

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 thirty months of age, does your child:

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- 1 Give you the right toy when asked?
"give me the big car", "give me the little car"
- 2 Join three or more words together? *"I want big ball"*
- 3 Name most common items? *dog, apple, car**
- 4 Use pronouns such as I, you, me, and mine?
- 5 Use word endings? *"boy jumping", "two cookies"*
- 6 Lift and drink from a cup and replace it on the table?*
- 7 Imitate drawing vertical and horizontal lines?
- 8 Remove clothing already unzipped or unbuttoned?
- 9 Run without falling most of the time?
- 10 Kick a ball forward?
- 11 Jump off the floor with both feet?
- 12 Try to join in songs and rhymes with you?
- 13 Listen to simple stories?
- 14 Act out daily routines with toys? *feed doll and then put her to sleep**
- 15 Wait briefly for needs to be met? *when placed in high chair at meal time***
- 16 Recognize self in mirror or picture?

* 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:

My actions tell you how I feel. Celebrate with me when I am happy and be patient with me when I am sad or angry. 

I like to explore play dough by poking, cutting, rolling, or pressing it. I can use a craft stick, safety scissors, and cookie cutters to cut the play dough. 

Play my favourite music and encourage me to run, stretch, jump, march, and walk. As the music changes my movements can be fast, slow, or graceful.

I like a challenge. Play movement games with me where I change my speed and direction. Give me easy directions (stop and go, run to the door, walk backwards, clap fast, crawl slow). I will learn to follow directions.

I like to knock things down. Set up plastic bottles, empty cans, or milk cartons. Let me have a ball to roll and knock them over. Let me set them up again. Give me the words for what happens. 

Dressing up is fun. I like hats, old clothing, jewelry, household objects, dolls, or anything I can use to make believe. I will act out things that are familiar, and this will help me learn about relationships. 

I want to help you shop for groceries. Keep me interested by talking about the things we are buying. Ask me questions and wait for me to respond. 

Let me help sort the clean laundry. Make a pile for each family member. Pull out an item and ask, "Whose shirt is this? Yes, this is Mom's shirt. Put it in Mom's pile". This will help me learn to observe and compare.

It's fun to use markers, crayons, paint, or chalk to make a picture. Ask me to tell you about my picture when I am finished. Make a book of all my pictures and we can look at it together. 

When we go for a walk, collect rocks, seeds, leaves, twigs, and flowers. Feel the objects while we look at them and talk about the different weights, colours, shapes, and sizes.

Let's do different kinds of puzzles. We can take turns adding one or two pieces at a time and continue this way until I can do the whole puzzle on my own. Give me a hint when I need help. 

I need the chance to play with other children my age. Give me the opportunity to play in a group.

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

Child's Name: _____

Birthdate: _____

Today's Date: _____