

Early Developmental Checklist
Ages Newborn to Six Years Old
Use as Needed for Special Needs Children over Six

Gross Motor Skills

- Turns head to both sides
- Lifts head
- Hold head to one side
- Extends both legs
- Rolls to side
- Kicks legs and feet
- Holds chest up with weight on arms
- Rotates and extends head
- Pulls to sit
- Hold head steady in supported sitting
- Sits with some support
- Bears some weight on legs
- Bears some weight on arms
- Sits for a short time while leaning on hands
- Holds head erect while leaning forward
- Sits independently for a lengthy time and may put use hands
- Bears most weight on legs
- Lift head and assists to be pulled to sitting
- Hold weight on one hand
- Gets to the sitting position without assistance
- Bears most weight on legs and bounces
- Goes from sitting to creeping
- Stands holding on
- Pulls to standing on furniture
- Crawls backwards
- Demonstrates balance skills
- Lowers to sitting position from furniture
- Creeps on hands and knees
- Walks holding onto furniture
- Stands momentarily
- Stands for several seconds
- Stands for a minute or more
- Stands well on own
- Bends and gets item/toy
- Walks well
- Show balance reaction in kneeling
- Falls to sitting position
- Walks backwards
- Creeps upstairs

- Walks without support
- Walks sideways
- Runs
- Bends over and looks through legs
- Balance reaction shown in standing
- Throws ball forward
- Pulls a toy while walking
- Throws toy
- Walks upstairs holding the rail- both feet on the step
- Walks downstairs holding the rail- both feet on the step
- Picks up toy from the floor without falling
- Stands on one foot with help
- Walks upstairs with one hand
- Carries large toy while walking
- Backs into a small chair
- Kicks ball forward
- Throw ball into a box or area
- Runs well
- Climbs to adult chair/sofa, turns around and sits
- Walks downstairs with one hand being held
- Squats in play
- Jumps in place using both feet
- Goes up and down while standing
- Stands on tiptoes
- Walks with legs close together
- Catches large ball
- Rides tricycle
- Walk down bottom stair alone
- Jumps around twelve inches
- Initiates one foot standing
- Walks on tiptoes a few steps
- Jumps backwards
- Walks backwards ten feet
- Jumps sideways
- Jumps on trampoline with adult holding hand
- Walks upstairs alternating feet
- Jumps over string or other object two or more inches high
- Hops on one foot
- Catches a bounced ball
- Jumps around a twenty inch distance
- Stands on one foot for several seconds
- Walks on tiptoes ten feet
- Uses pedals on tricycle appropriately
- Climbs on toys
- Catches an eight inch ball

- Jumps a distance of two feet to almost three feet
- Avoids obstacles in path
- Runs on toes
- Makes sharp turns around corners when running

Fine Motor Skills

- Looks at colorful objects
- Moves arms symmetrically
- Follows a moving person with eyes
- Stares and gazes
- Keeps hands open 50% of the time
- Reaches toward toy without grasping
- Blinks at sudden visual stimulus
- Eyes follow in different positions
- Looks from one object to another
- Grasps rattle and other toys actively
- Looks from 1 object to another
- Looks at distant objects
- Drops object
- Recovers objects
- Clasp hands together
- Follows with eyes without head movement
- Reaches for objects with both arms
- Reaches for toy followed by momentary grasping
- Reaches and grasps objects
- Watches others scribble
- Transfers cubes or other objects from hand to hand
- Bangs objects on a table or other object
- Attempts to get tiny objects
- Manipulating toys with wrist movement
- Reaches and grasps object with extended elbow
- Rakes tiny objects like raisins
- Uses basic pincer grasp
- Bangs two cubes held in hands
- Removes pegs from pegboard

- Takes objects out of container
- Extends wrist
- Releases objects voluntarily
- Pokes with index finger
- Uses advanced pincer grasp
- Tries to scribble
- Uses hands freely
- Shows preference for one hand
- Grasp crayon

- Puts objects in container
- Places one block on top of another
- Marks paper with a crayon
- Puts three or more objects in a container
- Builds a tower with two cubes
- Places one peg in pegboard
- Points with index finger
- Dumps/Inverts small container to obtain tiny object like raisins
- Puts many objects into a container and does not remove any
- Puts tiny objects into a small container
- Uses both hands in the middle of the body
- Builds a tower using three cubes
- Places six round pegs in pegboard
- Imitates vertical scribble movement
- Builds tower using four cubes
- Imitates circular scribble movement
- Imitates folding paper
- Builds tower using six cubes
- Holds crayons with thumb and fingers
- Strings a big bead on string
- Snips with scissors
- Folds paper in half
- Copies a circle
- Places six pegs in pegboard
- Builds tower using eight cubes
- Snips on line using scissors
- Builds tower using nine cubes
- Strings several big beads on string
- Holds pencil with thumb and finger adult like grasp

Language Skills

- Responds to the noise of a bell
- Vocalizes without crying
- Laughs
- Squeals
- Turns to voices
- Imitates speech sounds
- Says Dada or Mama
- Says words other than Dada or Mama
- Combines two different words
- Points to a named body part
- Names a picture
- Follows a simple direction
- Follows two simple directions
- Uses plurals

- Says first and last name
- Understands feeling words like cold, tired, hungry.
- Recognizes colors
- Understands opposites like cold hot, light dark
- Can define words

Social Skills

- Looks at faces
- Smiles responsively
- Feed self crackers
- Resist having toy pulled away
- Plays Peek A Boo
- Works to get a toy out of reach
- Shy with strangers at first
- Plays Pat A Cake
- Plays ball with others
- Indicates a want but not by crying
- Drinks from a cup
- Imitates housework
- Uses a spoon, but spills a little
- Helps with simple household jobs
- Removes clothes
- Put on clothes
- Washes and dries hands
- Plays games with others like tag, hide in seek
- Buttons clothes
- Zips zippers
- Dresses with supervision
- Will separate from Mom easily
- Dresses without supervision