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DEVELOPMENT CHECKLIST

Developmental checklists are designed to identify developmental delays in infants and young children. In general, the areas are divided into the following categories:

- ◆ Gross motor skills (large muscle groups)
- ◆ Fine motor skills (small muscle groups)
- ◆ Language including all forms of communication (indicating wants, facial expressions, understanding language, and vocalization)
- ◆ Personality/intellectual development

Because children accomplish these milestones at a range of ages, mastery of a particular milestone will vary over a period of time (i.e. walking may be mastered between 9-15 months of age). The cutoff for 'normal' is at the level where over 90% of children have achieved a milestone at a particular age.

For babies born prematurely (if your child was born before 36 weeks gestation and your child is under 2 years old): Subtract the number of months missed in pregnancy from the baby's current age and check at the adjusted age.

Gross Motor:	Age achieved:
Lifts head	0 to 2 months
Holds head steady	1.5 to 4 months
Pushes chest up while lying on stomach	2 to 4 months
Rolls over	2 to 4.5 months*
No head lag when pulled to sitting position	3.5 to 6 months
Bears weight on legs when held in standing position	3 to 7.5 months
Sits alone	5 to 8 months
Stands holding on to something	5 to 10 months
Pulls self up to standing position	6 to 10 months
Gets to sitting position independently	6 to 11 months
Walks holding on to furniture ("cruises")	7.5 to 12.5 months
Stands alone briefly	9 to 13 months
Stands alone	9.5 to 14 months
Walks alone	11 to 14.5 months

*Note: Rolling over is a less reliable milestone now that babies spend most of their time on their backs with the anti-SIDs campaign

*Note: Crawling is not listed on the developmental checklist because many children skip crawling and are developmentally normal.

Fine Motor:	Age achieved:
Brings hands together	1.5 to 3.5 months
Grasps objects	2.5 to 4.5 months
Reaches for objects	3 to 5 months
Transfers objects hand to hand	4.5 to 7.5 months
Grabs objects with whole hand ("rakes")	5 to 8 months
Able to feed self a cracker	4.5 to 8 months
Grabs object between thumb and finger ("crude pincer grasp")	7 to 10.5 months
Bangs objects together	7 to 12 months
Mastery of pincer grasp ("fine pincer")	9 to 14 months
Drinks from a cup	10 to 16.5 months

Language/Communication:	Age achieved:
Eyes focus on objects in front of them	0 to 1.5 months*
Eyes follow objects to the sides	0 to 2.5 months*
Baby regards person's face	0 to 1 month*
Baby smiles in response to person smiling at them ("social smile")	0 to 2 months*
Responds to loud noise	0 to 1.5 months
Makes happy noises	0 to 2 months
Laughs	1.5 to 3.5 months
Makes squealing noises	1.5 to 4.5 months
Baby smiles without prompting	1.5 to 5 months
Turns to someone's voice	3.5 to 8.5 months
Says "dada" or "mama" but doesn't mean it	6 to 10 months
Imitates speech noises (baby talk/jabber)	6 to 11.5 months
Says Dada or Mama and means it	9.5 to 13.5 months
Indicates wants non-verbally ("point and grunt")	10.5 to 14.5 months
Says three or more words besides Mama/Dada	11.5 to 20.5 months

*Note: A newborn's vision is 20/200. They can only see about 8 to 12 inches in front of their faces. So, to test these items, you need to be very close to your baby's face.

Personality/Intellectual development	Age achieved:
Plays peek a boo	6 to 9.5 months
Looks for hidden object	5 to 8 months
Initial shyness with strangers ("stranger anxiety")	5.5 to 10 months
Plays pat a cake	7 to 13 months
Plays ball with someone	9.5 to 16 months

development

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