

# THE PARENTING JOURNEY

## SOCIAL & RECREATIONAL

### Children's Council

play groups, preschool, child care, ABE recreation, respite nights for parents at ABF, bowling alley, local parks - tot lot, library, skating rink

[www.thechildrenscouncil.org](http://www.thechildrenscouncil.org)  
828-262-5424

### Parks & Recreation

[www.wataugacounty.org](http://www.wataugacounty.org)  
828-264-9511

How do I keep my child active and entertained?

## PHYSICAL & MEDICAL

What do I do to keep my child healthy?

## BEHAVIORAL & EMOTIONAL

What do I do when I don't know what to do about my child's behavior?

### Vaya Health

Positive Parenting tools/classes, Love & Logic, dealing with challenging behaviors, grief counseling

[www.vayahealth.com](http://www.vayahealth.com)  
800-849-6127

### Daymark

[www.daymarkrecovery.org](http://www.daymarkrecovery.org)  
828-264-8759

### Blue Ridge Pediatric

dental, medical, physical therapy, occupational therapy, speech/language therapy, home-health

[www.blueridgepeds.com](http://www.blueridgepeds.com)  
828-262-0100

### Children's Council

see contact above

pre-k, preschool, home school

### DSS/Health Department

[www.apphealthcare.com](http://www.apphealthcare.com)  
828-264-4995

### Children's Council

See contact above

Where do I go if I need help with food, shelter, transportation, emergency heat or medical costs/coverage?

## FAMILY ASSISTANCE

### Hospitality House

[www.hosphouse.org](http://www.hosphouse.org)  
828-264-1237

housing, medicaid, insurance, food & nutrition services, energy assistance

## EDUCATIONAL

Who do I contact about preschool or childcare?

# DEVELOPMENTAL MILESTONES

Children reach milestones in how they play, learn, speak, feel, and move.

They develop at their own pace, so developmental milestones give a general idea of expectations

If you have concerns or want more information about milestones contact your child's pediatrician.

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**PLAY** | plays pretend; takes turns during games; does puzzles with 3-4 pieces

**FEEL** | shows a wide range of emotions; shows affection and concern for friends; may be upset by changes in routines

**MOVE** | can climb and run; turns door handles; uses one foot per step when walking on stairs; pedals a tricycle

**LEARN** | can follow 2-3 step instructions; builds towers of more than 6 blocks; understands what "two" means

**SPEAK** | uses 2-3 sentences to have a conversation; can name most familiar things; speech is understood by strangers most of the time

*Work with your child to solve the problem when they are upset; Read to your child everyday; Talk about emotions, encouraging your child to identify them in themselves and in book characters; Color and draw lines and shapes with your child; Play outside with your child and allow them to play freely without structured activities; Play matching and counting games with your child*

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**PLAY** | plays "mom" and "dad"; increasing creativity with pretend play; plays board and card games

**SPEAK** | talks about their interests, tells stories; uses words like "he," "she," "you," and "me" correctly in a sentence

**MOVE** | uses scissors; can stand and hop on one foot; can catch a bounced ball most of the time; cuts, pours, and mashes their own food with supervision

**LEARN** | sings some simple songs from memory; can make predictions when reading stories; begins to copy some capital letters; draws people with 2-4 body parts

**FEEL** | enjoys doing new things; prefers to play with other children to playing alone

*Follow your child's lead in make-believe games; Give your child choices; Let them solve their own problems with their friends, but be nearby to help if needed; Teach them how to play outdoor games; Answer their "why questions and help them use resources to find the answer when you don't know*

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**MOVE** | can stand on one foot for longer than 10 seconds; hops, skips, swings, and climbs; uses a fork and a spoon

**LEARN** | can print some letters and numbers; copies some shapes; draws people with 6 or more body parts; can count 10 or more things

**FEEL** | wants to please their friends; shows more independence; wants to be like their friends

**SPEAK** | tells stories using full sentences; speaks very clearly; can talk about things that will happen using the future tense

**PLAY** | enjoys singing, dancing, pretending, and drawing; plays a variety of games and activities

*Have your child "read" to you by telling the story by looking at the pictures; Organize times for your child to play with their friends and give them the freedom to choose activities to play together; Teach your child their address and their phone number; Encourage their interests by using community resources, such as the library; Encourage your child to create art projects using a variety of materials; Go on walks, scavenger hunts, and bike rides with your child*