

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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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'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. 

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

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. 


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.

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.


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. 

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.

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

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

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

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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