

# 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](http://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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**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 fifteen months of age, does your child:

Y N

- 1 Use five or more words? *words do not have to be clear*
- 2 Look at pictures while you name them?\*
- 3 Try to show you something by making sounds or words while reaching or pointing and looking at you?
- 4 Imitate a few animal sounds?
- 5 Use connected sounds that seem like little stories?
- 6 Respond to own name when called?
- 7 Pick up and eat finger food?
- 8 Recognize some body parts on self and dolls?
- 9 Crawl up stairs?
- 10 Walk sideways holding onto furniture?
- 11 Try to squat to pick up a toy from the floor?
- 12 Remove socks and try to undo shoes?
- 13 Stack two blocks?
- 14 Use two hands while playing with a toy?
- 15 Repeat an action that made you laugh?
- 16 Look at you to see how to react?  
*after falling, when a stranger enters the room\**

\* 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:

Help me find what works best to calm myself when I get upset—cuddle or hug, favourite blanket or toy.

During play with dolls, stuffed animals, and toys, show me how to be caring. Use actions and words together so that the meaning of your words is clear. Show me how to feed, bathe, put to bed, love, and care for a doll or stuffed animal.



I like to put things in and take them out. Cut a hole in a plastic lid of a large empty container. Show me how to push small toys through the hole, open the lid, and dump them out.



Encourage me to walk alone. Let me push and pull chairs, a large box, laundry basket, or large toys. Fill them with a few large blocks or toys to keep them steady. This will make me strong and help my balance.

Place an empty laundry basket or box in the middle of the floor with a few balls or beanbags. Show me how to drop the ball or toss the beanbag into the basket or box. Talk to me about what I am doing.



I need quiet time with you without the radio or television on. We can talk, sing, or look at a book together.



Look at picture books with me often throughout the day. Name one thing you see on a page and ask me where it is. Give me time to find it.

Tell me the name of objects and imitate my gestures. Don't ignore my attempts at communicating; instead, try to understand my message.



Teach me about my body parts when I am having a bath or getting dressed. Point to different body parts, name them, and ask me to find the ones you name. Let's play *Head and Shoulders, Knees and Toes*.

Encourage me to play with blocks. Try to get me to line them up in a row like a train, stack them like a tower, or make shapes with them.



I want to eat with you so include me in meal times. Encourage me to feed myself with finger food, a cup, and utensil. I will be messy, but I'll get better with practice.

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



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Child's Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Today's Date: \_\_\_\_\_

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

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