

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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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 six months of age, does your child:

Y N


- 1 Swipe at and reach for objects within view?
- 2 Turn head and look in the direction of a new sound?
- 3 Respond to own name?
- 4 Smile and babble when given adult attention?
- 5 Vocalize pleasure and displeasure?
*squeal with excitement or grunt in anger**
- 6 Seem to respond to some words? *"daddy", "bye-bye"*
- 7 Make sounds while you are talking to him/her?
- 8 Roll from back to side?
- 9 Push up on hands when on tummy?*
- 10 Sit with support? *pillows**
- 11 Use hands to reach, grasp, bang, and splash?
- 12 Bring hands or toy to mouth?
- 13 Pat and pull at your hair, glasses, or face?
- 14 Sleep and feed at regular times?

* 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 still like quiet time, so hug me, hold me, talk to me, sing to me, and read to me.


Comfort me when I am unhappy or fussy by rocking me, holding me close, or talking to me in a soft voice. Respond when I cry. Remember you can't spoil me. 


Funny booties or colourful socks will encourage me to grab my feet. I may want to kick my legs and play with my feet.

Place toys in various positions and distances from me so I can reach out and grasp them. Say, "Get the ball".


I like objects of different colours, sizes, and textures to hold and squeeze so I can build my strength. Encourage me to use both hands. 

Place me on my tummy and use a toy to encourage me to push up on my hands and try to reach up.

Encourage me to roll from my tummy to my back. I am learning how my body works and I want to explore my environment. 


Show me the actions for "wave bye-bye" and "blow kisses" and I will learn to act them out myself. 

Imitate sounds I make. My sounds may be changing to include more babbling. Try to get me to say them back to you as if we are having a conversation. I like it when you slow down and change your tone of voice ("Hiiii pretty baaaaby").

I enjoy it when you sing the same songs over and over again; *Itsy Bitsy Spider, This Little Piggy, Peek-a-boo and Pat-a-cake* are just some of my favourites. 

When I'm not watching you, shake a rattle, squeeze a toy, or call my name from different parts of the room. This will help me to look in the direction of new sounds.

When I try to tell you something by looking, reaching, babbling, smiling, or crying, try to understand what I mean and say it with real words.

Help me to play. Prop me up in a corner of the couch or on the floor with support (blankets, pillows) and put some of my favourite toys within reach for me to play with. I may want to reach for the toys, but I'm still not too steady, so stay with me to keep me safe. 

My body is growing—now is a good time to get information on what to feed me.



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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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