

# 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 three years of age, does your child:


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- 1 Speak clearly enough to be understood all of the time by family?
- 2 Understand two and three step directions?  
*"pick up your hat and shoes and put them in the closet"*
- 3 Speak in sentences of five or more words? *"I go home and play"*
- 4 Understand and use some describing words? *big, dirty, wet, hot*
- 5 Walk up the stairs using the handrail?
- 6 Stand on one foot briefly?
- 7 Throw a ball forward at least one metre (three feet)?
- 8 Twist lids off jars or turn knobs?
- 9 Turn the pages of a book one at a time?
- 10 Play make-believe games with actions and words?  
*pretending to cook a meal, fix a car\**
- 11 Dress or undress with help?\*
- 12 Share some of the time? *toys, books\**
- 13 Show affection with words and actions?
- 14 Play with others comfortably?
- 15 Co-operate with parent's request half of the time?
- 16 Listen to music or stories for 5–10 minutes with you?
- 17 Greet friends and familiar adults when reminded?


\* 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 may be afraid of things that didn't bother me before. My fears are real to me so help me to feel safe. 


Encourage me to create with puzzles, play dough, nesting toys, peg boards, beads, and building blocks.


I like activities that let me practise cutting, gluing, painting, and drawing. 

We can play by making a line on the floor with a rope or masking tape. We can lie, stand, walk, run, gallop on, or jump over the line.


Let's play ball! Encourage me to throw and catch a ball, hit a ball with a bat or racquet, or kick a ball at a target. We can hold a beach ball between us using different parts of our bodies (elbows, legs, hands, knees, feet). 

I like to play with other children but sometimes I need help to take turns, share, and cooperate.

We can be wherever we want or do what ever we want when we play make believe. Let's pretend to go camping, play astronaut, firefighter, or dancer. 


Encourage me to do things by myself to help me become independent. It is important for me to be able to get dressed and undressed, wash myself, and help to clean up. I'm learning about responsibility. 

Books are some of my favourite things. Read to me often throughout the day. Make it part of our daily routine by setting aside a special time. Choose books that are colourful and interesting to me.

I enjoy guessing games. Place some familiar objects on the table, and we can take turns describing them. For example "Show me something we use to brush our hair". Sometimes make it silly so we can laugh. 

Silly games make me laugh. Make cards using simple magazine pictures. Add something that does not belong like a girl with a moustache or a fish with legs. Giggle with me as we talk about what's funny.

I like sorting objects. Give me an empty egg carton where I can put different objects into the cups. Things like buttons, different coloured objects, shapes, and rocks are fun to sort.

I enjoy surprises. Let's hide different objects in a box or bag for a game of touch and tell. We can take turns feeling the objects and describing what's in the bag. Pull them out to see if we were right. 

I have lots of energy and need space to run, climb, pull a wagon, and ride a tricycle.

All children my age should have a vision, hearing, and dental checkup. Ask our family doctor or public health unit where these services are available in our community.



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

