

0-5 Developmental Milestones Checklist for _____

General Instructions: 1) Please select the checklist closest to the child's age. If the child was born prematurely, the corrected/adjusted age should be used. 2) Place a check mark under the Yes (Y) or No (N) column for each item. For the items under "check all that apply," mark a check if it is true. 3) Make notes/comments as needed (e.g. wakes every hour).
CSW – If concerned regarding child's development, consult with a PHN and SCSW and make appropriate referrals.
Parent/Caregiver – If concerned regarding child's development, speak to the child's social worker and health provider as soon as possible.

BIRTH TO 1 MONTH (date completed: _____)

PHYSICAL/MOTOR	Y	N
Sleeps 16-20 hours daily		
May lift head briefly when on stomach		
Responds to sounds		
Stares at faces		
Moves all extremities (arms, legs)		
Can grasp fingers as a reflex (not willingly)		
EMOTIONAL AND SOCIAL		
Alert to stimuli		
May recognize parent/caregiver's voice or make eye contact		
Cries to show discomfort or fatigue		
INTELLECTUAL/COMMUNICATION		
Responds to voices		
Makes small throaty sounds		
CHECK ALL THAT APPLY BELOW		
Failure to gain weight		
No eye contact		
Failure to hold head up		
Failure to hold on with hands		
No anticipatory behavior at feeding		
Excessive drooling		

2 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Weight gain between 1 lb to 2 lbs		
Height gain of 2 inches		
Smiles in response to others		
Lifts head 45 degrees when on stomach		
Listens to others talk, and responds with sounds, movements, facial expressions		
Can locate sounds		
May begin to roll over		
Hands are frequently open (not in fists)		
Decreased flexion of the arms and legs while on stomach (muscles in legs/arms are less tight or stiff in this position)		
EMOTIONAL AND SOCIAL		
Will respond to cuddling and stroking		
Displays different moods		
Smiles in response to stimuli		
Makes vocal response to familiar voices		
INTELLECTUAL/COMMUNICATION		
Searches to locate sounds		
Crying is different for different reasons/causes		
Beginning to visually fix (focus) on close objects		
CHECK ALL THAT APPLY BELOW		
Child's eyes do not follow objects		
Does not smile or change expression		
Does not seem interested in new faces		
Failure to hold on with hands		

4 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Weight 10-18 lbs		
Height 23-27 inches		
Sleeps 14-17 hours daily		
Can roll from back to side		
Lifts head and chest when lying on stomach		
Sits with support		
Follows a moving object or person with eyes		
Tries to reach for objects with hands		
Controls head well		
Has improved coordination		
Cries less		
Holds objects in his/her hands		
Brings his/her hands to the mouth		
Eyes aligned; able to focus on an object		
Discriminates sweet, sour, bitter, salty tastes		
Opens and closes hands		
EMOTIONAL AND SOCIAL		
Laughs while playing; may cry if playtime is interrupted		
Tries to get parent/caregiver's attention by banging a rattle or crying		
May recognize primary parent/caregiver in a group of people		
Squeals, waves arms and breathes heavily when excited		
Coos and gurgles when talked to		
Begins to sort out who is who in his/her life		
May prefer certain people		
Can communicate hunger, fear, discomfort		
Reacts to "peek-a-boo" games		
Smiles or laughs during physical play		
Focuses on human faces		
Comfortable with parent/caregiver interaction (e.g. "when I cry, mom comes to pick me up")		
INTELLECTUAL/COMMUNICATION		
Links sounds with objects		
May respond to mirror images by smiling		
Begins to use hands and eyes in coordination		
Recognizes bottle		
Responds to parent/caregiver shaking a rattle or bell		
Shows obvious signs of curiosity and interest		
CHECK ALL THAT APPLY BELOW		
Tight muscles or muscles appear stiff		
Finds it difficult to get objects to mouth		
Lack of interest in social stimuli		
Hyperactivity and hyper responsiveness (overly active or overly sensitive)		
Cannot support head		
No response to loud sounds		
Does not follow moving objects		
Does not grasp or reach for toys		
Does not bring hands together		
Stiff or floppy legs		
Pushes back with head		

0-5 Developmental Milestones Checklist for _____

6 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Sits with support		
Grasps objects and explores them with mouth		
Vocalizes sounds, such as "ba," "da," "ma"		
Anticipates feeding, dressing, and bathing		
Reaches for, and holds bottle		
Reaches out when sitting, often in a rocking motion		
May move forward on stomach, pushing with legs		
Plays with his/her toes		
Bounces when held in a standing position		
Starts to chew		
Brings cookies to mouth, and holds, sucks, bites them		
EMOTIONAL AND SOCIAL		
Likes physical play		
Voices pleasure or displeasure		
Cries when left alone or put down		
May fear strangers		
Opens his/her mouth for the spoon		
Holds out his/her arms to be picked up		
INTELLECTUAL/COMMUNICATION		
May perceive cause and effect		
Learns to make new sounds by changing shape of mouth		
Discovers that object exists even when they are out of sight		
Listens to own voice		
CHECK ALL THAT APPLY BELOW		
Does not smile		
Cannot roll over		
Head lags when pulled to a sitting position		
Does not gain weight		
Stiff, crossed legs		
No response to loud sounds		
Rounded back		

9 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Weight should increase by 2 lb. 4 oz. to 3 lb. 12 oz.		
Learns how to bend knees and sit down after standing		
Increased use of index finger		
Can stand for short time holding onto support		
Copies sounds		
Able to hit two objects together on his/her own		
Drinks from a cup		
Can go from sitting to crawling position		
Reaches for cup or spoon when being fed		
EMOTIONAL AND SOCIAL		
May respond to his/her name		
May say "ma-ma" or "da-da"		
May reject confinement in crib or playpen		
Responds to "no"		
Performs for social attention		
Enjoys "peek-a boo"		
Shows a desire to please parents/caregivers		
INTELLECTUAL/COMMUNICATION		
Notices when someone leaves room and anticipates return		
Understands simple words		
May be afraid of being left alone		
Follows simple instructions		
Understands that object exists even when its not in view		
Understands that other people have minds of their own		
CHECK ALL THAT APPLY BELOW		
Apathy (Lack of emotion or feeling)		
Low socialization, child does not respond to social interaction		
Child doesn't make many simple sounds, gestures or facial expressions		
Does not look at people who talk to him/her		
Does not look at parent/caregiver for social cues or comfort		
Does not sit without support		
Not able to put object in and out of a box		
Not able to say single words ("mom" or "dad")		
Does not reach and grasp objects		
Does not gain weight		
Difficult to get arms forward		
Poor use of arms		
Arched back, stiff legs		

0-5 Developmental Milestones Checklist for _____

12 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Birth weight tripled, now 17-27 lbs		
Length: 27-32 inches		
Sleeps: 11-13 hours at night		
6-8 teeth		
Begins to refuse bottle		
Needs 3 meals a day, with snacks		
Waves "bye-bye"		
Can play "patty cake"		
Creeps on hands and knees		
Pulls self to standing; can walk with support		
Able to sit alone without support		
Crawls well		
Points at desired objects		
Puts objects in mouth		
Finger-feeds him/herself		
EMOTIONAL AND SOCIAL		
Displays social smile		
Imitates adult actions (drinking from a cup, talking on the phone)		
Responds to name		
Child will talk to him/herself in front of a mirror		
Responds to "no"		
Tests parent/caregiver responses to his/her behavior		
Gets angry/frustrated when needs are not met quickly (e.g. being fed/held, diapers changed)		
Eye contact begins to replace some of the physical contact that younger child seeks		
Begins to learn what is and is not allowed		
Begins to fear strangers		
Begins to fear being left by parents/caregivers		
Buries head in a parent/caregiver's shoulder when meeting people		
Shows preference for one toy over another		
May become attached to a toy or blanket		
Laughs aloud in play with adult		
INTELLECTUAL/COMMUNICATION		
Says first word		
Says "da-da," "ma-ma," "oh-oh" or equivalent		
"Dances" or bounces to music		
Interested in picture books		
Pays attention to conversations		
Claps hands, waves bye, if prompted		
Likes to place objects inside one another		
Searches for hidden objects		
Looks at correct picture when image is named		
Imitates gestures		
Begins to use objects correctly (drinking from cup, brushing hair, dialing phone)		
CHECK ALL THAT APPLY BELOW		
Does not crawl		
Drags one side of body while crawling for longer than 1 month		
Cannot stand when supported		
Does not search for objects that are hidden while s/he watches		
Says no single words ("mama" or "dada")		
Does not use gestures (nodding, waving)		
Does not point to objects or pictures		

18 MONTHS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Growth slows, but child becomes stronger and more coordinated		
Walks without assistance		
Crawls up stairs		
Picks up objects without falling		
Seats self in child's chair		
Able to take off some clothing items		
Able to jump in place		
Can build a tower of 3 to 4 blocks		
Can turn pages in a book, 2 or 3 pages at a time		
Pushes/pulls light objects		
Begins to run with a lack of coordination		
Holds crayon and scribbles on paper		
Uses spoon		
EMOTIONAL AND SOCIAL		
Loves picture books and colorful magazines		
Likes television		
Enjoys playing with kitchen utensils and cardboard boxes		
Loves to talk a lot, but frequently is hard to understand		
Cries or fusses for short periods when parents/caregivers are absent		
Shows little understanding of rules and warnings, but smiles when praised, and cries when scolded		
Throws tantrums when angry		
INTELLECTUAL/COMMUNICATION		
Follows simple commands, such as "give me the ball"		
Uses first spontaneous words		
Can say 10 or more words		
Echoes sounds and rhythms, such as "patty cake"		
Will frequently point or babble to show what s/he wants		
Recognizes shapes in a puzzle board		
Can point to own body parts		
CHECK ALL THAT APPLY BELOW		
No speech		
Child does not say more than a few words clearly		
Excessive body rocking		
Out of the ordinary play		
Withholding and other bowel problems		
Sleep disturbance		
Delayed development or persistent regression (seems to be losing skills)		

0-5 Developmental Milestones Checklist for _____

2 YEARS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Can walk with good balance		
Climbs up stairs; walks down while holding on		
Seats self in child's chair		
Can play tag		
Uses a cup and spoon		
Can stand & pick up a ball/toy without falling		
Throws a ball		
Can build a tower of 6-7 cubes		
Begins to run		
Pulls toys behind while walking		
Holds crayon and scribbles on paper		
Can turn a doorknob		
Removes all clothes without help		
Begins toilet training		
EMOTIONAL AND SOCIAL		
Shows affection		
Cries or fusses for short periods when parents/caregiver are absent		
Plays alone for extended period of time		
Shows intense positive & negative reactions		
Becomes easily frustrated		
Tantrums are very frequent		
Shows pride in actions		
Pays attention to other children		
Usually enjoys being around people		
Enjoys tumbling, dancing, and hopping		
Enjoys chores (e.g. helping to set the table)		
INTELLECTUAL/COMMUNICATION		
Asks questions		
Understands "no"		
Uses 10 to 20 words, including names		
Can follow simple directions; but may refuse to follow them		
Imitates actions and words of adults		
Looks at storybook pictures with an adult, naming/pointing to familiar objects on request		
Vocabulary has increased to about 300 words		
Increased attention span		
Able to communicate needs (thirst, hunger)		
Accomplishes some learning through exploration		
May be psychologically ready for toilet training		
Finds objects hidden under 2 or 3 covers		
Begins "make believe" play		
CHECK ALL THAT APPLY BELOW		
No speech		
Excessive body rocking		
Out of the ordinary play		
Withholding and other bowel problems		
Sleep disturbance		
Delayed development or persistent regression		

3 YEARS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Weight gain of about 6 lbs during 3 rd year		
Usually a height gain of about 3 inches		
Improved balance		
Can jump in place		
Climbs well		
Walks up and down stairs alternating feet		
Kicks ball		
Runs easily		
Pedals tricycle		
Bends over easily without falling		
Turns book pages one at a time		
Builds a tower of more than 4 blocks		
Holds a pencil in a writing position		
Screws and unscrews jar lids, nuts, and bolts		
Turns door handles		
Rolls, pounds, squeezes, and pulls clay material		
Puts on/takes off coat		
Buttons and unbuttons larger buttons		
Able to completely clothe self		
Feeds self without difficulty		
EMOTIONAL AND SOCIAL		
Imitates adults and playmates		
Spontaneously shows affection for playmates		
Enjoys helping and participating		
Can take turns in games		
Understands "mine" and "his/hers"		
Defends own possessions		
Expresses affection openly		
Expresses a wide range of emotions		
Separates easily from parents/caregivers		
Objects to major changes in routine		
Identifies objects by use (e.g. shoes to wear)		
Engages in "make believe" play		
INTELLECTUAL/COMMUNICATION		
Attention span gets longer		
Vocabulary has increased to over 900 words		
Composes sentences 3-4 words in length		
Follows a 2 or 3 words command		
Understands most sentences		
Frequently asks questions		
Speaks whether or not someone else is present		
Understands physical relationships: inside, on		
Knows own name and sex (boy/girl)		
Uses pronouns (you, me, I) and some plurals		
Strangers understand most words by age 4		
Makes mechanical toys work		
Matches an object to its picture		
Sorts objects by shape and color		
Completes puzzles with 3 or 4 pieces		
Makes vertical, horizontal, and circular strokes		
Beginning to grasps the concept of two		
Decreased separation anxiety for short times		
CHECK ALL THAT APPLY		
Frequent falling and difficulty with stairs		
Persistent drooling or very unclear speech		
Cannot build a tower of more than 4 blocks		
Difficulty manipulating small objects		
Inability to communicate in short phrases		
No involvement in "pretend" play		
Little interest in other children		

0-5 Developmental Milestones Checklist for _____

4 YEARS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Weight gain of about 6 lbs during the 4 th year		
Height during 4 th year should be double the length at birth		
Draws stick figures		
Buttons and unbuttons clothes (may need help)		
Can walk backwards		
Dresses and undresses self without help		
Catches a thrown ball		
Cuts out a circle and other simple shapes		
Can and will jump off bottom step		
Enjoys swinging, climbing, and sliding		
Can help bathe self		
Can wash hands and face		
Pours well from pitcher		
Cleans nose when reminded		
Uses toilet independently		
EMOTIONAL AND SOCIAL		
Prefers to play with other children		
Enjoys telling stories		
Becomes increasingly sociable with other children		
Learns to be sensitive to your feelings, may show first signs of sympathy, will try to comfort you when you're sad		
Calls attention to own performance		
Interested in new experiences		
Increasingly inventive in fantasy play		
Negotiates solutions to conflicts		
More independent		
Imagines that many unfamiliar images may be "monsters"		
INTELLECTUAL/COMMUNICATION		
Can sing a song		
Can count to 3 and name 1 or more colors		
Knows age		
Gives first and last name		
Knows day and night		
Asks "how" questions		
Vocabulary has increased to over 1,500 words		
May use words outside his/her comprehension		
Matches and names 4 primary colors		
Names 3 objects from memory		
Understands the concepts of similarity and difference		
Remembers and tells stories		
Answers questions about a story being read		
Draws a cross and square		
Prints a few capital letters		
Learning about time concepts, can talk about yesterday or last week, about today, and about what will happen tomorrow		
Speaks clearly enough for strangers to understand		
CHECK ALL THAT APPLY BELOW		
Cannot throw a ball overhand		
Cannot jump in place		
Cannot grasp a crayon between thumb and finger		
Has difficulty scribbling		

Shows no interest in interactive games		
Ignores other children		
Resists dressing, sleeping, using the toilet		
Does not use sentences of more than 3 words		
Cannot copy a circle		
Does not use word "me" appropriately		
Lashes out with no self control whenever angry or upset		
Does not engage in fantasy play		

5 YEARS (date completed: _____)

PHYSICAL/MOTOR	Y	N
Increased coordination		
Can draw a picture of a person		
Dresses self		
Skips, jumps, and skates with good balance		
Walks full length of balance beam without falling		
Able to tie own shoelaces		
Increased skill with simple tools and writing utensils (pens, pencils, crayons)		
Kicks rolling ball toward target		
Catches thrown ball		
Walks on tiptoes for 10 feet		
Cuts along a line continuously		
Brushes teeth unassisted		
EMOTIONAL AND SOCIAL		
Enjoys telling stories		
Chooses another child to play with		
Talks about family		
Prefers to be with peers rather than adults		
Controls emotions and expresses them in acceptable ways		
Participates in play that tells a story; frequently based on realities in the child's daily life (play involves less fantasy)		
Plays competitive games		
Curious about sexual organs		
Sometimes demanding, sometimes eagerly cooperative		
INTELLECTUAL/COMMUNICATION		
Vocabulary has increased to over 2,100 words		
Easily puts together sentences of 6 to 8 words		
Can put together sentences with all parts of speech		
Matches and names 4 primary colors		
Increased mathematical skills		
Knows own city/street		
Follows instructions given to group		
Arranges pictures in order of occurrence		
Can draw a picture of a person		
Can identify names of coins		
Can tell a story		
Answers questions about a story being read		
Names 3 objects from memory		
Chooses own categories for sorting		
Can follow a series of 3 unrelated commands		
Uses "no" and "not" appropriately		
Decreased aggressiveness		
Some fears from earlier childhood are disappearing		
Does not hesitate to question others, including parents/caregivers		
Builds complex structures with blocks		

0-5 Developmental Milestones Checklist for _____

Asks "how" questions		
Tells about something using past and future tense		
Better understands the concept of time		
Knows about things used everyday in the home		
Increasingly responsible		
Strong identification with parent/caregiver of the same sex		
CHECK ALL THAT APPLY BELOW		
Extremely fearful or timid		
Extremely aggressive		
Easily distracted and unable to concentrate on a single activity for more than five minutes		
Shows little interest in playing with other children		
Refuses to respond to people in general		
Rarely uses fantasy or imitation play		
Does not follow moving objects		
Severely unhappy or sad much of the time		
Cannot differentiate between fantasy and reality		
Seems unusually passive		
Cannot talk about daily activities		
Has trouble taking off clothing		
Cannot wash and dry his/her hands		