



FAMILY SKILL BUILDER



Parent-Child Interactions *for* Healthy Child Development



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Supervised visitation programs in Florida can build parental capacity and motivation in a family-centered practice by using this tool. The Clearinghouse has combined information on

**Child Development Milestones
(Normal Development),**

**Suggested Interactions to Meet
Children's Needs
(Caregiver/Child Interaction),**

**and Goals for Interaction at Visits
(Goals of Visitation).**

Feel free to print this entire E-booklet (or a selection of pages for clients), talk about it with parents at intake and before and after visits, and use it to train staff and volunteers.

Birth to Two Months

Normal Development – Cries 2-3 hours daily or more, sometimes will not calm down.

Caregiver/Child Interaction – Quickly react when baby cries.
Try to calm baby down by changing his/her diaper, feeding, or hugging.
Be patient if baby will not calm down right away.

Goals of Visitation – Let baby know he/she will be helped when he/she is in need. Learn patience and understanding. Realize that babies cannot always be calmed down immediately.

Normal Development – Sleeps up to 20 hours daily, no recognizable pattern

Caregiver/Child Interaction – Put baby to sleep when he/she seems tired.
Put baby to sleep on back, away from toys or pillows. Hold, cuddle, talk, sing to, and rock baby often. A baby's growth is stimulated by interaction and attention.

Goals of Visitation – Help baby learn that needs will be met.
Build healthy sleep habits. Prevent Sudden Infant Death Syndrome
(visit www.sids.org for more information)

Normal Development – Drinks breast milk or formula every 2-4 hours

Caregiver/Child Interaction – Feed baby when he/she seems hungry.
Babies often open mouths wide or make smacking noises when hungry.

Goals of Visitation – Build trust between baby and parent by feeding him/her when he/she is hungry.

Normal Development – Sees objects 30-40 inches away from face

Caregiver/Child Interaction – Talk to baby where he/she can see.
Being too close to baby's face may upset him/her.

Goals of Visitation – Let baby explore his/her surroundings
and make sure he/she can see a familiar person talking to him/her.

Birth to Two Months CONTINUED

Normal Development – Tries to lift head and look around

Caregiver/Child Interaction – Let baby explore the world, but make sure to support his/her head. Just because he/she can lift his/her head doesn't mean it doesn't need support.

Goals of Visitation – Let baby explore his/her surroundings and make sure he/she has physical support.

Normal Development – Recognizes voices of parents, familiar caregivers

Caregiver/Child Interaction – Show all caregivers to baby and give him/her a chance to get used to caregivers before he/she is held.

Goals of Visitation – Respect baby's need to feel safe with new people. Talk with baby so he/she can recognize voices.

Normal Development – Looks at caregiver when he/she talks

Caregiver/Child Interaction – Speak to baby and watch him/her respond to voices

Goals of Visitation – Build trust and bond with baby as he/she reacts in a special way.

Normal Development – Gets quiet when a voice is heard

Caregiver/Child Interaction – Try talking to baby to comfort him/her when crying. Try telling stories, reading books or singing.

Goals of Visitation – Build comfort with baby. Bond with him/her by speaking and communicating.

Birth to Two Months CONTINUED

Normal Development – Reflexively grasps objects placed in hand

Caregiver/Child Interaction – Hold hands with baby

Goals of Visitation – Bond with baby, and see how much baby relies on others by feeling his/her grip.

Normal Development – Pulls arms and legs inward in response to loud noise.

Caregiver/Child Interaction – Comfort baby when he/she is scared.

Goals of Visitation – Build trust and bond with baby by showing that when he/she is scared, he/she will be cared for.

Normal Development – Makes stepping motions when feet touch solid surface

Caregiver/Child Interaction – Hold baby up so that his/her feet touch the ground and see how he/she responds. Tell baby how good a job he/she has done. Do not expect baby to walk or stand yet.

Goals of Visitation – Build trust and bond with baby. See all the things a baby can do at this age.



Two to Four Months

Normal Development – May sleep in regular 4-6 hour periods of time

Caregiver/Child Interaction – Play during the day. Have quieter time and activities at night with less excitement.

Goals of Visitation – Help baby know when to be awake and when to be asleep.

Normal Development – Drinks breast milk or formula every 3-6 hours.

Caregiver/Child Interaction – Feed baby when he/she seems hungry. Babies often open mouths wide or make smacking noises when hungry.

Goals of Visitation – Build trust between baby by feeding him/her when he/she is hungry.

Normal Development – Wiggles and uses body language to tell you how he/she feels.

Caregiver/Child Interaction – Have fun copying baby's wiggles. Encourage him/her to share feelings. Make eye contact and talk to baby.

Goals of Visitation – Strengthen bonding by sharing happiness with baby.

Normal Development – Grabs or kicks at toys and people

Caregiver/Child Interaction – Give baby time to play with toys alone. Watch as he/she learns about shapes and how objects move. Comfort baby if he/she becomes frustrated while playing.

Goals of Visitation – Builds baby's confidence while playing or being around others. Shows he/she can trust caregiver to take care of him/her.

Two to Four Months CONTINUED

Normal Development – Hold head up on his/her own

Caregiver/Child Interaction – Let baby play while he/she lays on his/her belly, and join in.

Goals of Visitation – Give baby confidence by giving him/her freedom. Build trust and worth by showing that the caregiver likes play with him/her.

Normal Development – Smiles at caregiver when he/she is happy or wants to play.

Caregiver/Child Interaction – Smile back at baby, talk and laugh with him/her and encourage play. Bring him/her his/her favorite toy.

Goals of Visitation – Build communication by showing him/her group playing.

Normal Development – Frowns or cries when he/she is sad

Caregiver/Child Interaction – Respond sadness quickly. Comfort baby, and try to find what is making him/her feel this way.

Goals of Visitation – Build trust by showing baby he/she will be comforted.

Normal Development – Recognizes primary caregiver and shows pleasure when primary caregiver arrives

Caregiver/Child Interaction – Praise baby when he/she recognizes you and show excitement to see him/her. Hold baby close and tell him/her how much you missed him/her. .

Goals of Visitation – Bonding by frequent visits.

Two to Four Months CONTINUED

Normal Development – Copies movements and facial expressions

Caregiver/Child Interaction – Make faces at baby and praise him/her when he/she copies them correctly. Help him/her explore all the ways he/she can control his/her body.

Goals of Visitation – Encourage learning and development. Bond by playing.

Normal Development – Uses his/her senses to learn about environment

Caregiver/Child Interaction – Give baby toys that he/she can see, hear, touch, and move. Ask him/her about what he/she is experiencing – what he/she smells or tastes or feels.

Goals of Visitation – Foster learning about the world and the kinds of things in it. Bond by sharing experiences in the world.

Normal Development – Makes cooing noises to get attention and in response to positive interactions

Caregiver/Child Interaction – Respond quickly to requests for attention. Praise him/her when expressing enjoyment of attention.

Goals of Visitation – Foster communication, and show baby that his/her needs will be met. Encourages baby to keep making noises when in need or wanting attention.



Two to Four Months CONTINUED

Normal Development – Makes different sounds to tell if he/she is hungry, wet, tired, or wants to move.

Caregiver/Child Interaction – Learn what need each sound is associated with. Tell baby “Oh! You must be wet” and quickly respond with a clean diaper.

Goals of Visitation – Foster communication, and show baby that his/her needs will be met. Encourages baby to keep making noises when in need.

Normal Development – Follows moving objects with his/her eyes

Caregiver/Child Interaction – Play with baby by pointing out things that move. Watch him/her watch cars and animals and other people and talk to him/her about these objects.

Goals of Visitation – Foster learning about the world and the kinds of things in it. Bond by sharing experiences in the world.



Four to Six Months

Normal Development – May develop interests in other foods besides milk or formula.

Caregiver/Child Interaction – Discuss baby’s nutrition with his/her medical provider or social worker and feed baby appropriate foods when he/she indicates he/she is hungry.

Goals of Visitation – Allow baby to explore new foods and tastes.

Normal Development – May roll over from tummy to back and from back to tummy.

Caregiver/Child Interaction – Continue to encourage tummy time during the day and placing baby on his/her back to sleep. If he/she rolls over during the night, that is okay. Congratulate him/her on rolling over during the day.

Goals of Visitation – Bonding with baby. Improving muscles and development.

Normal Development – Begins to reach for objects and tries to grab objects with hands

Caregiver/Child Interaction – Offer hands, face, and toys for baby to grasp and touch, placing some items far away so he/she has to reach for them. Congratulate him/her when he/she grabs something, and calm him/her if frustrated. Be firm but calm when baby grabs something he/she shouldn’t.

Goals of Visitation – Bonding with baby. Improving muscles and development.

Normal Development – Opens and closes hands and brings hands to mouth, explores objects with mouth

Caregiver/Child Interaction – Show baby how to eat. Tell him/her the difference between his/her current food and what he/she will soon eat. Play with toys that he/she can safely put in his/her mouth.

Goals of Visitation – Bonding with baby. Stimulate curiosity of taste and feel of foods.

Four to Six Months CONTINUED

Normal Development – Wiggles arms and kicks legs.

Caregiver/Child Interaction – Share in baby’s development by copying his/her funny movements and praising wiggles. If he/she kicks or hits you, calmly redirect his/her movements.

Goals of Visitation – Bonding with baby. Improving muscles and development.

Normal Development – May sit with support.

Caregiver/Child Interaction – Occasionally hold baby in a sitting position. Be sure to maintain support and protect his/her head from falls.

Goals of Visitation – Bonding with baby. Improving muscles and development.

Normal Development – Begins to cut teeth, may drool a lot.

Caregiver/Child Interaction – Be sympathetic and comfort baby in pain. Provide safe teething toys to help soothe the pain and talk to his/her medical provider or social worker if these toys do not seem to be sufficient.

Goals of Visitation – Bond by recognizing baby’s discomfort and show him/her that he/she will be taken care of.

Normal Development – Enjoys social play and will try harder to get attention.

Caregiver/Child Interaction – Reward baby’s desire for attention by playing actively with him/her. Remember to play at his/her level and to avoid hard games.

Goals of Visitation – Bonding with baby. Learning by playing.

Four to Six Months CONTINUED

Normal Development – Responds differently to the voice of someone he/she knows than to someone he/she does not know.

Caregiver/Child Interaction – Speak to baby positively to make sure he/she can recognize voices and enjoy how he/she responds when hearing the voice of someone he/she knows. Sing or tell stories.

Goals of Visitation – Bonding with baby.

Normal Development – Shows interest in and smiles at mirrors.

Caregiver/Child Interaction – Play with baby in front of a mirror. Point out the baby in the mirror and tell him/her that it is his/her own reflection. Ask baby if he/she sees other objects in the mirror. Point out other things in the mirror.

Goals of Visitation – Let baby see self and learn about the world around him/her.

Normal Development – Uses eyes and hands together.

Caregiver/Child Interaction – Encourage baby to touch things he/she sees. Give him/her toys that he/she must look at to play with.

Goals of Visitation – Help baby work on hand-eye coordination.

Normal Development – Uses verbal and nonverbal signs to show needs.

Caregiver/Child Interaction – Learn what baby needs by sounds or movement. Teach him/her the words that describe those needs, objects, or actions.

Goals of Visitation – Encourage bonding and learning by adding more words.

Six Months to One Year

Normal Development – May sleep up to 12 hour stretches or may still wake for a night feeding. Still needs 2-3 daytime naps.

Caregiver/Child Interaction – Continue to respond to baby’s cues when he/she seems tired.

Goals of Visitation – Create bonds and trust between caregiver and baby. Enable baby to realize that his/her needs will be met.

Normal Development – Begins to speak single (hard) consonants, like “ma,” “da,” “ba.”

Caregiver/Child Interaction – React to baby’s speech and make eye contact. Talk to baby often.

Goals of Visitation – Increase communication between baby and caregiver. Encourage him/her to learn to talk.

Normal Development – Will begin to look for a toy dropped out of sight.

Caregiver/Child Interaction – Encourage baby to look around, and know the name of his/her toy. Say things like, “Where did Mr. Bear go? Where is he?” Help baby find the toy.

Goals of Visitation – Recognize baby’s needs. Help him/her attach words to objects. Show that he/she has help. Assist him/her when he/she struggles.



Six Months to One Year CONTINUED

Normal Development – Baby’s appetite decreases.

Caregiver/Child Interaction – Most babies double their birth weight in the first 5 to 6 months. Growth rate slows around 6 months. Allow baby to eat when he/she is hungry.

Goals of Visitation – Respond when baby is hungry. Be patient with his/her appetite.

Normal Development – Baby may be ready to eat solid foods.

Caregiver/Child Interaction – Introduce new solid foods, starting with fruits, yellow vegetables, green vegetables and then meats. Baby will let you know when and how much he/she wants to eat.

Goals of Visitation – Allow sharing of favorite baby safe foods with baby, and allow him/her to learn what foods he/she likes and dislikes, as well as self-feeding.

Normal Development – Babies decrease the length and/or frequency of naps.

Caregiver/Child Interaction – Put baby to sleep when he/she indicates sleepiness, and encourage napping and self- soothing.

Goals of Visitation – Allow baby to realize it is okay to calm down and nap.

Normal Development – Baby may begin pulling on objects and becoming more mobile, including crawling.

Caregiver/Child Interaction – Be sure to keep an eye on baby. Do not allow baby to pull things down on himself/herself, like tables, phones, or other household objects. Childproof any areas where baby may be crawling around. If baby falls or gets hurt, respond immediately but do not panic. Encourage and congratulate baby on crawling.

Goals of Visitation – Allow baby to be mobile and explore, but also ensure his/her safety in different environments. Show baby you care about him/her when he/she gets hurt, but assure baby he/she will be okay.

Six Months to One Year CONTINUED

Normal Development – Disciplining baby may become necessary in order to keep him/her safe.

Caregiver/Child Interaction – Be firm with child, and say “No” to set boundaries. Always communicate why what he/she is doing is not okay. Do not use violence to discipline baby.

Goals of Visitation – Set boundaries for baby. Let baby know that there are things he/she cannot do.

Normal Development – Baby responds to his/her own name.

Caregiver/Child Interaction – Use baby’s name often, when talking to him/her, feeding, or changing. Point out baby’s face in pictures and repeat his/her name.

Goals of Visitation – Reinforce baby’s recognition of his/her own name.

Normal Development – Coordination increases.

Caregiver/Child Interaction – Allow baby to begin using a cup, and teach him/her how to use it by modeling and helping him/her.

Goals of Visitation – Show baby how to drink, helps to wean off of bottles, and develop better coordination.

Normal Development – Increased interest in pictures, improved vision.

Caregiver/Child Interaction – Read to baby. Let him/her see the book and touch and interact with pictures in the book.

Goals of Visitation – Read to baby. Let him/her see the book and touch and interact with pictures in the book.

Six Months to One Year CONTINUED

Normal Development – Baby will begin picking up objects.

Caregiver/Child Interaction – Say the names of the objects baby picks up, and encourage him/her to interact with safe objects, such as toys, stuffed animals, and plastic cups and utensils for babies.

Goals of Visitation – Help baby tie a word to an object, allow him/her to gain dexterity in his/her fingers, and explore the world.

Normal Development – Babies may be wary of others or fear being alone.

Caregiver/Child Interaction – Encourage baby to play alone or with other toddlers while being supervised. Let him/her know you will return and are watching, but let him/her play on his/her own sometimes.

Goals of Visitation – Allow baby to develop social skills, learn to play with others, and realize he/she will not be abandoned.

Normal Development – Baby begins walking.

Caregiver/Child Interaction – Encourage baby to walk. Ask him/her to walk from one person to another, or across a room. Congratulate him/her. Make sure he/she is safe and there is nothing around to hurt him/her if he/she falls.

Goals of Visitation – Encourage baby to keep walking, show him/her that he/she is doing a great job, and is growing up.

Normal Development – Dexterity in hands continues.

Caregiver/Child Interaction – Give baby crayons and allow him/her to draw on paper. Teach him/her to only use crayons on paper, and supervise drawing time. Praise him/her for new artwork.

Goals of Visitation – Allow baby to create and express him/herself, increase hand/eye coordination, and develop a creative side.

Six Months to One Year CONTINUED

Normal Development – May be afraid of baths.

Caregiver/Child Interaction – Teach baby how to wash him/herself and how to have fun in the water. Be sure he/she is safe and always supervised when in or near water.

Goals of Visitation – Show baby that bath time can be fun, and introduce him/her to personal hygiene and self-reliance.

Normal Development – Child's personality develops and is very apparent.

Caregiver/Child Interaction – Value baby for his/her personality, likes, dislikes, and positive attitude. Play with him/her, and do activities he/she enjoys.

Goals of Visitation – Learning about individuality of baby. Every child is different, and pride in differences is important.

Normal Development – Cooperates with dressing, helps with small daily activities.

Caregiver/Child Interaction – Help baby learn to get dressed, eat, play with toys that are more advanced, and put away toys.

Goals of Visitation – Teach baby responsibility and give him/her a sense of empowerment by being helpful and a “big boy/girl.”

Normal Development – Begins to completely spoon feed and drink from cup.

Caregiver/Child Interaction – Experiment with eating different foods, and praise baby for being so grown up and feeding him/herself.

Goals of Visitation – Teach baby responsibility and give him/her a sense of empowerment by being helpful and a “big boy/girl.”

Six Months to One Year CONTINUED

Normal Development – Ready to potty train between 22 and 30 months of age.

Caregiver/Child Interaction – Use enthusiasm and a positive attitude to begin to potty train.

Goals of Visitation – Help baby learn responsibility and how to care for him/herself.

Normal Development – Listens to and enjoys hearing stories for longer periods of time.

Caregiver/Child Interaction – Read to baby and explain things around him/her in more detail than before. Allow baby to ask questions and talk about it.

Goals of Visitation – Help to learn about different things in books, bond by spending time together, and get excited about reading.

Normal Development – Sings and dances.

Caregiver/Child Interaction – Sing songs to baby and encourage him/her to dance.

Goals of Visitation – Having fun together, expressing him/herself.

Normal Development – Begins to say a few words, identify a few objects.

Caregiver/Child Interaction –

Say the names of things when you show them to baby so he/she can learn more words. Respond to baby when he/she talks to you.

Goals of Visitation – Teach baby more words; communicate so he/she knows he/she is being listened to.



One Year Old

Normal Development – Babies may be wary of others or being alone.

Caregiver/Child Interaction – Encourage baby to play alone briefly while supervised. Let baby know that even if you take a step back, you will return and you are watching.

Goals of Visitation – Allow baby to develop social skills and realize that he/she will not be abandoned.

Normal Development – Baby begins walking.

Caregiver/Child Interaction – Encourage baby to walk. Ask him/her to walk from one person to another, or across a room. Congratulate baby. Make sure baby is safe and there is nothing around to hurt him/her when he/she falls.

Goals of Visitation – Encourage baby to keep walking, show baby that he/she is doing a great job, and is growing up.

Normal Development – Dexterity in baby's hands continues.

Caregiver/Child Interaction – Give baby crayons and allow him/her to draw on paper. Teach baby to use crayons on paper, and supervise drawing time. Praise baby for new artwork.

Goals of Visitation – Allow baby to create and express him/herself, increase hand/eye coordination, and develop a creative side.

Normal Development – May be afraid of baths.

Caregiver/Child Interaction – Teach baby how to wash him/herself and how to have fun in the water. Be sure baby is safe and always supervised when in or near water.

Goals of Visitation – Show baby that water play can be fun, and introduce baby to personal hygiene and self reliance. Keep baby safe around water. Always supervise baby closely.

One Year Old CONTINUED

Normal Development – Baby’s personality develops and is very apparent.

Caregiver/Child Interaction – Value baby for his/her personality, likes, dislikes, and positive attitude. Play with him/her, and do activities baby enjoys.

Goals of Visitation – Learning about individuality of baby. Every child is different, and pride in differences is important.

Normal Development – Baby cooperates with dressing, and helps with small daily activities.

Caregiver/Child Interaction – Help baby learn to button or zip a sweater or shirt. Encourage baby to put away toys.

Goals of Visitation – Teach baby responsibility and give him/her a sense of empowerment by being helpful and a “big boy/girl”

Normal Development – Begins to completely spoon feed and drink from cup.

Caregiver/Child Interaction – Experiment with eating different foods, and praise baby for being so grown up and feeding him/herself.

Goals of Visitation – Teach baby responsibility and give him/her a sense of empowerment by being helpful and a “big boy/girl.”

Normal Development – Babies are usually ready to potty train when they are between 22 and 30 months of age.

Caregiver/Child Interaction – Signs of control are having bowel movements around the same time each day, not having bowel movements at night, and having a dry diaper after a nap or for at least 2 hours at a time.

Goals of Visitation – Help baby learn responsibility and how to care for him/herself. If baby is potty trained, take baby to potty during visits.

One Year Old CONTINUED

Normal Development – Listens to and enjoys hearing stories for longer periods of time.

Caregiver/Child Interaction – Read to baby and explain things around him/her in more detail than before. Allow baby to ask questions and talk about it.

Goals of Visitation – Help to learn about different things in books, bond by spending time, and get excited about reading.

Normal Development – Baby sings and dances.

Caregiver/Child Interaction – Sing songs to baby and encourage him/her to dance. Dance together.

Goals of Visitation – Having fun together, expressing him/herself.

Normal Development – Begins to say a few words, identify a few objects.

Caregiver/Child Interaction – Say the names of things when you show them to baby so he/she can learn more words. Respond to baby when he/she talks to you.

Goals of Visitation – Teach baby more words; show him/her you are listening.



Two Years Old

Normal Development – Experiments with touching, tasting, and feeling.

Toddler has the ability to stack two to four objects at a time.

Caregiver/Child Interaction – Give toddlers clear and simple choices when eating or playing with toys: “Do you want to drink milk or juice? Do you want to play with green or blue blocks?”

Goals of Visitation – Provide choices for toddler when in play.
Enhance developing motor skills.

Normal Development – Toddler can turn pages in book and has the ability to scribble with crayon or markers.

Caregiver/Child Interaction – Offer toddler coloring books and crayons for artistic exercises during play. Encourage drawing.

Goals of Visitation – Have fun and enjoy toddler in the exploration of art, drawing, painting and coloring.

Normal Development – Toddler enjoys simple stories, rhymes, and songs and has developed the ability to use two to three word sentences.

Caregiver/Child Interaction – Read books that encourage toddler to use new words and recalling skills.

Goals of Visitation – Helping toddler in word/sound development.

Normal Development – Toddler can toss or roll a large ball and can bend to pick up objects without falling.

Caregiver/Child Interaction – Do not expect toddlers to share or take turns. Right now they are focused on learning how to physically handle themselves and on learning to talk. Learning to share will come later.

Goals of Visitation – Help toddler to enhance hand-eye coordination by using physical activities like roll and catch with a large beach ball.

Three Years Old

Normal Development – Begins engaging in play that involves more fantasy and imagination, problem solving, and playing with other children.

Caregiver/Child Interaction – As play begins to involve others, praise good behaviors through examples and explain things clearly and simply.

Goals of Visitation – Show child how to play with others.

Normal Development – May show resistance to sleep and nap times.

Caregiver/Child Interaction – Stick with a bedtime routine, provide security with blankets, lights, or soft toys, and make bedtime easier by encouraging child to make choices by picking a book or choosing pajamas.

Goals of Visitation – Build independence and create a comfortable schedule for child.

Normal Development – Eats similar foods as adults at regular meal times with some difficulty with chewing and swallowing.

Caregiver/Child Interaction – Avoid small and hard foods. Cut, slice, and serve foods in small portions to prevent choking. Show child how to chew enough, safe eating, utensil use, and healthy eating.

Goals of Visitation – Reinforce proper eating behaviors and safety.

Normal Development – Engages in physical activities like throwing and kicking, jumping in place, riding a tricycle.

Caregiver/Child Interaction – Encourage active play and offer support and guidance when child expresses fear or frustration in trying to do something new. When feeling emotions, help identify, validate, and manage those emotions.

Goals of Visitation – Foster a love for physical activity. Help establish self-control.

Three Years Old CONTINUED

Normal Development – Begins to establish some drawing and handwriting abilities, usually by copying.

Caregiver/Child Interaction – Practice writing the alphabet with the child, congratulate him/her for his/her writing. Encourage drawing.

Goals of Visitation – Teach and strengthen new vital skills.

Normal Development – Establishes independence by self-grooming.

Caregiver/Child Interaction – Show child how things are done, and allow him/her to do small tasks – eat with a child utensil, dress/undress, and make minor decisions.

Goals of Visitation – Help develop age appropriate maturity and understanding for daily necessities.

Normal Development – Developing memory and understanding differences.

Caregiver/Child Interaction – When child understands or remembers something, praise and congratulate him/her.

Goals of Visitation – Help brain development and learning.

Normal Development – Develops ability to tell right from wrong; understands rules.

Caregiver/Child Interaction – Use these skills to help explain more “right and wrong” types of behavior. Ask child how toys or clothing should be arranged, and ask if things are “right or wrong.”

Goals of Visitation – Help child to make good choices, and understand how day to day activities should go. Have fun and be silly.

Three Years Old CONTINUED

Normal Development – Starts to form full sentences, and uses words like “I”, “you.”

Caregiver/Child Interaction – Engage child, and try to get him/her to talk even more. Answer questions and restate what he/she says as positive reinforcement.

Goals of Visitation – Help child learn to speak even better, and with more words.

Normal Development – Begins to name colors and maybe some letters.

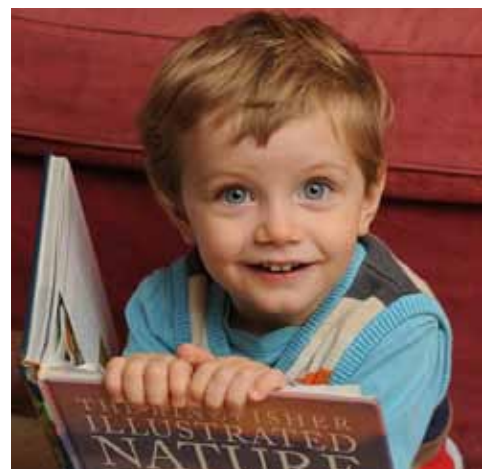
Caregiver/Child Interaction – Ask child what color his/her clothes are. Have child point out cars or buildings that are a certain color. Point out letters in signs and books.

Goals of Visitation – Build a basic foundation of learning about colors and letters. Bond with child by teaching.

Normal Development – Potty trained, at least during the day

Caregiver/Child Interaction – Encourage and reward child for knowing when he/she needs to use the bathroom. Don’t embarrass child when he/she has an accident, but praise him/her when using the “big kid potty.”

Goals of Visitation – Teach child to recognize when he/she needs to go to the restroom, and encourage him/her by letting him/her feel grown up.



Four to Five Years

Normal Development – More regular sleep patterns, with or without naps. May still show resistance to sleep.

Caregiver/Child Interaction – Stick to established routine and calmly address nighttime interruptions by recognizing it is bedtime.

Goals of Visitation – Create routine behaviors and healthy sleep patterns.

Normal Development – Capable of walking backwards, jumping, using stairs, and doing somersaults.

Caregiver/Child Interaction – Encourage developing physical abilities. Be safe and look out for danger to prevent accidents. Participate in some activities with child.

Goals of Visitation – Prevent accidents and foster growth in physical development and parent-child relationship.

Normal Development – Drawing and handwriting abilities develop further with less reliance on copying for a few shapes and letters.

Caregiver/Child Interaction – Continue to encourage child and model good behavior. Sit and draw or write with the child praising his/her art and handwriting. Begin teaching the child to write his/her name.

Goals of Visitation – Build confidence and further strengthen vital skills still new to him/her.

Normal Development – Play becomes even more socialized with taking turns, sharing, obeying rules (or changing rules), carrying on a conversation, and seeking approval.

Caregiver/Child Interaction – Teach behaviors like sharing, saying “please” and “thank you,” and other ways to be polite. Encourage self-control and staying calm while angry. Give approval for positive actions and encouragement to do better where needed.

Goals of Visitation – Create standards for people and peer interaction.

Four to Five Years CONTINUED

Normal Development – Imagination grows and becomes difficult to separate from reality. Child may have imaginary friends and pretend often. The imagination may also trigger fear of the dark.

Caregiver/Child Interaction – Encourage imagination and time to pretend. Eliminate some fear by softly reminding the child the difference between reality and fantasy. Offer support and security to relieve stress and anxiety.

Goals of Visitation – Build creativity and comfort with reality. Show child difference between fantasy and reality.

Normal Development – Has more of an understanding about emotions like jealousy, anger, and frustration.

Caregiver/Child Interaction – Label emotions and show child it is okay to feel that way. Explain why rules are important, and help control tantrums.

Goals of Visitation – Reinforce healthy coping and self-control.

Normal Development – Can share name and age, may misuse words, count to five, identify colors, and know the street of his/her house.

Caregiver/Child Interaction – Praise progress in identifying colors, numbers, personal information, and new vocabulary. Correct child if incorrect, kindly, using proper words. Give safety tips for sharing street name or personal information.

Goals of Visitation – Inspire more learning and clear up any misunderstandings.

Normal Development – Follows some direction, may ask many questions.

Caregiver/Child Interaction – Assign small, specific chores to complete routinely each day. Answer his/her questions.

Goals of Visitation – Establish habits and listening skills. During visitation, ask about chores or tasks and encourage him/her for being responsible.

Four to Five Years CONTINUED

Normal Development – Organizes things sometimes making groups or matching objects. Understands ordered processes.

Caregiver/Child Interaction – Praise willingness to organize, sort, and do chores. Offer to participate in small tasks, or daily chores together to encourage continued organization.

Goals of Visitation – Encourage growth and exploration. Show child that his/her help is appreciated. During visitation, ask about chores or tasks and encourage him/her for being responsible.

Normal Development – Learns through demonstration and instruction, may pay attention for longer periods of time.

Caregiver/Child Interaction – Set examples and congratulate child for finishing a task all the way through.

Goals of Visitation – Reinforce a greater attention span and learning through listening and seeing.

Normal Development – Feelings of responsibility, pride and guilt grow.

Caregiver/Child Interaction – When child finishes a task or reaches a goal, praise him/her. Let him/her take on more tasks (cleaning up after him/herself.) When he/she does something wrong or breaks a rule, communicate why it is wrong and what he/she should have done.

Goals of Visitation – Help build self-esteem, teach responsibility, and understand why rules are in place.



Elementary School (6-11 Years)

Normal Development – Organizes things sometimes making groups or matching objects. Understands ordered processes.

Caregiver/Child Interaction – Praise willingness to organize, sort, and do chores. Offer to participate in small tasks, or chores together to encourage continued organization.

Goals of Visitation – Encourage growth and exploration. Show child that his/her help is appreciated. During visitation, ask about chores or tasks and encourage him/her for being responsible.

Normal Development – Learns through demonstration and instruction, may pay attention for longer periods.

Caregiver/Child Interaction – Set examples and congratulate child for finishing a task all the way through.

Goals of Visitation – Reinforce a greater attention span and learning through listening and seeing.

Normal Development – Begins to develop coarser skin, gain adult teeth (lose baby teeth), and grow very slowly.

Caregiver/Child Interaction – From first grade onward, have a professional check eyes, ears, and teeth. Explain healthy habits and set examples by wearing sun protection or seeing the doctor without resistance.

Goals of Visitation – Help build good health and form healthy attitude towards regular check-ups and maintaining health.



Elementary School (6-11 Years)

CONTINUED

Normal Development– More understanding of him/herself and his/her roles at home, in class, and in public.

Caregiver/Child Interaction – Continue to explain, act out, and encourage roles by adding responsibilities and praising good behavior. Set goals to look forward to with fitting rewards.

Goals of Visitation – Set standards for child to live by, and encourage child to continue behaving appropriately and growing.

Normal Development – Fears and emotions are under greater control of the child.

Caregiver/Child Interaction – Fewer incidents of acting out should occur. When they do, talk openly with child about social problems he/she may be experiencing. Set limits and consequences with the child when dealing with other issues.

Goals of Visitation – Validate feelings and form self-control and coping skills.

Normal Development – Worries about mistakes and things that follow such as failure, criticism, or bullying.

Caregiver/Child Interaction – Allow the child to help out and become more confident and feel important. Use words and actions that help the child build self-confidence and feel they are doing a good job.

Visit <http://life.familyeducation.com/self-esteem/parenting/34401.html> for more tips on building self- esteem.

Goals of Visitation – Build a sense of belonging and self-esteem.

Elementary School (6-11 Years)

CONTINUED

Normal Development – Establishes more relationships with more give-and-take than before.

Caregiver/Child Interaction – Continue to listen to and nurture the child with a give-and-take relationship. Stay firm with set limitations. Monitor, support, and become involved with child's activities like school or sports.

Goals of Visitation – Reinforce appropriate parent-child relationship.

Normal Development – Surrounds self with outgoing and supportive friends.

Caregiver/Child Interaction – Support healthy relationships with peers. Serve as an example with own relationships.

Goals of Visitation – Encourage relationships with others and with other parent.

Normal Development – Works harder when encouraged and shown affection. Struggles when stressed.

Caregiver/Child Interaction – Offer warmth and acceptance, yet set firm standards. Don't take out stress on child. Calmly handle stressful events.

Goals of Visitation – Provide support and foster positive parent-child relationship.

Normal Development – Understands direction when the directions are clear and obvious.

Caregiver/Child Interaction – Provide clear, step-by-step direction. When directions are not followed, establish logical consequences. Have cheerful conversation with child at visitation, instead of focusing on the negatives.

Goals of Visitation – Teach self-discipline and greater understanding of reason and consequences.

Elementary School (6-11 Years)

CONTINUED

Normal Development – Concrete memories are developing.

Caregiver/Child Interaction – Invite child to have experiences that are challenging, achievable, educational, fun, and memorable in a positive way.

Goals of Visitation – Maintain a positive parent-child relationship.

Normal Development – Uses pictures to better understand and solve problems. Can tell reality from imagination.

Caregiver/Child Interaction – Monitor social media use, television time, and video games. Make sure appropriate visuals are a part of the child's life to demonstrate positive problem solving.

Goals of Visitation – Help with developing problem solving skills.

Normal Development – Understands actions and events have consequences.

Caregiver/Child Interaction – Provide more details in explanations about expectations and consequences for not meeting them.

Goals of Visitation – Help child learn what happens when he/she does not follow rules, or when he/she does follow the rules.



Elementary School (6-11 Years)

CONTINUED

Normal Development – Child becomes very aware of sex differences, and may have been exposed to sexual health issues.

Caregiver/Child Interaction – Explain sexual health and sexual information with child as age appropriate. Children hear information (and misinformation) very early once in school. Start early and have an ongoing dialog so he/she can ask questions as they come up. Clear up wrong information child may have heard. Also explain puberty to children, as it can start at age 8 or younger in some children. Visit http://kidshealth.org/kid/grow/body_stuff/puberty.html and <http://www.mayoclinic.com/health/sex-education/CC00076> for more information.

Goals of Visitation – Help strengthen trust between parent and child, as well as clearing up misconceptions children may have from hearing information from classmates. It may be difficult to have these conversations during visitation, especially in the group visitation setting.



Middle/High School (12-14 Years)

Normal Development – Experiences puberty and body growth.

Girls may begin to grow breasts, pubic and underarm hair, and start to menstruate. Boys may begin to notice growth of testes, penis, underarm and facial hair, as well as a change in voice. May sleep more because of rapid growth.

Caregiver/Child Interaction – Remain sensitive to the developmental changes the child is experiencing. Talk about sexual behavior with child.

Be honest and talk openly. Discuss expectations and limits. Schedule regular doctor and dentist visits, or ensure they are attending these visits if not set yourself.

Visit http://kidshealth.org/kid/grow/body_stuff/puberty.html for more information.

Goals of Visitation – Develop understanding of sexuality and help maintain nurturing and supportive parent-child relationship.

Normal Development – May have thoughts of suicide/depression, sexuality, and abuse of substances, and may suffer from eating disorders.

Caregiver/Child Interaction – Understand that teens may become angry easily and act out, raise his or her voice, and say hurtful things.

Try not to take things personally and still offer guidance and support. Be aware of any mental health issues like depression or eating disorders and be open with child.

Goals of Visitation – Build parental abilities to calmly handle drastic mood changes in adolescence. Keep trust between child and parent strong.



Middle/High School (12-14 Years)

CONTINUED

Normal Development – Thinks more independently and creatively, finding solutions, finding information, and making judgments about actions.

Caregiver/Child Interaction – Allow teenagers to make small decisions and think independently. Keep track of his/her decisions, and respond to the decisions.

Goals of Visitation – Limit risk-taking behaviors by enforcing consequences.

Normal Development – Tends to judge others, challenge authority, dramatize or ignore important issues, become rebellious, and struggle to make decisions.

Caregiver/Child Interaction – Remain aware, sensitive, and supportive. Make sure communication remains open between parent and child.

Goals of Visitation – Help transition through the stage of adolescence.

Normal Development – Confusion about puberty, sexual identity and attraction, and body changes.

Caregiver/Child Interaction – Answer questions child has, and support him/her and his/her identity. Help him/her feel good about his/her body by not making negative comments. Encourage healthy life choices, and realize that he/she is very confused during this time.
Visit http://kidshealth.org/kid/grow/body_stuff/puberty.html for more information.

Goals of Visitation – Build confidence and self-esteem, as well as a sense of understanding between parent and child.

Middle/High School (12-14 Years)

CONTINUED

Normal Development – Hormones tend to affect emotions and mood.

Caregiver/Child Interaction – Understand child is experiencing new feelings and hormones, but also encourage him/her to be aware of emotions and be positive.

Goals of Visitation – Help child to feel better about his/her changes, and help parent-child relationship.

Normal Development – Beginning high school.

Caregiver/Child Interaction – This may be a hard time for many teenagers, with more responsibility, and more people and personality types to deal with. Encourage child to be his/herself and work as hard as he/she can to get good grades and make good, supportive friends.

Visit <http://www.stopbullying.gov/> if there are concerns or questions about bullying.

Goals of Visitation – Help child develop positive bonds, work ethic, and feel comfortable in his/her skin, as well as show him/her that he/she is supported and loved unconditionally.

Normal Development – More access to social media, TV, movies, and other forms of media.

Caregiver/Child Interaction – Teach child what is appropriate to view. Let him/her know what he/she can and cannot watch, when supervised and when with friends. Teach him/her safety tips for the Internet (Facebook, etc). Visit <http://www.safekids.com/kids-rules-for-online-safety/> for more information.

Goals of Visitation – Teach child boundaries, and safety when navigating the internet.

Middle/High School (12-14 Years)

CONTINUED

Normal Development – May resist family time, preferring to be with friends.

Caregiver/Child Interaction – Encourage family time, but also give child time to be with friends. Encourage positive behavior. If child is always on time for curfew and is honest, let him/her know it is appreciated.

Goals of Visitation – Encourage good, safe behavior, and time with family. Give child a certain amount of freedom in his/her life.

Normal Development – Child becomes aware of drugs, alcohol, and other illicit activities.

Caregiver/Child Interaction – Explain to child why these activities aren't appropriate; don't just say "Don't do drugs". Explain the consequences, legally, physically, and socially.

Visit <http://life.familyeducation.com/teen/drugs-and-alcohol/36544.html> for more information.

Goals of Visitation – Teach boundaries to child, and help to ensure safety.

Normal Development – Maintaining good health becomes a priority.

Caregiver/Child Interaction – Teach child how to clean his/her face (acne is a big part of growing up), how to eat healthy, and exercise.

Be positive with child. Do not make him/her feel like something is wrong with him/her.

Goals of Visitation – Encourage good grooming and health habits, as well as maintaining self-esteem.

Middle/High School (12-14 Years)

CONTINUED

Normal Development – Child becomes very aware of sex differences, and may have been exposed to sexual health issues.

Caregiver/Child Interaction – Explain sexual health and sexual information with child when appropriate. Children hear information (and misinformation) very early once in school. Have a trusting relationship so child can ask questions as they come up. Answer questions.

Visit <http://www.mayoclinic.com/health/sex-education/CC00076> for more information.

Goals of Visitation – Helps strengthen trust between parent and child, as well as clearing up wrong information children may have from hearing information from classmates.



High School (15-17 Years)

Normal Development – Likely to know other kids who use alcohol or drugs, and to have friends who drive.

Caregiver/Child Interaction – Explain to teen why these activities aren't appropriate; don't just say "Don't do drugs". Explain the consequences, legally, physically, and socially.

Visit <http://life.familyeducation.com/teen/drugs-and-alcohol/36544.html> for more information.

Goals of Visitation – Teach boundaries to teen, and helps to ensure safety. Talk openly about this with teen to keep trust and caretaker/child role strong.

Normal Development – Begins to drive and wants more freedom.

Caregiver/Child Interaction – Make sure teen knows how to drive safely, discuss rules for when and where he/she can drive.

Goals of Visitation – Teach boundaries to teen, and help to ensure safety.

Normal Development – Confusion about "what to do with his/her life" and questions about life after high school.

Caregiver/Child Interaction – Allow teen to explain his/her desires and where he/she would like to be after high school. Encourage getting good grades, and preparing for college. Support his/her career goals positively, and give input, not demands.

Goals of Visitation – Help teen realize he/she has support. Help to career plan and prepare for further education.

High School (15-17 Years) CONTINUED

Normal Development – Continues to question identity, values, sexuality, etc

Caregiver/Child Interaction – Listen to teen, and offer support.

If teen seems too upset, or his/her needs aren't addressed, speak to guidance counselors, teachers, administrators, or coaches.

Goals of Visitation – Show teen that you support and believe in him/her.

Normal Development – Teens may get jobs to save money or have spending money.

Caregiver/Child Interaction – Encourage positive spending and saving habits. Help teen set up a bank account to save money and learn about finances. Teach him/her about credit cards.

Goals of Visitation – Teach positive money skills, encourage hard work and savings.

Normal Development – Teens begin applying to colleges or jobs.

Caregiver/Child Interaction – Help teen with paperwork needed (Social Security card, birth certificates, etc) and support him/her through the process. Workforce Plus centers may be able to provide resume training for teens and adults. Visit <http://www.floridajobs.org/> for more information.

Goals of Visitation – Help prepare teen for college or a career, and teach him/her to learn how to take on new tasks.

Normal Development – Teen may buy or use a cell phone.

Caregiver/Child Interaction – Explain limits on cell phone use. Explain limits on minutes and text messages enforced by the provider. Make sure teen knows not to text while driving.

Goals of Visitation – Keep teens safe and set boundaries. (Most visitation programs do not allow cell phone use on site. However, parents can discuss the phone and proper use with the teen at visits.)

High School (15-17 Years) CONTINUED

Normal Development – Teens take on many responsibilities, and can handle work, school, and social life.

Caregiver/Child Interaction – Let teen take on responsibility reasonably. Let him/her know when he/she does a good job to show caring feelings. Teen is growing up, and wants to feel grown up, but still wants and needs emotional support.

Goals of Visitation – Help with homework. Give emotional support to teens, while letting him/her feel grown up and take on responsibility.



Sources

Children's Advocacy Center materials (www.fnccac.org)

http://kidshealth.org/kid/grow/body_stuff/puberty.html

<http://kidshealth.org/parent/general/teeth/teething.html>

<http://kidshealth.org/parent/growth/growing/adolescence.html#>

<http://life.familyeducation.com/self-esteem/parenting/34401.html>

<http://life.familyeducation.com/teen/drugs-and-alcohol/36544.html>

<http://wondertime.go.com/learning/child-development/stages-toddler-2years.html>

<http://www.asha.org/public/speech/development/parent-stim-activities.htm>

http://www.babycenter.com/0_milestone-chart-25-to-30-months_1496593.bc

<http://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/toddlers.html>

<http://www.child-development-guide.com/child-development-milestone.html>

<http://www.childdevelopmentinfo.com/development/normaldevelopment.shtml>

<http://www.education.com/topic/kids-cell-phones/>

<http://www.education.com/topic/teenage-developmental-milestones/>

<http://www.floridajobs.org/>

<http://www.kidsgrowth.com/resources/articledetail.cfm?id=1124>

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<http://www.mayoclinic.com/health/sex-education/CC00076>

<http://www.safekids.com/kids-rules-for-online-safety/>

http://www.surfnetparents.com/tips_for_parenting_boys_during_puberty-6225.html