Milestones & Independence Guide

CAMS for Early Childhood • Set Kids Up for Success

Children build confidence when adults give them safe opportunities to practice the next skill.

The Goal

Support children toward developmentally appropriate independence while respecting individual differences and family context.

Look for Opportunities

- Using an open cup or practicing with a cup
- Trying utensils and age-appropriate foods
- Putting on or removing simple clothing
- Helping with clean-up
- Washing and drying hands
- Using words, gestures, or communication tools to express needs

A Note About Bottles & Pacifiers

When a child is ready for the next developmental step, adults can work together on a gradual transition rather than keeping a familiar routine simply because it is easier. Follow pediatric and family guidance for health-related decisions.

Ask Yourself

- Am I helping this child practice the next skill?
- Am I doing something the child could safely try?
- What support can I fade instead of removing the opportunity?
- What does this child already know how to do?

Partner With Families

Share observations without judgment. Ask what the family is seeing at home and agree on one small, consistent next step.

“Our job is not to keep children where they are comfortable; it is to help them grow into what they are ready to become.”

Notes