

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).

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



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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 two years of age, does your child:

Y N

- ☐ ☐ 1 Understand one and two step directions?
"close the door", "go find your book and show it to grandma"
- ☐ ☐ 2 Ask for help using words?
- ☐ ☐ 3 Learn and use one or more new words a week?
may only be understood by family
- ☐ ☐ 4 Join two words together? *"want cookie", "car go", "my hat"*
- ☐ ☐ 5 Eat most foods without coughing and choking?
- ☐ ☐ 6 Eat with a utensil with little spilling?*
- ☐ ☐ 7 Take off own shoes, socks, or hat?*
- ☐ ☐ 8 Try to run?
- ☐ ☐ 9 Play in a squat position?
- ☐ ☐ 10 Walk backwards or sideways pulling a toy?
- ☐ ☐ 11 Make scribbles and dots on paper or in sand?
- ☐ ☐ 12 Put objects into a small container?
- ☐ ☐ 13 Like to watch and play near other children?
- ☐ ☐ 14 Say "no", and like to do some things without help?*
- ☐ ☐ 15 Use toys for pretend play? *give doll a drink**
- ☐ ☐ 16 Use skills already learned and develop new ones? *no loss of skills*
- ☐ ☐ 17 Copy your actions? *you clap your hands and they clap their hands**

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

** Item may not be common to all cultures.

Try these tips to help your child grow:

I am learning about my feelings.
Give me words for my feelings
and show that you understand. 

Let me open and close plastic
containers by twisting and turning
the lids. Help me find the right lid to
put on each container.

I love to pour water from containers
during my bath.

I enjoy stringing beads or buttons
on a shoelace, string, or pipe
cleaner. Talk to me about the colour
and count the beads as I lace them.
Remember, I may still put things
in my mouth, so watch me. 

Provide me with toys that allow me
to push or pedal with my feet. This
will help me learn to climb on and
off and to pedal. Make sure I have
lots of room. Praise my efforts.

Let's practise climbing and jumping.
I love to get in and out of a box or
jump from a bottom step. We can
have fun together.

Let's sing *Old MacDonald* and
move our bodies like the animals:
hop like a frog or bunny, squat or
waddle like a duck, or jump up
and down like a kangaroo. 

I love sharing storybooks with you.
Cuddle me while we read together. 

Let's play a game. Use two
shoeboxes and two toys. We each
get a box and a toy. Let's take turns
putting our toy in, over, under,
behind, and on the box. Talk to
me about what we are doing. 

I want to become independent.
Encourage me to get dressed and
undressed, do household tasks,
turn lights on and off, and open
and close doors. 

Sing songs with me throughout the
day and repeat them often. This
helps me learn to sing them on my
own. Leave out parts of the song or
rhyme for me to finish.

Help me learn new words. Talk to me
during bathing, feeding, dressing,
and doing daily chores. Name my
clothing and body parts. Let me help
set the table, sort the laundry,
and put groceries away. 

I like to play sorting games with you.
We can sort objects by shape, touch,
colour, and size. Use spoons,
blocks, toys, and clothing. 

I am learning to make decisions;
offer me choices throughout the day.

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

Child's Name: _____

Birthdate: _____

Today's Date: _____