

DEVELOPMENTAL CHECKLIST

Use this checklist to record your child's development. This list includes some of the things your child might be doing or be ready to do at a specific age. Because children develop at different rates, these steps and their timing will vary some from child to child. Use this checklist to discuss these steps with your child's health care provider to learn what is appropriate and "on-target" for your child. If you have any concerns, talk to your health care provider.

Don't wait and see...early intervention works!

FIRST WEEK: Your baby may be ready to...

- Respond to sounds by being startled, blinking, crying, becoming quiet, or changing his breathing
- Look at faces and follow objects with her eyes; respond to your face and voice
- Move his arms, legs, and head

ONE MONTH: Your baby may be ready to...

- Respond to sound by being startled, blinking, crying, or quieting
- Look at faces and follow objects with his eyes
- Move her arms, legs, and head; lift her head briefly while on her stomach
- Sleep for 3 to 4 hours at a time; stay awake for 1 hour or longer



TWO MONTHS: Your baby may be ready to...

- Coo, gurgle, and sigh to express himself
- Show pleasure with parents: smile back when you smile
- Be interested in hearing sounds and looking at objects; respond to voices
- Lift her head, neck and upper chest with support on forearms while on her stomach
- Have increasing head control when he's in an upright position

FOUR MONTHS: Your baby may be ready to...

- Lift his head and chest; control his head well; roll over
- Babble, coo, smile, laugh and squeal to express herself
- Hold hands open; hold his own hands; reach for and bat toys and objects; grasp rattles
- Recognize your voice and touch
- Sleep for at least 6 hours at night



SIX MONTHS: Your baby may be ready to...

- Recognize her own name; turn to sounds
- Begin to say "dada" or "baba"; laugh, squeal or imitate other sounds
- Push up onto hands while on stomach; sit with support; keep head up; stand when placed; roll over
- Transfer cubes from hand to hand or rake in small objects; grasp and put objects in his mouth
- Have her first tooth; begin to feed herself

NINE MONTHS: Your baby may be ready to...

- Get up on his hands and knees and crawl or move by scooting on his bottom
- Become anxious with strangers or be upset when you are away from her
- Put objects into his mouth; feed himself with fingers; poke with his finger
- Drop, throw, shake, or bang toys to see what happens
- Pull herself in a standing position; sit without support
- Learn to wave "bye bye"
- Play peekaboo or pat-a-cake
- Respond to his own name; say a few words like "mama" or "dada"; understand a few words

ONE YEAR: *Your toddler may be ready to...*

- Pull himself to stand, cruise and take a few steps along
- Play pat-a-cake, peekaboo, or so-big; bang blocks together; look for dropped or hidden objects
- Say 1–3 words; imitate sounds; wave “bye bye”
- Point with her fingers and feed herself



FIFTEEN MONTHS: *Your toddler may be ready to...*

- Say 3–10 words; understand simple commands; listen to stories
- Point to parts of his body
- Walk well; stoop; climb stairs; stack two blocks
- Feed herself using her fingers; drink from a cup
- Tell what he wants by pulling, pointing, or grunting

EIGHTEEN MONTHS: *Your toddler may be ready to...*

- Walk quickly; run stiffly; walk backwards
- Throw balls; pull toys along the ground; stack three blocks
- Say 15–20 words; imitate words; use two-word phrases; follow simple directions
- Listen to a story; look at pictures; point to some body parts; name objects; scribble
- Show affection; start to kiss
- Know how to use a spoon and cup

TWO YEARS: *Your toddler may be ready to...*

- Go up and down stairs one step at a time
- Kick a ball; stack five blocks
- Know at least 20 words; say two word phrases
- Follow directions with two parts
- Imitate adults



THREE YEARS: *Your child may be ready to...*

- Jump or kick a ball; ride a tricycle
- Know his name, age and sex
- Copy circles and crosses
- Dress and feed herself



FOUR YEARS: *Your child may be ready to...*

- Sing a song; talk about things he did during the day
- Draw a person with three body parts
- Tell the difference between fantasy and reality
- Give her first and last name
- Build a 10-block tower; hop on one foot; throw a ball overhand; ride a tricycle



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