

Developmental Checklist

Birth - One

Gross Motor

- Rolls over
- Sits without support
- Crawls
- Pulls self to stand
- Stands alone
- Cruises around furniture
- Walks with adult assistance
- Rolls a ball

Communication Skills

- Turns head to voices and sounds
- Responds with gesture to hi, bye-bye and up when these words are used with gestures.
- Responds to "no"
- Babbles
- Tries to imitate sounds
- Combines syllables - ma-ma, da-da, bye-bye

Self Help Skills

- Feeds self with cracker
- Holds cups with two hands
- Holds out arms and legs while being dressed.

Cognitive Skills

- Follows moving object with eyes
- Responds to and imitates facial expressions of others
- Responds to very simple directions
- Copies simple actions of others
- Puts small objects in and out of container
- Recognizes differences among people

Social emotional

- Smiles spontaneously
- Recognizes main caregiver
- Responds differently to strangers than to familiar people
- Recognizes own name
- Explores body with mouth and hands
- Shows emotions - looks hurt, sad, happy, uncomfortable, angry
- Claps hands, waves bye-bye in imitation of adult

Fine Motor

- Swats at toys
- Puts objects in mouth
- Transfers object from one hand to the other hand
- Bangs toys together in front of him
- Drops things purposely
- Picks things up with thumb and one finger

Developmental Checklist One - Two Years

Gross Motor

- Walks alone
- Picks up toys from floor without falling
- Squats
- Holds objects to his chest
- Likes to close doors
- Tries to walk backwards
- Walks up and down stairs
- Moves to music

Communication Skills

- Points to objects when asked
- Understands prepositions - on, in, under
- Follows simple directions
- Says first meaningful word
- Says single words
- Says own name
- Uses "mine" to indicate possession
- Has vocabulary of about 50 words

Fine Motor Skills

- Stacks 3 blocks
- Puts rings on a stick
- Turns pages in book 3 or 4 at a time
- Scribbles
- Turns knobs
- Throws small ball

Cognitive Skills

- Imitates actions and words of adults
- Responds to simple commands - "Come here", "Get down"
- Matches two similar objects
- Names or points to familiar objects

Social - Emotional

- Responds to no
- Refers to self by name
- Likes to play peek-a-boo games
- Likes to be chased
- Imitates adults in simple tasks
- Plays along side another child
- Actively explores environment

Self Help Skills

- Uses spoon
- Drinks from a cup alone
- Hands over his dish when done
- Removes shoes, socks
- Unzips large zipper
- Indicates when needs diaper change

Development Checklist Two to Three Years old

Gross Motor

- Kicks ball forward
- Runs, leaning forward
- Bends at waist to pick up objects
- Jumps in place, two feet together
- Walks on tiptoes

Communication Skills

- Points to pictures of common objects when they are named
- Understands "What" and "Where" questions
- Understands "no", "can't", "don't"
- Enjoys simple storybooks and rhymes
- Talks in two word phrases
- Gives first and last name
- Asks what and where

Cognitive Skills

- Responds to simple directions
- Matches objects that go together
- Stacks rings on peg in order of size
- Recognizes self in mirror
- Can talk briefly about what he is doing
- Imitates adults works
- Discriminates simple shapes

Social Emotional

- Plays near other children
- Joins briefly in play with other children
- Participates in simple group games and activities
- Knows if he/she is a boy or a girl

- ___ questions
- ___ Makes negative statements "Can't"
- ___ Shows frustration at not being understood

Self-Help Skills

- ___ Uses spoon
- ___ Drinks from a fountain
- ___ Turns handle to open door
- ___ Takes off coat
- ___ Puts on coat with assistance
- ___ Washes and dries hands with assistance

- ___ Doesn't like to be held onto
- ___ Cannot share

Fine Motor

- ___ Turns pages, one at a time
- ___ Strings 4 large beads
- ___ Holds crayon with thumb and finger, not fist
- ___ Imitates circles and straight lines
- ___ Pulls pounds, squeezes and pulls play dough

**Developmental Checklist
Four to Five Years**

Gross Motor

- ___ Throws ball overhand
- ___ Walks backward toes to heel
- ___ Standing broad jump
- ___ Turns somersault
- ___ Hops on one foot
- ___ Skips

Communication Skills

- ___ Follows three unrelated directions in order of request
- ___ Understands words used to compare
- ___ Listens to long stories
- ___ Understand the sequence of events when told them
- ___ Listens to others when

Cognitive

- ___ Plays with words - rhyming, made up words
- ___ Points to and names 4 - 6 colors
- ___ Matches picture of familiar objects
- ___ Draws a person with 4 to 5 recognizable parts, such as head, arms, legs and can name or match drawn parts to own body
- ___ Identifies a few letters of the alphabet
- ___ Draws names and describes recognizable picture
- ___ Counts by rote to 5
- ___ Knows own street and town
- ___ Can talk about yesterday or

- ___ it is their turn to talk
- ___ Tells a story
- ___ Asks when, how and why questions
- ___ Uses models like can, will shall, should and might
- ___ Joins sentences together
- ___ Uses phrases beginning with because and so
- ___ Tells about a story, but may confuse facts

Self- Help Skills

- ___ Cuts easy foods with knife
- ___ Laces shoes
- ___ Dresses self with minimal help

Fine Motor

- ___ Cuts on line
- ___ Copies cross
- ___ Copies square
- ___ Attempts to write own name

last week, about today and what will happen tomorrow

Social Emotional

- ___ Plays cooperatively with group of children
- ___ Play groups have distinct leaders and followers
- ___ Is able to take turns
- ___ Helps with errands or putting away toys

Social dramatic play

- ___ Enjoys playing with friends
- ___ Delights in humor and exaggeration
- ___ Usually able to settle quarrels without adult help
- ___ Expresses fear in dialogue or play
- ___ Communicates feelings
- ___ Wants to keep things she makes shows pride

**Developmental Checklist
Five to Six**

Communication Skills

- Can repeat address
- Knows phone number
- Able to tell stories
- Asks meanings of words
- Tells simple jokes
- Asks "what if " questions

Cognitive

- ___ Knows own name and address
- ___ Plays complicated floor games
- ___ Plays simple table games
- ___ Plans and builds constructively
- ___ Relates clock time to daily schedule
- Can group and classify similar

Self- Help Skills

Likes to finish what he starts

Can fix a simple snack for himself

Able to select appropriate clothes for the weather

Uses appropriate utensils for food served

Accepts and carries out responsibility for some household tasks

Gross Motor

Walks on a balance beam

Skips

Can swing independently

Jumps forward

Jumps backward

Dribbles a ball

Throws a ball

Rides a bicycle

Fine Motor

___ Knows what he is going to draw before he draws it.

___ Can print own name

___ Uses scissors, can cut on the line

Prints some letters

Learning how to tie shoes

Can dial a phone number

objects or things

Can predict what happens next

Knows own birthday

knows some sight words

Can add simple sums

Knows some characteristics of the four seasons

Social Emotional

___ Is capable of self criticism

___ Proud of his possessions

___ Shows concern and sympathy

___ Bosses

___ Respects property

___ Chooses own friends

___ Gets along well in small groups

Identifies own feelings - happy, mad, love

Feels guilty for wrong doings