

## Developmental Checklist

| <b>Age</b>       | <b>Abilities</b>  | <b>Age</b>       | <b>Abilities</b>   |
|------------------|---|------------------|--|
| <b>1 Month</b>   | Raises head slightly off floor or bed, when lying on stomach<br>Holds head up momentarily when supported<br>Briefly watches and follows object with eyes<br>Avoids mildly annoying sensations (placement of cloth on face)<br>Some "noise in throat" sounds | <b>2 Months</b>  | Holds head erect, bobbing, when supported in sitting position<br>Follows moving person with eyes<br>Imitates or responds to smiling person with occasional smile<br>Vocalizes                            |
| <b>3 Months</b>  | Lifts head and chest when lying on stomach<br>Vigorous body movement<br>Head control is improving<br>Recognizes bottle or breast<br>Coos-chuckles   | <b>4 Months</b>  | Good Head Control<br>Rolls from side to side<br>Takes object, such as pencil, held near hand<br>May begin reaching<br>Follows moving object when held in sitting position<br>Laughs aloud<br>Enjoys play |
| <b>6 Months</b>  | Sits with minimal support<br>Rolls from back to stomach<br>Transfers objects from hand to hand and from hand to mouth<br>Babbles-more than two sounds   | <b>9 Months</b>  | Sit alone-changes position with falling<br>Plays with 2 objects at same time<br>Unwraps block<br>Says mama-baba  |
| <b>12 Months</b> | Pulls self to standing-may step with support<br>Picks things up with thumb and one finger<br>Stacks two blocks<br>Gives toy on request<br>Gives affection<br>Follows simple directions accompanied by gestures<br>May say 2 or 3 words                      | <b>15 Months</b> | May walk without support<br>Stacks blocks<br>Vocalizes-voices up and down sounds like conversation<br>May use 4 or 5 words<br>Some self-feeding  |

**\*\*Information taken from Parenting Infants and Toddlers without Going Nuts by Maria M. Marianakis, Ed.M., CADC pgs12-14**

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| Age              | Abilities  | Age            | Abilities   |
|------------------|--|----------------|---|
| <b>18 Months</b> | Walks-may run a bit-climb up or down one stair<br>Likes pull toys<br>Likes being read to<br>Makes mark with crayon on paper or table<br>Partially feeds self<br>May use 5-10 words   | <b>2 Years</b> | Kicks large ball<br>Turns pages (2 or 3 at a time)<br>Imitates housework<br>Recognizes familiar picture-knows if upside down<br>Asks for items by name<br>Uses 2 or 3 words together  |
| <b>3 Years</b>   | Walks up stairs<br>Stands momentarily on one foot<br>Rides tricycle<br>Feeds self<br>Opens door<br>Verbalizes toilet needs   | <b>4 Years</b> | Hops in place<br>Throws ball over head<br>Catches ball bounced to him or her<br>Copies Circles<br>Points to 6 basic colors<br>Knows own sex, age, last name<br>Begins to play with other children<br>Washes hands unassisted<br>Uses sentences with correct grammar, such as...<br>Can I go to the store? or I want a big cookie. |
| <b>5 Years</b>   | Walks backward<br>Runs on tiptoe<br>Prints a few capital letters<br>Recognizes own printed name<br>Cuts food with knife<br>Plays with others<br>Responds by showing penny, nickel, dime<br>Answers verbally to "Hi" and "How are you?" |                |   |

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