



ECCD BINGO

CAN YOU DO IT?

0-6 Months

E C C D

 <p>Holds head steadily</p>	<p>Pays attention to faces and starts noticing facial expressions such as smiling or frowning</p>	<p>Rolls from side to back</p>	<p>Likes to interact with people especially parents</p>
<p>Shows curiosity about things and tries to get things that are out of reach and bring them to mouth</p>	<p>Sucks and swallows liquid</p>	 <p>Cries in different ways to show hunger, pain, or being tired</p>	<p>Social smile and laughter emerge</p>
<p>Daily tummy time</p>	 <p>Starts to babble and imitate sounds he/she hears</p>	<p>Begins to sit without support</p>	<p>Notices and responds to sounds by turning head and by also making sound</p>
<p>Toys and other objects used by children are washed and cleaned properly before storing</p>	<p>Daily story time</p>	<p>Talk to infant about how your day went but pausing and responding when they react</p>	 <p>Parent provides skin-to-skin contact</p>
<p>Sing a song or nursery rhyme to child</p>	 <p>Parent washes infant's hands properly for twenty seconds</p>	 <p>Vaccination schedule has been followed</p>	<p>Regular checkups with pediatrician / family doctor / Health Officer are done</p>

References:

- Berk, L. E. (2008). *Infants, children, and adolescents*. (6th ed.). Pearson.
- Centers for Disease Control and Prevention. (2019, December 5). *CDC's Developmental Milestones*. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
- Council for the Welfare of Children. (2000). *Early Childhood Care and Development Checklist*.
- Seifert, S. (2019, July 22). *Age-appropriate chores: How to help kids be responsible*. Focus on the Family. <https://www.focusonthefamily.com/parenting/age-appropriate-chores/>



ECCD BINGO

CAN YOU DO IT?

7-11 Months

E	C	C	D
Sits alone steadily	Talk to infant about how your day went but pausing and responding when they react	Crawls; Reaching and Grasping	Stranger anxiety appears/ Is shy or nervous around strangers*
Separation anxiety appears; Cries when mom or dad leaves*	Sing a song or nursery rhyme to child	Toys and other objects used by children are washed and cleaned properly before storing	Has favorite objects/toys
Looks for things he/she sees you hide	Makes sounds like "mamama" and "babababa"	Begins to take solid food	Moves things smoothly from one hand to the other
Watches the path of something as it falls	Stands with support	Regular checkups with pediatrician / family doctor/ Health Officer are done	Daily story time
Plays peek-a-boo	Parent brushes teeth and cleans tongue of infant twice a day	May be clingy with familiar adults	Parent washes infant's hands properly for twenty seconds

References:

- Berk, L. E. (2008). Infants, children, and adolescents. (6th ed.). Pearson.
- Centers for Disease Control and Prevention. (2019, December 5). CDC's Developmental Milestones. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>









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CAN YOU DO IT?

1 Year Old

E	C	C	D
Feeds self with fingers 	Can follow 1-step verbal commands without any gestures, e.g. "sit down"	Copies gestures 	Experiments with objects by shaking, banging, and throwing 
Brushes teeth and cleans tongue twice a day with assistance	Daily story time	Puts things in container; Takes things out of container 	Stand with minimum support
May have temper tantrums 	Knows what ordinary things are for, e.g. phone, brush, spoon	Says and shakes head "no"	Points to show someone what she/he wants 
Uses one to two-word utterances to express self (e.g. eat, drink) 	Can follow simple requests/commands	Washes hands properly for 20 seconds with assistance 	Plays simple pretend, such as feeding a doll
Can help undress herself/himself	Sing a song or nursery rhyme to child	Tries to say words adults say	Toys and objects used by children are washed and cleaned properly before storing

References:

- Berk, L. E. (2008). *Infants, children, and adolescents*. (6th ed.). Pearson.
- Centers for Disease Control and Prevention. (2019, December 5). *CDC's Developmental Milestones*. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>



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ECCD BINGO

CAN YOU DO IT?

2 Years Old

E	C	C	D
Walks alone, rarely falls	Scribbles spontaneously 	Begins to run	Vocabulary increases; Grammar not yet consistent
Might use one hand more than the other	Points to things in book	Shows defiant behavior (doing what she/he has been told not to)	Plays simple make-believe games 
Kicks a ball	Plays mainly beside other children but is beginning to include other children	Walks up steps/stairs with help	Brushes teeth and cleans tongue twice a day with assistance
Says sentences with 2 to 4 words 	Pack away toys	Toys and objects used by children are washed and cleaned properly before storing	Begins to sort shapes and colors 
Feeds self with spoon with spillage	Washes hands properly for 20 seconds with assistance	Sing a song or nursery rhyme with child	Daily story time

References:

- Berk, L. E. (2008). Infants, children, and adolescents. (6th ed.). Pearson.
- Centers for Disease Control and Prevention. (2019, December 5). CDC's Developmental Milestones. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>
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ECCD BINGO

CAN YOU DO IT?

3 Years Old

E	C	C	D
Runs without tripping	Shows concern for crying friend/family member	Interacts and forms friendships	May get upset with major changes in routine
Participates in simple household chores (e.g. Take dirty clothes to laundry basket)	Imitates adult activities	Walks up and down stairs, one foot on each step	Jumps with both feet
Says first name, age, and sex	Can work toys with buttons, levers, and moving parts	Climbs well	Toys and objects used by children are washed and cleaned properly before storing
Carries a conversation using to 2 to 3 sentences	Daily story time	Copies a circle with jumbo pencil or crayon	Sing a song or nursery rhyme with child
Brushes teeth and cleans tongue twice a day with minimal assistance	Screws and unscrews jar lids or turns door handle	Feeds self with spoon with minimal spillage	Washes hands properly for 20 seconds

References:

- Berk, L. E. (2008). *Infants, children, and adolescents*. (6th ed.). Pearson.
- Centers for Disease Control and Prevention. (2019, December 5). *CDC's Developmental Milestones*. <https://www.cdc.gov/ncbddd/actearly/milestones/index.html>

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