

AT 12 MONTHS YOUR BABY...

當嬰兒十二個月大時...

- Shows more interest in toys and activities
- Tries to stack one block on top of another, and will put toys into containers
- Enjoys picture books and pats at the pictures
- Eats a variety of foods by finger feeding, and drinks from a regular cup with some spilling. A regular cup does not have a lid or spout
- Walks holding on to furniture and may be taking first steps (though many children do not walk by themselves at this age)
- Becomes more independent and may get frustrated
- Begins to show likes and dislikes - may be attached to a special toy or blanket
- Shows a variety of emotions and begins to show fear
- Follows simple directions such as “come here”, and looks to named objects
- Responds to name when called
- Says 1-2 words, including signs, by 14 months; words may not sound exactly like adult words
- Continues to make sounds and points to what they want
- Easily picks up small objects with thumb and finger
- Imitates adult movements as well as actions
- Plays with other children
- Knows what comes next; is familiar with routines and rituals
- 對玩具和活動更感興趣
- 嘗試把一個積木放到另一個積木上面，而且會把玩具放回容器裡
- 喜歡圖畫書和輕拍圖畫
- 用手指進食各種食物，用普通杯子來喝水，但仍會灑出一些水。普通杯子是指沒有蓋和噴嘴的杯
- 抓住家具走路，而且有可能邁出自己的第一步（雖然很多孩子在這個年齡，仍然不會獨立走路）
- 變得更獨立，可能有時會感到沮喪
- 開始表達喜惡，可能特別依戀一個特別的玩具或毛毯
- 表達多種情感，開始表現害怕
- 會聽從簡單的指示，如「過來」，會看著別人說出名稱的物件
- 別人叫自己名字時，會有反應
- 十四個月大時，會說一至兩個字，包括手勢；說的字音可能和成年人說的字音不一樣
- 繼續發出聲音，會指著他們想要的東西
- 用拇指和手指輕鬆地拾起細小物品
- 模仿成年人的動作和行為
- 同其他小孩子玩耍
- 知道接下去會發生的事情，熟悉日常事項和禮儀

WHAT TO DO WITH YOUR BABY:

- Sing songs and finger play activities
- Go to parent and tot groups
- Encourage walking with use of ride-on/ push-toys
- Play outdoors, talking about what you see and do
- Share books together by talking about the pictures in the language(s) you know best
- Provide toys your child can stack, and put in and out of containers – kitchen pots and pans make great toys
- Introduce a spoon for self feeding (with help)

如何與嬰兒相處：

- 唱歌和玩手指活動
- 參加家長和兒童小組活動
- 鼓勵可以騎著或推著的玩具走路
- 在戶外玩，談論你看見和做的事物
- 一起看書，用你最熟悉的語言談談書中的圖畫
- 給孩子可以堆砌和放進拿出容器的玩具 - 廚房用的壺和鍋可以是很棒的玩具
- 開始給孩子一個調匙，讓他們自己進食（有家長幫助）

✓ TIP / 提示

Playing with your baby will make you see the world with fresh eyes.

與你的嬰兒玩耍，可讓你從新的角度看這個世界。



WHEN TO ASK QUESTIONS:

- Baby does not babble or use meaningful sounds
- Baby does not take part in songs and games like peek-a-boo and pat-a-cake
- Baby does not follow simple directions or respond to own name, does not look where you are pointing to find an object you named
- Baby is not using one meaningful word by 14 months
- Baby is not yet crawling or pulling to stand at furniture
- Baby stands or walks mainly up on tip toes
- Baby has trouble grasping small toys with fingers
- Baby does not interact playfully with adults or children
- Baby does not eat a variety of foods or food textures, i.e. prefers only smooth textures and has difficulty with rough-textured foods

WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

何時要提出疑問:

- 嬰兒不會呀呀學語，也不能發出有意義的聲音
- 嬰兒不參與唱歌和遊戲，如躲貓貓和拍拍手
- 嬰兒不聽從簡單的指示，也不對自己的名字做出反應；當你指向並叫出某個物件的名稱時，嬰兒不會看向該物件
- 嬰兒十四個月大時，不會說出一個有意思的字
- 嬰兒仍然未爬行，也不靠著家具站起來
- 嬰兒主要用腳尖站起來或走路
- 嬰兒難以用手指抓住細小玩具
- 嬰兒不跟成年人或孩子互動玩耍
- 嬰兒不吃多種食物或不同口感的食物，例如只喜歡柔滑的食物，不願進食較粗糙的食物

向誰求助:

- 你的家庭醫生
- 公共健康護士(電話: 604-233-3150)
- 幼兒發展服務計劃(電話: 604-279-7059)

AT 18 MONTHS YOUR CHILD...

當孩子十八個月大時...

- Can now stack 3 or more blocks in a tower
- Completes simple shape puzzles with help
- Begins to ask for things they want, using simple words; follows simple one step directions
- Has a vocabulary of about 30-50 words and is beginning to identify body parts
- Walks alone and can squat to pick up toys from the floor
- Is more confident, exploring new things and taking risks when a trusted adult is present
- Runs with stiff legs and seems awkward
- Walks up and down stairs holding your hand
- Uses both arms and legs (no hand preference noted yet)
- Likes to be independent - may seem stubborn or throw a temper tantrum if tired or upset
- Does not yet understand turn taking or sharing – may hit if frustrated
- Feeds self with a spoon; uses a cup with some spilling; turns pages in a book
- Identifies self in mirror or photograph; becomes more of an individual



- 現可堆三個或更多的積木堡壘
- 可在幫助下完成簡單的拼圖遊戲
- 開始用簡單的詞彙要求他們想要的東西，能聽從簡單一步的指令
- 懂得30-50個詞彙，逐漸開始識別身體部位
- 獨立走路，能蹲下來從地下拾起玩具
- 當附近有可信賴的成年人時，便更有自信地探索新事物和冒險
- 跑步時用僵硬的雙腿且顯得笨拙
- 抓住你的手上下樓梯
- 使用雙臂和雙腿(沒有特別喜歡一邊)
- 喜歡獨立自主，當疲勞不安時，可能表現倔強會容易發脾氣
- 還不懂得輪流或分享，感到沮喪時或會打人
- 用調匙自己進食，用杯子會灑出一點水，會翻書頁
- 能從鏡中和照片中識別自己，成為獨立個體

WHAT TO DO WITH YOUR CHILD:

- Expand on what your child says “Car” — “Yes, the car is going”
- Do simple shape puzzles; share books with your child
- Encourage your child to put things away when finished playing
- Provide simple items to encourage make-believe play (toy telephone, broom, pots & pans)
- Play with your child at their level; show sharing and turn-taking through example
- Comfort your child when they are angry or frustrated
- Provide opportunities to play with other children
- Continue to speak to your child in the language(s) you know best

WHEN TO ASK QUESTIONS:

- Child continues to put toys in mouth rather than use them in play activities
- Child does not respond to own name or recognize words for familiar objects
- Child is not regularly using words
- Child does not show interest in other children or relate to others
- Child demands constant attention and refuses to leave caregiver’s side
- Child is not yet standing or walking independently
- If walking, child continues to stand or walk on tiptoes

如何與孩子相處:

- 加長孩子說的話, 例如孩子說「汽車」, 可跟著說「汽車開了」
- 懂得玩簡單的拼圖遊戲; 和孩子一起看書
- 鼓勵孩子玩完遊戲後, 自己收拾東西
- 用一些簡單的物件來鼓勵玩假裝的遊戲 (玩具電話、掃帚、壺和鍋)
- 以孩子懂得的水平跟他們玩, 用例子來展示分享和輪流玩
- 孩子生氣或沮喪時, 安撫慰他們
- 提供機會讓他們跟其他孩子一起玩
- 繼續用你最熟悉的語言與你的孩子說話

何時要提出疑問:

- 孩子繼續把玩具放進嘴裡, 而不是用於遊戲中
- 孩子對自己的名字沒反應, 或不懂得熟悉物品的名稱
- 孩子不會經常使用字彙
- 孩子對其他孩子或對別人的事, 不表示興趣
- 孩子要求持續不斷的關注, 拒絕離開照顧者的身邊
- 孩子仍然未能獨自站立或行走
- 如果會走路, 孩子仍然用腳尖站立或行走

WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

向誰求助:

- 你的家庭醫生
- 公共健康護士(電話: 604-233-3150)
- 幼兒發展服務計劃(電話: 604-279-7059)



AT 24 MONTHS YOUR CHILD...

當孩子二十四個月大時...

- Names objects in pictures
- Follows two-step directions (“Put on your shoes and get your coat”)
- Has a growing vocabulary of at least 50 words and regularly says two-word phrases (i.e. mommy milk; daddy up)
- Runs well with few falls
- Jumps with two feet leaving the ground, and kicks a ball on request
- Walks up and down stairs holding the railing
- Stacks a tower of blocks and lines blocks up in a row
- Threads a shoelace through large beads
- Responds well to praise from others
- Likes to imitate what they see others doing
- Shows concern when others are in distress
- Gets upset with changes in routine
- Begins to play with or alongside other children
- Enjoys pretend play (i.e. feeding or caring for a doll)
- Helps clean up by placing objects where they belong
- Removes simple clothing, unzips zippers, helps in dressing by putting on shoes



- 說出圖畫中的物品
- 會聽從兩個連續的指令(「穿上你的鞋子, 拿上你的外衣」)
- 認識更多詞彙, 至少懂得50個詞彙, 並經常說兩個詞彙的短句(例如: 媽媽牛奶; 爸爸起來)
- 跑得很好, 較少跌倒
- 用雙腳離地跳高, 也會因應別人的要求踢球
- 能扶住欄杆上下樓梯
- 會堆積一個積木塔, 把方塊排成一行
- 能把一條鞋帶穿過大珠
- 對別人的讚美, 反應良好
- 喜歡模仿他們看到別人的動作
- 當別人痛苦時, 會表示關心
- 一旦日常程序有變, 會不开心
- 開始同其他孩子玩, 或在其他孩子的旁邊玩耍
- 喜歡玩假扮的遊戲(如餵洋娃娃吃飯或照顧它)
- 幫助打掃, 能把物品放回原處
- 能脫下簡單的衣服, 會拉開上下拉鍊, 自己穿鞋

WHAT TO DO WITH YOUR CHILD:

- Encourage independence by allowing your child to do simple things for themselves (self-feeding, clean up toys, help set the table)
- Provide opportunities for outdoor play and group play
- Colour with crayons, read books together, do simple puzzles
- Take turns talking. Pay attention to the things your child wants to talk about.
- Encourage pretend play with dolls, farm set, kitchen, etc.
- Add words to what your child says – “Puppy run”, “The puppy’s running”

WHEN TO ASK QUESTIONS:

- Child is unable to follow simple directions
- Child has a limited vocabulary and is not yet putting words together (“mommy go”)
- Child falls often - seems unsteady, has poor balance when running or is up on toes
- Child focuses on repetitive activities and it is difficult to get them to change to other activities
- Child does not use eye contact or gestures when communicating

WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)
- Infant development program (604-279-7059)

如何與孩子相處:

- 鼓勵你的孩子獨立自主, 為自己做些簡單的事(自己進食、收拾玩具、幫助擺餐)
- 安排孩子進行戶外活動和團體遊戲
- 用蠟筆塗色, 一起看書, 做簡單的拼圖遊戲
- 輪流說話, 特別注意你孩子喜歡談的事情
- 鼓勵孩子用洋娃娃、農場工具、廚具等玩假扮遊戲
- 為孩子的說話加上其他詞彙, 如「小狗跑」, 「小狗在跑了」

何時要提出疑問:

- 孩子不能聽從簡單的指令
- 孩子的詞彙有限, 還不能把詞彙組合一塊(如「媽媽走」)
- 孩子常常跌倒, 走路似乎不穩定, 跑步時平衡差, 或用腳尖走路
- 孩子專注在重複的活動上, 很難讓他們把注意力轉到其他活動上
- 與人溝通時, 不用眼神接觸或手勢來交流

向誰求助:

- 你的家庭醫生
- 公共健康護士(電話: 604-233-3150)
- 幼兒發展服務計劃(電話: 604-279-7059)

AT 3 YEARS YOUR CHILD...

當孩子三歲的時候...

- Has an increasing attention span
 - can stay with one activity for 5 minutes
- Understands concepts such as big/little, loud/soft, up/down
- Identifies at least 2 colours and is able to sort different objects
- Uses 3-4 word sentences and asks questions
- Understands the meaning of on, under, beside etc.
- Walks up and down stairs alone, one foot to each step
- Stands on one foot and jumps forward with two feet
- Strings large beads on a shoelace
- Cuts paper with child-safe scissors
- Copies circles, dots, small lines and a cross
- Interacts with both children and adults - plays independently with other children briefly, and is learning to share and take turns
- Plays make believe games
- Is much more independent and will want to do things by themselves, but is still learning to follow simple rules. Will need reminders
- Is beginning to understand and express own feelings (sad, happy, tired, angry, etc.)
- Feelings may change suddenly - your child is still learning how to handle different feelings
- Enjoys simple books and listening to stories and rhymes
- 注意力可以持續得更長久, 可以玩5分鐘的活動
- 明白一些概念, 例如大/小, 響亮的/柔和的, 上/下
- 識別至少兩種顏色, 並能把不同的物品分類
- 會用3-4個詞彙組成的句子, 並會發問問題
- 理解上、下、旁邊等的含義
- 獨自上下樓梯, 一隻腳走一步階梯
- 能單腳站立, 用雙腳向前跳
- 能用鞋帶穿上大珠
- 懂得用兒童安全剪刀剪紙
- 模仿畫圓、小圓點、短線和交叉
- 能與孩子或成人交流, 能單獨與其他孩子玩耍一會兒, 並正在學習分享和輪流玩耍
- 會玩偽裝遊戲
- 更加獨立, 想單獨做事, 但仍在學習遵從簡單的規則, 需要提醒
- 逐漸開始理解並表達自己的情緒 (悲傷、高興、疲倦、生氣等)
- 情緒會突然轉變, 你的孩子仍在學習如何處理自己不同的情緒
- 喜歡看簡單的書本, 愛聽故事和童謠

WHAT TO DO WITH YOUR CHILD:

- Have your child tell you about picture books
- Bring your child to a community playgroup or preschool where they can learn to interact and play with children their own age
- Talk with your child about feelings and emotions; this help children learn to identify and name them
- Continue to give your child opportunities to play with other children
- Have conversations with your child in your home language(s)

WHEN TO ASK QUESTIONS:

- Child rarely responds when you call
- Child does not understand simple directions or responds inappropriately to simple directions or requests
- Child has a short attention span and may be focused on activities or objects
- Child is not yet putting 3-4 words together in sentences, or you cannot understand their speech
- Child avoids contact with other children, plays alone
- Child continues to trip or fall often when walking or running
- Child is overly aggressive and unpredictable

WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)

如何與孩子相處:

- 讓你的孩子給你講圖畫書
- 帶孩子參加社區內的遊戲小組或幼兒班, 讓他們學習與同齡的小朋友交流和一起玩耍
- 跟你的孩子談論感覺和情緒, 幫助孩子學懂和說出不同的情緒
- 繼續安排你的孩子與其他孩子一起玩耍
- 用你在家中使用的語言和你的孩子談話

何時要提出疑問:

- 當你叫孩子時, 孩子很少回應
- 孩子不明白簡單的指令, 或對簡單的指令和要求, 作出不適合的回應
- 孩子的注意力仍然很短暫, 可能全神貫注於活動或事物上
- 孩子還不能同時把3-4個詞彙用於句子中, 或你不明白他們說的話
- 孩子避免與其他孩子接觸, 只是獨自玩耍
- 走路或跑步時, 常絆倒或跌倒
- 孩子過度地攻擊性和難以預測

向誰求助:

- 你的家庭醫生
- 公共健康護士 (電話: 604-233-3150)



AT 4 – 5 YEARS YOUR CHILD...

當孩子四至五歲的時候...

- Enjoys playing with other children and has favourite games and play-mates
- Expresses emotions and may be able to name feelings. May show concern and sympathy for younger children when they are upset
- Speaks in sentences, and speech is almost 100% understandable
- May tell simple stories; sings songs and says rhymes
- Begins to recognize some letters and may write own first name
- Can count to 10
- Walks up and down stairs alone
- Jumps, climbs, and stands on one foot
- Catches a ball with two hands
- Works at one activity for up to 15-30 minutes
- Paints with a large brush on larger paper
- Manipulates clay and playdough
- Is independent in dressing, using the toilet and hand washing
- 喜歡同其他孩子玩, 有特別喜歡的遊戲和玩伴
- 能表達和甚至說出自己的情緒, 當其他較年幼的孩子不快樂時, 會表現出關心和同情
- 會用句子交談, 別人差不多完全能夠明白他們的說話
- 可能會講簡單的故事, 唱歌和童謠
- 開始認識一些字母, 會寫自己的名
- 會從一數到十
- 獨自上下樓梯
- 跳躍、爬高、單腳站立
- 可用雙手接球
- 能參與15-30分鐘的活動
- 用大畫筆在較大紙上畫畫
- 會玩黏土和泥膠
- 獨立穿衣, 用廁所和洗手



WHAT TO DO WITH YOUR CHILD:

- Have your child tell a story about their drawings
- Provide lots of opportunities to run, jump, and climb each day
- When outdoors, talk about things you see and do using your home language(s)
- Allow your child to help make decisions about simple problems in their life (if your child left their coat at preschool, let them decide what to wear as an alternative)
- Provide opportunities for creativity (painting, colouring, drawing, telling short stories)
- Share books with your child every day, reading the story or talking about the pictures in the language(s) you know best
- Teach your child their personal information (name, address, phone number)

WHEN TO ASK QUESTIONS:

- Child's speech is not understood by others
- Child is unable to follow two-part directions
- Child has difficulty holding a pencil or crayon or stringing beads
- Child avoids activities such as climbing, jumping, hopping
- Child hurts animals or others on purpose; child does not show any feeling when they hurt others
- Child is not speaking in sentences at least four words long

如何與孩子相處:

- 讓孩子就他們的繪畫講故事
- 每天安排大量機會讓孩子跑、跳和爬
- 到戶外時, 使用你在家中說的語言和孩子談論見到的事物和活動
- 讓孩子自己決定生活上的簡單問題 (如孩子把外套遺留在幼兒園了, 讓孩子決定可改穿什麼衣服)
- 安排讓孩子發揮創意的機會 (繪畫、填色、畫圖、講短故事)
- 每天和孩子一起看書, 用你最熟悉的語言閱讀故事或談談書上的圖畫
- 教導孩子他們的個人資料 (姓名、地址、電話號碼)

何時要提出疑問:

- 別人不明白你孩子說的話
- 孩子不能同時聽從兩個指示
- 孩子拿鉛筆、蠟筆或穿珠子時有困難
- 孩子逃避攀爬、跳躍或單腳跳等類的活動
- 孩子故意傷害動物或別人, 當孩子傷害別人時, 並無表達任何感情
- 孩子不能說至少由四個詞彙組成的句子

WHO TO ASK FOR HELP:

- Your family doctor
- A public health nurse (604-233-3150)

向誰求助:

- 你的家庭醫生
- 公共健康護士 (電話: 604-233-3150)