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

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fold here for booklet

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 nine months of age, does your child:

Y	N		
○	○	1	Look for a hidden toy?
○	○	2	Imitate facial expressions?
○	○	3	Turn to look for a source of sound?
○	○	4	Understand short instructions? *"wave bye-bye", "no", "don't touch"**
○	○	5	Babble a series of different sounds? *"babababa", "duhduhduh"**
○	○	6	Make sounds or gestures to get attention or help?
○	○	7	Sit without support for a few minutes?
○	○	8	Attempt to move by crawling, "bum" shuffling, or pivoting on tummy?
○	○	9	Stand with support when helped into standing position?
○	○	10	Pass an object from one hand to the other?
○	○	11	Pick up small items using thumb and first finger? *crumbs, cereal, rice**
○	○	12	Bang two objects together?
○	○	13	Play games with you? *nose touching, peek-a-boo**
○	○	14	Fuss or cry if familiar caregiver looks or behaves differently?
○	○	15	Reach to be picked up and held?

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

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

9 MONTHS English

looksee checklist® by ndds

Child's Name: _____

Birthdate: _____

Today's Date: _____

Try these tips to help your child grow:

Hug and cuddle me often throughout the day. Tell me how wonderful I am.

Continue to talk to me about my world. Make me feel safe and secure by holding me, singing, and having quiet time with me. It is very common for me to prefer to be held by people I know well.

I like things that I can hold and bang together, such as plastic bottles, pots, pans, and blocks. Give me a spoon or toy hammer and show me how to tap the pot lid, plastic container, block, or floor.

Help me practise using my fingers. Give me chances to feed myself with finger foods like crackers and dry cereal. Place them in a small bowl and encourage me to pick them out. I could choke. Stay close by.

When I am on the floor, I can move in many different ways.

Put toys out of my reach and encourage me to move towards them.

Let's climb. Place pillows and cushions on the floor. Put one of my favourite toys on top of the pillow and I may try to get it. When you are lying on the floor, let me climb over you.

When I am in my crib or near the couch, I like to try to pull myself to stand. Remember I am not too steady so stay close by.

When I am sitting alone, encourage me to reach up and to the side for toys. I like to practise getting in and out of a sitting position by myself.

I like to eat with you. Let me sit with you for family meals.

Let me imitate your actions and facial expressions. Play with me face to face and wait for me to respond. Repeat actions several times. Once I can do it, let me lead and you imitate me.

I like books with short sentences and simple pictures. Let me hold the book and turn the pages. Name the pictures. Don't be afraid to read the same book over and over again. I like the repetition. Read animal books and make the animal sounds, too!

Cut out pictures from magazines and use photos to make me a book of my own.

You can teach me how to follow short instructions by showing me. Help me "wave bye-bye", "blow kisses", and "clap hands".

Encourage me to drop my toys into large containers such as dishpans, shoeboxes, or plastic buckets. Show me how to dump them out and put them back in again.

I'm getting into everything. Time to child-proof my home.

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. NDDS © 2018 NDDS Intellectual Property Association. All rights reserved.

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