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

18 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 eighteen months of age, does your child:

Y	N		
○	○	1	Identify pictures in a book? *"show me the baby"**
○	○	2	Use a variety of familiar gestures? *waving, pushing, giving, reaching up**
○	○	3	Follow directions using "on" and "under"? *"put the cup on the table"**
○	○	4	Make at least four different consonant sounds? *b, n, d, h, g, w**
○	○	5	Point to at least three different body parts when asked? *"where is your nose?"**
○	○	6	Say 20 or more words? *words do not have to be clear*
○	○	7	Hold a cup to drink?**
○	○	8	Pick up and eat finger food?
○	○	9	Help with dressing by putting out arms and legs?**
○	○	10	Walk up a few stairs holding your hand?
○	○	11	Walk alone?
○	○	12	Squat to pick up a toy and stand back up without falling?
○	○	13	Push and pull toys or other objects while walking forward?
○	○	14	Stack three or more blocks?
○	○	15	Show affection towards people, pets, or toys?
○	○	16	Point to show you something?
○	○	17	Look at you when you are talking or playing together?

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

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

18 MONTHS English

looksee checklist® by ndds

Child's Name: _____

Birthdate: _____

Today's Date: _____

Try these tips to help your child grow:

I feel safe and secure when I know what is expected of me. You can help me with this by following routines and setting limits. Praise my good behaviour.

I like toys that I can pull apart and put back together—large building blocks, containers with lids, or plastic links. Talk to me about what I am doing using words like "push" and "pull".

I'm not too little to play with large crayons. Let's scribble and talk about our art work.

Don't be afraid to let me see what I can do with my body. I need to practise climbing, swinging, jumping, running, going up and down stairs, and going down slides. Stay close to me so I don't get hurt.

Play some of my favourite music. Encourage me to move to the music by swaying my arms, moving slowly, marching to the music, hopping, clapping my hands, tapping my legs. Let's have fun doing actions while listening to the music.

Let me play with balls of different sizes. Take some of the air out of a beach ball. Watch me kick, throw, and try to catch it.

I want to do things just like you. Let me have toys so I can pretend to have tea parties, dress up, and play mommy or daddy.

I like new toys, so find the local toy lending library or play groups in our community.

I am learning new words every day. Put pictures of people or objects in a bag and say "1, 2, 3, what do we see?" and pull a picture from the bag.

Pretend to talk to me on the phone or encourage me to call someone.

I like simple puzzles with two to four pieces and shape-sorters with simple shapes. Encourage me to match the pieces by taking turns with me.

Help me to notice familiar sounds such as birds chirping, car or truck motors, airplanes, dogs barking, sirens, or splashing water. Imitate the noise you hear and see if I will imitate you. Encourage me by smiling and clapping.

I enjoy exploring the world, but I need to know that you are close by. I may cry when you leave me with others, so give me a hug and tell me you will be back.

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

Always talk to your healthcare or childcare professional if you have any questions about your child's development or well being. See reverse for instructions, limitation of liability, and product license.

looksee checklist® by ndds 18m