

GROWTH AND DEVELOPMENT CHECKLIST

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IMPORTANT!

The following information is not intended to be a developmental test, evaluation or assessment. The checklists are tools to help recognize possible delays in a child's development.

Each section lists activities that most children will be able to do during that time period. If you have a concern about your child's development contact the Snohomish County Early Intervention Program at **425-388-7402** or **1-800-927-9308**.

BIRTH TO 3 MONTHS *Does your child...*

- Lift his head and chest when on his stomach
- Move her arms and her legs easily
- Follow your movements by turning his head side to side
- Easily take a bottle or breast and suck well
- Startle or cry at sudden loud noises
- Look at you, watch your face
- Make gurgling or cooing sounds
- Smile in response to your smile or talk
- Quiet easily when comforted



3 TO 6 MONTHS *Does your child...*

- Play with feet when on his back
- Lift her head and chest with her weight on hands when on her stomach
- Hold her head upright and steady without support
- Roll from stomach to back and back to stomach
- Play with his own hands by touching them together
- Reach for a toy
- Pick up a toy placed within reach
- Turn his head toward sounds
- Make lots of different sounds
- Laugh out loud
- Try to show likes and dislikes



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6 TO 12 MONTHS *Does your child...*

- Pull himself to stand with some help
- Sit without help while playing with toys
- Transfer objects from one hand to the other
- Feed herself finger food
- Imitate waving bye-bye
- Let you know his needs with motions and sounds
- Copy speech sounds (“ba-ba”, “ga-ga”)
- Take turns while playing with adult (actions, sounds, or facial expressions)
- Let you know he understands a simple question (“Do you want some more?”)
- Know parents from strangers



12 TO 18 MONTHS *Does your child...*

- Walk alone
- Pick up small objects (raisin size)
- Put objects in and dump from containers
- Put one object on top of another
- Feed himself with spoon
- Say two or three different words in addition to “Mama” or “Dada”
- Ask for things using words
- Hold and drink from a cup with some spilling
- Point to several things or pictures when named

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18 MONTHS TO 2 YEARS *Does your child...*

- Walk up and down stairs with his hand held
- Scribble
- Move her body in time to music
- Put two words together ("more juice")
- Begin to ask questions, ("juice?", "bye-bye?")
- Feed himself a sandwich, taking bites
- Take off socks and shoes
- Look at story book pictures with an adult
- Make simple choices among toys (puzzles or trucks)
- Copy another child's play (pouring sand, throwing ball)



2 TO 3 YEARS *Does your child...*

- Walk well, run, stop, step up, and squat down
- Stack 3 or more objects
- Use a spoon and cup all by herself
- Follow two-step directions ("Get the book and put it on the table")
- Name five to six body parts on himself
- Take part in simple conversation
- Answer simple "what" and "what do" questions ("What do you want for lunch?")
- Point to or name objects when told their use ("What do you drink with?")
- Help with simple tasks (picking up toys)
- Use 2-3 word sentences regularly

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3 TO 4 YEARS Does your child...

- Jump, run, throw, climb, using good balance
- Draw circles, lines and crosses using a crayon
- Use toys and other materials to pretend play
- Enjoy picture books and being read to
- Understand words that tell where things are (behind, under, in, on)
- Use speech that is easily understood
- Ask a lot of "why" and "what" questions
- Enjoy playing with other children
- Wait his turn some of the time
- Answer simple "where" and "who" questions



4 TO 5 YEARS Does your child...

- Tumble, dance or play 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



5 TO 6 YEARS Does your child...

- Enjoy catching, throwing, kicking a ball
- Have good balance when playing large muscle games (tag, tumbling, baseball)
- Enjoy cutting with scissors
- Dress self including buttoning, snapping and zipping
- Show interest in writing words
- Talk like the family talks (uses the same kinds of words and sentences)
- Follow three-step directions in the order given ("Get the ball, put it in the toy box, and come to the table.")
- Say his full name, age and sex
- Enjoy playing organized games with other children (Simon Says, tag)