Developmental Checklists Birth to Five





the early childhood direction center

2006

If you are concerned about your child's development, please contact the WNY ECDC for information.

Early Childhood Direction Center, C/O Women & Children's Hospital of Buffalo, 219 Bryant St., Buffalo, New York 14222, 716 880-3875, 1-800 462-7653 E-mail <u>rmalinowski@kaleidahealth.org</u> Website www.wchob.org/ecdc

Adapted by First Look and The Early Childhood Direction Center, Syracuse University,805 S. Crouse Avenue, Syracuse, NY 13244, E-mail: <u>ecdc@syr.edu</u>, website:http://ecdc.syr.edu, from: Shelov, S. P., & Hannemann, R. E. (1994). <u>The American Academy of Pediatrics: Caring for Your Baby and Young Child Birth to Age 5: The Complete and Authoritative</u> <u>Guide.</u> New York: Bantam Doubleday Dell Pub.

DEVELOPMENTAL CHECKLIST - 1 TO 3 MONTHS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
Raises head and cheek when lying on stomach (3 mos.)	
 Supports upper body with arms when lying on stomach (3 mos.) 	
 Stretches legs out when lying on stomach or back (2-3 mos.) 	
✓ Opens and shuts hands (2-3 mos.)	
 Pushes down on his legs when his feet are placed on firm surface (3 mos.) 	
VISUAL	
✓ Watches face intently (2-3 mos.)	
✓ Follows moving objects (2 mos.)	
 Recognizes familiar objects and people at a distance (3 mos.) 	
✓ Starts using hands and eyes in coordination (3 mos.)	
HEARING AND SPEECH	
✓ Smiles at the sound of voice (2-3 mos.)	
 Cooing noises; vocal play (begins at 3 mos.) 	
✓ Attends to sound (1-3 mos.)	
✓ Startles to loud noise (1-3 mos.)	
SOCIAL/EMOTIONAL	
✓ Begins to develop a social smile (1-3 mos.)	
 Enjoys playing with other people and may cry when playing stops (2-3 mos.) 	
 Becomes more communicative and expressive with face and body (2-3 mos.) 	
 Imitates some movements and facial expressions 	

DEVELOPMENTAL RED FLAGS (1 TO 3 MONTHS)

- ✓ Doesn't seem to respond to loud noises
- ✓ Doesn't follow moving objects with eyes by 2 to 3 months
- ✓ Doesn't smile at the sound of your voice by 2 months
- ✓ Doesn't grasp and hold objects by 3 months
- ✓ Doesn't smile at people by 3 months
- ✓ Cannot support head well at 3 months
- ✓ Doesn't reach for and grasp toys by 3 to 4 months
- ✓ Doesn't bring objects to mouth by 4 months
- ✓ Doesn't push down with legs when feet are placed on a firm surface by 4 months
- ✓ Has trouble moving one or both eyes in all directions
- ✓ Crosses eyes most of the time (occasional crossing of the eyes is normal in these first months)

DEVELOPMENTAL CHECKLIST - 4 TO 7 MONTHS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
✓ Pushes up on extended arms (5 mos.)	
 Pulls to sitting with no head lag (5 mos.) 	
 Sits with support of his hands (5-6 mos.) 	
 Sits unsupported for short periods (6-8 mos.) 	
 Supports whole weight on legs (6-7 mos.) 	
✓ Grasps feet (6 mos.)	
 Transfers objects from hand to hand (6-7 mos.) 	
✓ Uses raking grasp (not pincer) (6 mos.)	
VISUAL	
 Looks for toy beyond tracking range (5-6 mos.) 	
 Tracks moving objects with ease (4-7 mos.) 	
 Grasps objects dangling in front of him (5-6 mos.) 	
 Looks for fallen toys (5-7 mos.) 	
LANGUAGE	
 Distinguishes emotions by tone of voice (4-7 mos.) 	
 Responds to sound by making sounds (4-6 mos.) 	
 Uses voice to express joy and displeasure (4-6 mos.) 	
✓ Syllable repetition begins (5-7 mos.)	
COGNITIVE	
✓ Finds partially hidden objects (6-7 mos.)	
 Explores with hands and mouth (4-7 mos.) 	
✓ Struggles to get objects that are out of reach (5-7 mos.)	
SOCIAL EMOTIONAL	
Enjoys social play (4-7 mos.)	
✓ Interested in mirror images (5-7 mos.)	
Responds to other people's expression of emotion (4-7 mos.)	
· · · · · · · · · · · · · · · · · · ·	

DEVELOPMENTAL RED FLAGS (4 TO 7 MONTHS)

- ✓ Seems very stiff, tight muscles
- ✓ Seems very floppy, like a rag doll
- ✓ Head still flops back when body is pulled to sitting position (by 5months still exhibits head lag)
- ✓ Shows no affection for the person who cares for them
- ✓ Doesn't seem to enjoy being around people
- ✓ One or both eyes consistently turn in or out
- ✓ Persistent tearing, eye drainage, or sensitivity to light
- \checkmark Does not respond to sounds around them
- ✓ Has difficulty getting objects to mouth
- ✓ Does not turn head to locate sounds by 4 months
- ✓ Doesn't roll over (stomach to back) by 6 months
- ✓ Cannot sit with help by 6 months (not by themselves)
- ✓ Does not laugh or make squealing sounds by 5 months
- ✓ Does not actively reach for objects by 6 months
- ✓ Does not follow objects with both eyes
- ✓ Does not bear <u>some</u> weight on legs by 5 months

DEVELOPMENTAL CHECKLIST - 8 TO 12 MONTHS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
Gets to sitting position without assistance (8-10 mos.)	
 Crawls forward on belly 	
✓ Assumes hand and knee position	
 Creeps on hands and knees 	
 Gets from sitting to crawling or prone (lying on stomach) position (10-12 mos.) 	
 Pulls self up to standing position 	
✓ Walks holding on to furniture	
 Stands momentarily without support 	
 May walk two or three steps without support 	
HAND AND FINGER SKILLS	
 Uses pincer grasp (grasp using thumb and index finger) (7-10 mos.) 	
✓ Bangs two one-inch cubes together	
✓ Puts objects into container (10-12 mos.)	
 Takes objects out of container (10-12 mos.) 	
✓ Pokes with index finger	
✓ Tries to imitate scribbling	
COGNITIVE	
 Explores objects in many different ways (shaking, banging, throwing, dropping) (8-10 mos.) 	
✓ Finds hidden objects easily (10-12 mos.)	
 Looks at correct picture when image is named 	
✓ Imitates gestures (9-12 mos.)	
LANGUAGE MILESTONES	
 Responds to simple verbal requests 	
✓ Responds to "no"	
 Makes simple gestures such as shaking head for no 	
 Babbles with inflection (8-10 mos.) 	

LANGUAGE MILESTONES (cont)		DATE OBSERVED
\checkmark	Babbles "dada" and "mama" (8-10 mos.)	
\checkmark	Says "dada" and "mama" for specific person (11-12 mos.)	
\checkmark	Uses exclamations such as "oh-oh"	
<u>SC</u>	DCIAL/EMOTIONAL	
\checkmark	Shy or anxious with strangers (8-12 mos.)	
\checkmark	Cries when mother or father leaves (8-12 mos.)	
\checkmark	Enjoys imitating people in his play (10-12 mos.)	
\checkmark	Shows specific preferences for certain people and toys (8-12 mos.)	
\checkmark	Prefers mother and/or regular care provider over all others (8-12 mos.)	
\checkmark	Repeats sounds or gestures for attention (10-12 mos.)	
\checkmark	Finger-feeds himself (8-12 mos.)	
\checkmark	Extends arm or leg to help when being dressed	

DEVELOPMENTAL RED FLAGS (8 TO 12 MONTHS)

- ✓ Does not crawl
- ✓ Drags one side of body while crawling (for over one month)
- ✓ Cannot stand when supported
- ✓ Does not search for objects that are hidden (10-12 mos.)
- ✓ Says no single words ("mama" or "dada")
- \checkmark Does not learn to use gestures such as waving or shaking head
- ✓ Does not sit steadily by 10 months
- ✓ Does not show interest in "peek-a-boo" or "patty cake" by 8 mos.
- ✓ Does not babble by 8 mos. ("dada," "baba," "mama")

DEVELOPMENTAL CHECKLIST - 12 TO 24 MONTHS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
✓ Walks alone (12-16 mos.)	
✓ Pulls toys behind him while walking (13-16 mos.)	
 Carries large toy or several toys while walking (12-15 mos.) 	
✓ Begins to run stiffly (16-18 mos.)	
✓ Walks into ball (18-24 mos.)	
 Climbs onto and down from furniture unsupported (16-24 mos.) 	
✓ Walks up and down stairs holding on to support (18-24 mos.)	
HAND AND FINGER SKILLS	
✓ Scribbles spontaneously (14-16 mos.)	
 Turns over container to pour out contents (12-18 mos.) 	
✓ Builds tower of four blocks or more (20-24 mos.)	
LANGUAGE	
 Points to object or picture when it's named for them (18-24 mos.) 	
 Recognizes names of familiar people, objects, and body parts (18-24 mos.) 	
✓ Says several single words (15-18 mos.)	
✓ Uses two-word sentences (18-24 mos.)	
✓ Follows simple, one-step instructions (14-18 mos.)	
 Repeats words overheard in conversations (16-18 mos.) 	
COGNITIVE	
 Finds objects even when hidden under 2 or 3 covers 	
 Begins to sort shapes and colors (20-24 mos.) 	
✓ Begins make-believe play (20-24 mos.)	
SOCIAL	
 Imitates behavior of others, especially adults and older children (18-24 mos.) 	
 Increasingly enthusiastic about company or other children (20-24 mos.) 	
 Demonstrates increasing independence (18-24 mos.) 	
 Begins to show defiant behavior (18-24 mos.) 	
 Episodes of separation anxiety increase toward midyear, then fade 	

DEVELOPMENTAL RED FLAGS (12 TO 24 MONTHS)

- ✓ Cannot walk by 18 months
- ✓ Fails to develop a mature heel-toe walking pattern after several months of walking, or walks exclusively on toes
- ✓ Does not speak at least 15 words by 18 months
- ✓ Does not use two-word sentences by age 2
- ✓ By 15 months does not seem to know the function of common household objects (brush, telephone, bell, fork, spoon)
- ✓ Does not imitate actions or words by 24 mos.
- ✓ Does not follow simple one-step instructions by 24 mos.

DEVELOPMENTAL CHECKLIST - 24 TO 36 MONTHS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
✓ Climbs well (24-30 mos.)	
✓ Walks down stairs alone, placing both feet on each step (26-28 mos.)	
✓ Walks up stairs alternating feet with support (24-30 mos.)	
✓ Swings leg to kick ball (24-30 mos.)	
✓ Runs easily (24-26 mos.)	
✓ Pedals tricycle (30-36 mos.)	
✓ Bends over easily without falling (24-30 mos.)	
HAND AND FINGER SKILLS	
✓ Makes vertical, horizontal, circular strokes with pencil or crayon (30-36 mos.)	
✓ Turns book pages one at a time (24-30 mos.)	
✓ Builds a tower of more than 6 blocks (24-30 mos.)	
✓ Holds a pencil in writing position (30-36 mos.)	
✓ Screws and unscrews jar lids, nuts, and bolts (24-30 mos.)	
✓ Turns rotating handles (24-30 mos.)	
LANGUAGE	
Recognizes and identifies almost all common objects and pictures (26-32 mos.)	
✓ Understands most sentences (24-40 mos.)	
 Understands physical relationships (on, in, under) (30-36 mos.) 	
✓ Can say name, age, and sex (30-36 mos.)	
✓ Uses pronouns (I, you, me, we, they) (24-30 mos.)	
✓ Strangers can understand most of words (30-36 mos.)	

~ ~		DATE OBSERVED
<u>CC</u>	DGNITIVE	
\checkmark	Makes mechanical toys work (30-36 mos.)	
\checkmark	Matches an object in hand or room to a picture in a book (24-30 mos.)	
\checkmark	Plays make-believe with dolls, animals, and people (24-36 mos.)	
\checkmark	Sorts objects by color (30-36 mos.)	
\checkmark	Completes puzzles with 3 or 4 pieces (24-36 mos.)	
\checkmark	Understands concept of "two" (26-32 mos.)	
<u>SO</u>	CIAL/EMOTIONAL	
\checkmark	Separates easily from parents (by 36 mo.)	
\checkmark	Expresses a wide range of emotions (24-36 mos.)	
\checkmark	Objects to major changes in routine (24-36 mos.)	

DEVELOPMENTAL RED FLAGS (24 TO 36 MONTHS)

- ✓ Frequent falling and difficulty with stairs
- ✓ Persistent drooling or very unclear speech
- ✓ Inability to build a tower of more than 4 blocks
- ✓ Difficulty manipulating small objects
- ✓ Inability to copy a circle by 3 years old
- ✓ Inability to communicate in short phrases
- ✓ No involvement in pretend play
- ✓ Failure to understand simple instructions
- ✓ Little interest in other children
- ✓ Extreme difficulty separating from primary caregiver

DEVELOPMENTAL CHECKLIST - 3 TO 4 YEARS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
✓ Hops and stands on one foot up to 5 seconds	
 Goes upstairs and downstairs without support 	
✓ Kicks ball forward	
✓ Throws ball overhand	
 Catches bounced ball most of the time 	
 Moves forward and backward 	
✓ Uses riding toys	
HAND AND FINGER SKILLS	
✓ Copies square shapes	
✓ Draws a person with 2-4 body parts	
✓ Uses scissors	
✓ Draws circles and squares	
 Begins to copy some capital letters 	
✓ Can feed self with spoon	
LANGUAGE MILESTONES	
 Understands the concepts of "same" and "different" 	
✓ Has mastered some basic rules of grammar	
✓ Speaks in sentences of 5-6 words	
✓ Asks questions	
 Speaks clearly enough for strangers to understand 	
COGNITIVE MILESTONES	
 ✓ Correctly names some colors 	
 Understands the concept of counting and may know a few numbers 	
 Begins to have a clearer sense of time 	
 Follows three-part commands 	
Recalls parts of a story	
 Understands the concept of same/different 	

		DATE
<u>CC</u>	OGNITIVE MILESTONES (continued)	OBSERVED
\checkmark	Engages in fantasy play	
\checkmark	Understands causality ("I can make things happen")	
<u>SC</u>	OCIAL MILESTONES	
\checkmark	Interested in new experiences	
\checkmark	Cooperates/plays with other children	
\checkmark	Plays "mom "or "dad"	
\checkmark	More inventive in fantasy play	
✓	Dresses and undresses	
✓	More independent	
EN	<u>IOTIONAL MILESTONES</u>	
\checkmark	Often cannot distinguish between fantasy and reality	
✓	May have imaginary friends or see monsters	

DEVELOPMENTAL RED FLAGS (3 TO 4 YEARS)

- ✓ Cannot jump in place
- ✓ Cannot ride a trike
- \checkmark Cannot grasp a crayon between thumb and fingers
- ✓ Has difficulty scribbling
- ✓ Cannot copy a circle
- ✓ Cannot stack 4 blocks
- \checkmark Still clings or cries when parents leave him
- ✓ Shows no interest in interactive games
- ✓ Ignores other children
- ✓ Doesn't respond to people outside the family
- ✓ Doesn't engage in fantasy play
- ✓ Resists dressing, sleeping, using the toilet
- ✓ Lashes out without any self-control when angry or upset
- ✓ Doesn't use sentences of more than three words
- ✓ Doesn't use "me" or "you" appropriately

DEVELOPMENTAL CHECKLIST - 4 TO 5 YEARS

CHILD'S NAME:

DATE OF BIRTH:

	DATE OBSERVED
MOVEMENT	
✓ Stands on one foot for 10 seconds or longer	
✓ Hops, somersaults	
✓ Swings, climbs	
✓ May be able to skip	
MILESTONES IN HAND AND FINGER SKILLS	
 Copies triangle and other geometric patterns 	
✓ Draws person with body	
✓ Prints some letters	
 Dresses and undresses without assistance 	
✓ Uses fork, spoon	
✓ Usually cares for own toilet needs	
LANGUAGE MILESTONES	
✓ Recalls parts of a story	
✓ Speaks sentences of more than 5 words	
✓ Uses future tense	
✓ Tells longer stories	
✓ Says name and address	
COGNITIVE MILESTONES	
✓ Can count 10 or more objects	
✓ Correctly names at least 4 colors	
 Better understands the concept of time 	
✓ Knows about things used every day in the home (money, food, etc.)	
SOCIAL MILESTONES	
 Wants to please and be with friends 	
✓ More likely to agree to rules	
✓ Likes to sing, dance, and act	
✓ Shows more independence	

DEVELOPMENTAL RED FLAGS (4 TO 5 YEARS)

- ✓ Exhibits extremely aggressive, fearful or timid behavior
- ✓ Is unable to separate from parents
- ✓ Is easily distracted and unable to concentrate on <u>any</u> single activity for more than 5 minutes
- ✓ Shows little interest in playing with other children
- ✓ Refuses to respond to people in general
- ✓ Rarely uses fantasy or imitation in play
- ✓ Seems unhappy or sad much of the time
- ✓ Avoids or seems aloof with other children and adults
- ✓ Doesn't express a wide range of emotions
- ✓ Has trouble eating, sleeping or using the toilet
- ✓ Can't differentiate between fantasy and reality
- ✓ Seems unusually passive
- Can't understand two-part commands and prepositions ("put the cup <u>on</u> the table"; "get the ball <u>under</u> the couch")
- ✓ Can't give his first and last name
- ✓ Doesn't use plurals or past tense
- ✓ Cannot build a tower of 6 to 8 blocks
- ✓ Seems uncomfortable holding a crayon
- ✓ Has trouble taking off clothing
- ✓ Can't brush teeth or wash and dry hands