

Developmental Checklist for Young Children

This checklist is designed to help you measure your child's growth compared to typical development. Remember: each child develops at his/her own pace.

If your child is not doing one activity at the age listed, there is likely no cause for concern. However, if your child is late doing several activities, you should speak with your child's doctor.

If your child was born prematurely, ask your doctor about your child's developmental age.

Typical Activities During...

Birth to 3 Months

- Raises head from surface when lying on tummy
- Makes eye contact with adults
- Moves arms and legs in energetic manner
- Smiles and coos
- Grunts and sighs
- Likes to be held and rocked

3 to 5 Months

- Eyes follow slow-moving objects
- Holds head erect
- Grasps object when placed in his/her hand
- Laughs out loud
- Anticipates feeding and recognizes familiar faces
- Sits briefly with support

5 to 7 Months

- Reaches for, holds, and bangs objects
- Stretches out arms to be picked up
- Turns toward sounds
- Holds cookie or cracker — begins chewing
- Rolls over

7 to 9 Months

- Sits steadily for about 5 minutes
- Transfers objects from one hand to the other
- Creeps (pulling body with arms and leg kicks)
- Responds to name
- Stand for short time holding on to support
- Likes to play peek-a-boo

9 to 12 Months

- Copies sounds
- Waves "hi" and "bye"
- Pulls self up at side of crib or playpen
- Walks holding on to furniture
- Sips from a cup
- Crawls on hands and knees
- Hits two objects together; throws and drops objects

12 to 15 Months

- Says several words besides "Ma-ma" or "Da-da"
- Walks without support by 15 months
- Finger feeds self
- Explores toys

15 to 18 Months

- Uses 10-15 words spontaneously
- Scribbles on paper after shown how
- Begins using a spoon
- Drinks from cup held in both hands
- Cooperates with dressing
- Walks across a large room

18 to 24 Months

- Can build a tower with 3 blocks
- Likes to climb and take things apart
- Uses single words frequently
- Begins two-word phrases

2 to 3 Years

- Walks up/down stairs using alternate feet while holding on
- Says at least 100 words
- Uses three-word phrases
- Points to objects in a book
- Jumps lifting both feet off ground

3 to 4 Years

- Opens a door by turning the knob
- Follows two commands of on, under or behind (e.g., "stand on the rug")
- Names pictures in a book
- Understands complex sentences
- Understands action words

4 to 5 Years

- Uses 4-5 word sentences
- Stands on one foot
- Throws a ball overhand
- Points while counting 3 different objects
Can copy the letter X

