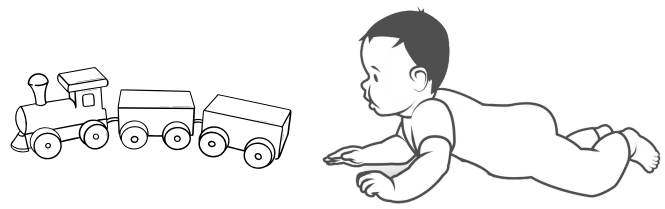
Cognitive development is all about learning and reasoning, including the development of memory and problem-solving skills. When a baby finds a hidden item or a toddler imitates an adult and “pats the baby”, that is cognitive development. It is also young children exploring their world, discovering new ways of manipulating objects, and learning cause and effect. Preschoolers pretending to be super heroes and their problem solving becomes more and more complex, this is cognitive development. During the first 5 years of life, cognitive development is rapidly developing as young children show how their mind works and thinks, how they see their world, and how they use what they learn.

COGNITIVE MILESTONES	
Infants	<ul style="list-style-type: none"> • Watches objects and faces briefly and follows moving objects with eyes. • Recognizes familiar people at a distance. • Reaches for toys and brings it to his mouth. • Transfers objects from hand to hand and uses hands to explore. • Plays "peek-a-boo" and turns pages in a book. • Follows simple directs, such as "pick up your book."
Toddlers	<ul style="list-style-type: none"> • Points to at least one body part and points to get the attention of others. • Follows two step directions such as, "pick up your truck and put it on the shelf." • Plays simple pretend or make-believe games. • Names items in a book such as cat, dog, car or baby. • Completes sentences and rhymes in familiar books.
Preschoolers	<ul style="list-style-type: none"> • Matches and sorts objects by shape and color. • Knows common colors and copies simple shapes. • Uses scissors, copies letters, and can tell you what he thinks will happen next in the story. • Counts 10 or more objects. • Understands the concept of time.

*If your child is not meeting the expected developmental milestones then he may benefit from a developmental screening.

Activities to help promote cognitive development:

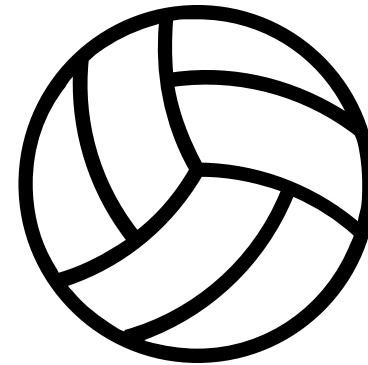
Infants:



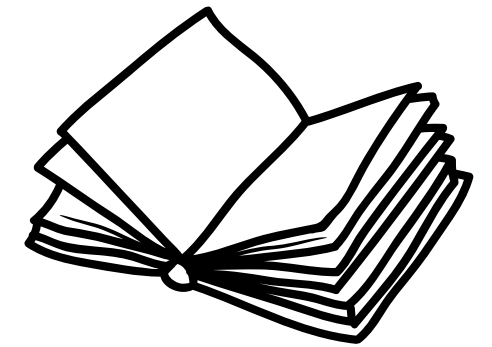
Place objects in front of your infant to encourage them to reach and explore their environment.



Play "peek-a-boo" by putting a scarf over your face & see if she tries to pull it off.



Let your infant hold, drop and roll different balls to help him learn how things move.

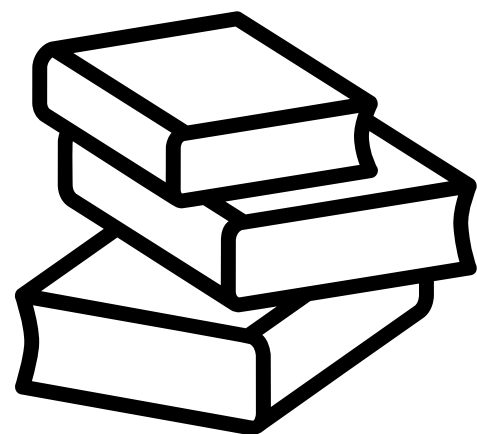


Read books, sing songs and recite nursery rhymes together!

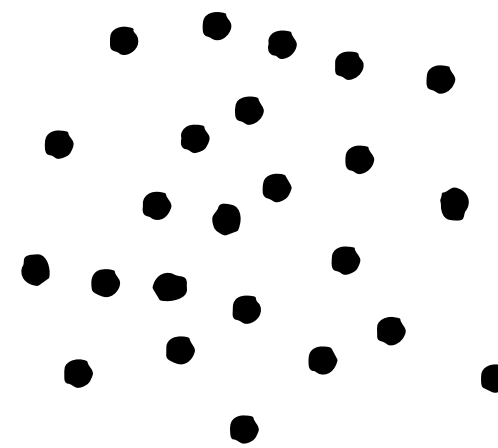
Toddlers:



Sing! Itsy Bitsy Spider; Twinkle Twinkle Little Star; Baby Shark; Head, Shoulders, Knees and Toes.



Read to your child and have her name animals, objects and people during the story.

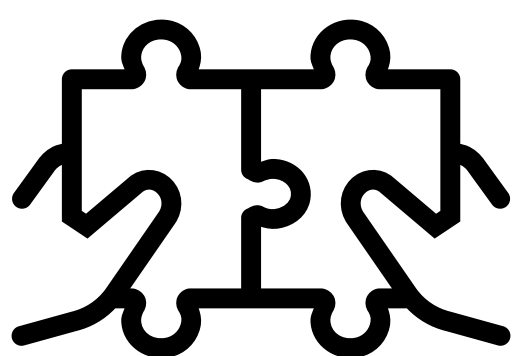


Sort by color! Give him colored paper and let him place stickers on the corresponding color paper.

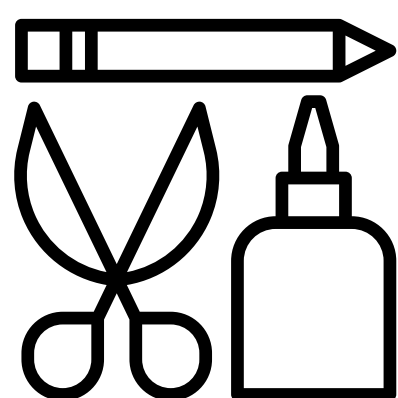


Have a make-believe birthday party: pretend cook, decorate and serve guests when they arrive.

Preschoolers:



Play puzzles or memory matching games with your preschooler!



Make crafts using items from your home. Encourage him to be creative!



Let your preschooler help you cook! Show her how to measure, count and name ingredients.



Play outside. Go on nature walks and count flowers or collect leaves. Let your child lead!

*For more ideas check out the CDC's *Learn the Signs. Act Early.* campaign online.