Get Started

1 Choose the nearest age

Choose the checklist that matches your child's age. If your child falls between two ages, use the earlier age (if child is 4½ years old, use the 4 year checklist). If your child is 3 or more weeks premature, determine the appropriate checklist at **lookseechecklist.com/premature**

2 Answer the questions

Answer the questions to the best of your ability. If you are not sure, try the question with your child. Any examples are only suggestions. You may use similar examples from your family experience. Language and communication items can be asked in the child's first language. Items marked with ** may not be common to all cultures.

3 Follow-up with a professional

If you answer "no" to any question or have any concerns about your child's development, follow-up with a health care and/or child care professional.

When you're done

Follow the parenting tips beside the checklist to help your child grow. These tips may be a bit more challenging than the checklist. If you have questions, contact a professional. The tips are organized into the following developmental areas:

- Emotional
- Fine Motor
- Gross Motor
- Social
- Self-Help
- Communication
- Learning & Thinking

fold here for booklet

2 months

looksee checklist® by ndds

A checklist to monitor your child's development from 1 month to 6 years of age with tips to help them grow.

By twelve months of age, does your child:

Y	N		
○	○	1	Look at the person saying the baby's name?
○	○	2	Understand simple requests and questions? *"where is the ball?", "find your shoes."**
○	○	3	Combine sounds together as though talking? *"bada banuh abee"**
○	○	4	Take turns making sounds with you?
○	○	5	Consistently use three or more words? *words do not have to be clear*
○	○	6	Hold, bite, and chew crackers?
○	○	7	Get up into a sitting position from lying down without help?**
○	○	8	Crawl or "bum" shuffle easily?
○	○	9	Pull up to stand at furniture?
○	○	10	Walk holding onto your hands or furniture?
○	○	11	Pick up small items using tips of thumb and first finger?
○	○	12	Take things out of containers? *blocks**
○	○	13	Show many emotions such as affection, anger, joy, or fear?
○	○	14	Start games with you or show you toys? *peek-a-boo, pat-a-cake**
○	○	15	Seek comfort? *reach up to be held when upset**
○	○	16	Use facial expressions, actions, sounds, or words to make needs known or to protest?

* *Examples are only suggestions. Use similar examples from your family experience.*

** *Item may not be common to all cultures.*

12 MONTHS English

looksee checklist® by ndds

Child's Name: _____

Birthdate: _____

Today's Date: _____

Try these tips to help your child grow:

When I am upset, comfort and soothe me. Hold me close, hug me, and make me feel safe and secure. Teach me about my feelings by naming them.

Place dry cereal, crackers, or other small food in a cup or small bowl and encourage me to take them out. Containers that only allow my fingers to fit in work best. I could choke. Stay close by.

My hands are getting stronger. Give me water squirting toys for the bathtub. Toys that I can pull apart are fun!

Learning to walk by myself takes lots of practice. Let me push chairs, a large box, or laundry basket. I can do it standing or on my knees. Make sure I have lots of space to practise. I like to hold onto furniture when I walk, and, if I feel brave, I might let go and take a few steps.

While I am standing, holding on to your legs or piece of furniture, drop a noise-making toy onto the floor beside me. It helps my balance when I squat or bend over to pick it up.

Teach me rhyming, clapping, and hiding games. When I start the game, be excited. I want to play with you.

Take me for a walk outdoors and talk about everything I see and hear.

I will understand instructions and requests better when you use gestures. Keep it simple. When you say "No", shake your head; when you say "Shoes on", point to my feet.

Talk to me in simple language. Use short sentences ("big truck", "nice dog"). Hold objects up in front of me and name them. Wait for me to respond with a sound, word, or gesture, and we can take turns.

I like books with simple pictures and short sentences. Let me hold the book and turn the pages. I like to read the same book over and over again. Cut out pictures and photos to make me a book of my own.

Give me two or three cups that fit inside of each other. Try measuring cups, margarine tubs of different sizes, nesting blocks, or plastic bowls. Help me stack them up tall and encourage me to knock them over.

Remember I'm exploring all over. Please make my house safe by child-proofing cupboards, stairs, and doorways.

I may get ear infections. Talk to my doctor about signs and symptoms.

looksee checklist® by ndds 12m