

## **Developmental Checklists for Ages 0-6**

### **Developmental Checklist for children age 0-3 years old**

#### **Birth to Three Months (0-3 mo.)**

- Lifts head & chest when on stomach
- Moves arms and legs easily
- Follows your movement by turning head side to side
- Smiles in response to your smile or talk
- Quiets easily when comforted
- Makes gurgling or cooing sounds
- Laughs out loud
- Looks at you, watches your face

#### **Three - Six Months (3-6 mo.)**

- Plays with feet when on back
- Lifts head and chest with weight on hands when on stomach
- Rolls from stomach to back and back to stomach
- Picks up a toy place within reach
- Makes lots of different sounds
- Begins to show likes and dislikes
- Plays with own hands by touching them together
- Holds head upright and steady without support
- Turns head toward sounds
- Laughs out loud

#### **Six - Twelve Months (6-12 mo.)**

- Walks alone
- Picks up small objects (raisin size)
- Puts object in and dumps from container
- Puts one object on top of another
- Feeds self with a spoon

- Points to several things or pictures when named
- Asks for things using words
- Holds and drinks from a cup with some spilling
- Says two or three different words in addition to "Mama" and "Dada"

### **Twelve - Eighteen Months (12-18 mo.)**

- Sits without help while playing with toys
- Transfers small objects from one hand to another
- Feeds herself finger food
- Imitates waving good-bye
- Lets you know needs with motions and sounds
- Copies speech sounds (ba-ba/ga-ga)
- Turns while playing with an adult (actions, sounds, or facial expressions)
- Knows parents from strangers
- Expresses understanding to simple questions ("Do you want more?")
- Pulls self to stand with some help

### **Eighteen - twenty-four Months (18-24 mo.)**

- Walks up and down stairs with hand held
- Moves body in time to music
- Puts two words together (more juice)
- Begins to ask questions ("Juice?" or "bye bye?")
- Feeds himself a sandwich taking bites
- Makes simple choices among toys (puzzles or trucks)
- Builds a tower with four cubes
- Imitates housework
- Puts on some clothing
- Kicks a ball
- Looks at storybook pictures with an adult
- Mimics another child's play (pouring sand, throwing ball)

### **Two - Three Years (2-3 years)**

- Walks well, runs, stops, throws, jumps, steps up and squats down
- Follows two-step directions ("Get the book and put it on the table")
- Answers simple "what" and "what do" questions ("What do you want for lunch?")
- Points to or names objects when told their use ("What do you drink with?")
- Helps with simple tasks (picking up toys)
- Uses two-three word sentences regularly
- Uses a spoon and cup by self when eating
- Names five to six body parts by self
- Takes part in simple conversation

### **Developmental Checklist for children 3 years to school age**

#### **Three to Four Years (3-4 yrs)**

- Jump, run, throw, uses good balance
- Draw up, down, around, and sideways using crayon
- Use materials and toys to make things
- Enjoy picture books and being read to
- Understand words that tell where things are (behind, under, in)
- Use speech that is easily understood
- Ask a lot of "why" and "what" questions
- Enjoy playing with other children
- Wait his/her turn some of the time
- Answer simple "where" and "who" questions

#### **Four to Five Years (4-5 yrs)**

- Enjoy tumbling or other games that use large muscles (like the legs)
- Hop on one foot
- Draw a face that looks like a face
- Put on clothing with a little help
- Ask questions using, "what, where, who and why"

- Say most speech sounds clearly except for "s, z, th and r"
- Use words that show size and number (big, many)
- Say both her first and last name
- Enjoy playing with children of the same age

### **Five to Six Years (5-6 yrs)**

- Enjoy catching, throwing, kicking a ball
- Have good balance when playing large muscle games (tag, tumbling)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zippering
- Show interest in writing words
- Talk like the family talks (uses same words and sentences)
- Follow three-step directions in the order given
- Say his/her full name, age and sex
- Enjoys playing organized games with other children