

Check every item you child CAN DO in his/her age group.

Name _____

Birth Date _____

1-2 Months

- _____ lifts head when on belly
- _____ kicks legs & waves arms
- _____ follows moving things with eyes
- _____ looks at faces
- _____ reacts to loud noises
- _____ quiets down after crying

3-4 months

- _____ hold head up
- _____ puts hands together
- _____ grabs toy when given it
- _____ follows a light side to side
- _____ coos & makes noises
- _____ looks toward voices

5-6 months

- _____ sits with some help
- _____ rolls over
- _____ reaches out for toys
- _____ brings things to mouth
- _____ makes 4 different sounds pa/ma/duh/gee
- _____ looks toward a bell
- _____ quickly smiles at people

7-9 months sits well without help

- _____ stands holding on
- _____ feeds self with fingers
- _____ moves toys from hand to hand
- _____ repeats sounds :i.e. dededwlybyby
- _____ plays patty cake and peek-a-boo
- _____ fusses when parent leaves

10-12 Months

- _____ pulls self up to stand
- _____ walks holding on to furniture
- _____ points with first fingers throws a ball
- _____ throws a ball
- _____ says mama/dada for parent

- _____ understands simple directions: come her
- _____ plays away from parents, but check back

12-18 Months

- _____ walks well without help
- _____ crawls up stairs
- _____ drinks from a cup
- _____ scribbles with a crayon
- _____ says 10-25 words
- _____ points to what s/he wants

18mos. - 2 years

- _____ kicks a ball
- _____ picks up a toy while standing
- _____ uses a spoon
- _____ takes off shoes and socks
- _____ uses some 2 word sentences
- _____ knows 3 body parts
- _____ pretend plays with toys

2-3 years

- _____ jumps up and down
- _____ runs and climbs
- _____ puts cloths on and off
- _____ feeds self with spoon & fork
- _____ speaks in simple sentences
- _____ follows 2 step directions like take off shoes and put them away
- _____ talks about feelings: me mad

Talk to your Dr. and First Steps if your child does not do ALL the activities within his/her age group. If you child is over the age of 3, please talk to your Dr. and the school system