



# First Steps of Southern and West Central Indiana Developmental Checklist

## At Birth

- Diagnosed physical or mental condition. The following are conditions that have a high probability of resulting in developmental delay:
  - (1) Chromosomal abnormalities or genetic disorder
  - (2) Neurological disorder
  - (3) Congenital malformation
  - (4) Sensory impairment, including vision and hearing
  - (5) Severe toxic exposure
  - (6) Severe infectious disease
  - (7) Atypical development disorder
- Biological risk factors that put a child at risk of developmental delay if early intervention services are not provided.
  - (1) Limited prenatal care
  - (2) Maternal prenatal substance abuse
  - (3) Severe prenatal complications
  - (4) Severe perinatal complications
  - (5) Asphyxia
  - (6) Very low birth weight
  - (7) Small for gestational age
  - (8) Severe postnatal complications

## Birth-3 months

- Moving arms & legs easily
- Holding head erect at 3 months
- Hands open more and reaching at 3 months
- Crying time decreases
- Looking at human face and environment by 3 months
- Begins smiling
- Babbles or coos when talked to
- Mouths hands
- Molds body and cuddles
- Draws attention in distress

## 4-6 months

- Good head control in a variety of positions
- Prop on elbows when on belly
- Bears weight on legs
- Beginning to roll well
- Using both hands equally well
- Reaches and grasps toys well, mouths hands & toys
- Shakes rattles
- Likes rocking, swinging, has regular sleeping patterns. Less colic (cranky) at this time
- Visually watches toys as they move
- Turns head to noise
- Laughs aloud
- Squeals
- Can find an object that has been hidden
- Enjoys frolic and social play

## 7-9 months

- On belly pushes up on arms
- Begins sitting up by self
- Pushes self into crawling
- Transfers toys from hand to hand
- Holding small items with finger – thumb opposition
- Holds a toy in each hand And bangs them together
- Turns head when name is called Shakes head “No – No”
- Says “da-da” “ba-ba” and “ma- ma”
- Eating stage 1 & 2 foods
- Vocalizes to mirror
- Imitates familiar gestures
- Plays with a toy for several minutes
- Stranger Anxiety

## 10-12 months

- Crawling
- Pulling to stand
- Walking holding onto furniture
- Picking up small items using index finger & thumb & putting into mouth
- Eats stage 3 foods, crackers and soft foods
- Beginning to drink from sippy cup
- Points with index finger
- Beginning to place rings on stacker
- Uncovers hidden toy
- Places blocks into a container
- Stops activity when told “no no”
- Calls parent “ma ma” or “da da”
- Jabbers expressively
- 1 word other than ma ma or da da
- Follow a simple command like give me
- Holds more than 2 objects in a hand
- Explores toys to see how they work
- Repeats performance laughed at
- Imitates new gestures
- Moves to rhythms
- Simple play

## 13-15 months

- Walking
- Crawls up steps
- Stacking 2 or 3 blocks
- Scribbles with crayons
- Looks at pictures and books
- Points to get an object
- Looks when asked “where’s the ball?”
- Imitates simple sounds
- Stronger anxiety
- Finger feeding soft table foods

- Holding and drinking from sippy cup
- Has 8 to 10 words
- Resists adult control
- Plays ball

### 16-18 months

- Walks upstairs
- Runs
- Throws ball overhand
- Scribbles well with crayon
- Stacks blocks 3 to 4 high
- Pretend play
- Points to 5 named body parts
- Clearly says 15 to 18 words
- Begins to use a spoon very messy & will resort back to fingers
- Places only food in mouth
- Imitates adults- cleaning etc.
- Pick up toys
- Temper tantrums are common
- Uses objects appropriately – cup, spoon, brush
- Points to 5 to 7 pictures
- Matches Objects
- Knows circle and square
- Understands most nouns
- Hugs and kisses parents
- Imitates adult behaviors

### 19-21 months

- Carries toys when walking
- Creeps backward down stairs
- Completes 3 piece shape sorter
- Speaks 20-25 words
- Names several familiar objects in environment
- Follows 2 part familiar commands
- Helping with dressing/undressing
- Eating table food or toddler food
- Plays beside other children
- Matches sound to animals
- Enjoys rough and tumble play

### 22 -24 months

- Jumps in place
- Jumps off bottom step
- Completes 3 piece puzzle
- Stacks blocks 6 high
- Refers to self by name

- Has 50 words
- Spoon feeding with less mess
- Pretend play with dolls
- Initiates own play activities
- Shows a variety of emotions
- Desires control of others
- Comforts others in distress
- Identifies 6 body parts
- Sorts objects
- Remembers where objects belong

### 25-28 months

- Imitates vertical, horizontal and circular scribbles
- Turns pages in a book one at a time
- Imitates lining up blocks for a train
- Has a vocabulary of 200 words
- Putting 2 words together
- Understands size differences
- Understands 2 prepositions “on” “in”
- Takes off clothes
- Identifies clothing for occasions
- Frustration tantrums peak
- Values own property
- Pretend play with not real props

### 28-33 months

- Stacks blocks 8 high
- Imitates making a cross
- Gives full name
- Matches shapes and colors
- Listens to stories
- Possessive of loved ones
- Aware of sex differences

### 34-36 months

- Walks up and down stairs upright
- Balances on 1 foot
- Copies a circle
- Cuts/Snips with scissors
- Uses 3 word phrases
- Dresses self
- Plays group games
- Matches similar pictures
- Sorts Shapes
- Plays house
- Identifies body parts with function

- Separates easily
- Obeys simple rules

This is a developmental checklist that will assist you in evaluating your child’s development. When using this chart, observe your child over a period of time. There are several items listed for each age range. If your child is not accomplishing at least five items in his/her age range or has overall risks for delays, please contact our office for further information.

A risk for delay could include diagnosis such as syndromes, cerebral palsy, prematurity, Erb’s palsy, low birth weight, failed newborn hearing or vision screening, maternal alcohol or drug use during pregnancy, etc.

If you feel your child has a delay please call to make a referral.

### **First Steps of Southern Indiana**

**erves:** Clark, Crawford, Dubois, Floyd, Gibson, Harrison, Orange, Pike, Perry, Posey, Scott, Spencer, Vanderburgh, Warrick & Washington counties. Please call **(800) 941-2450** to make a referral to one of these counties.

### **First Steps of West Central**

**Indiana erves:** Clay, Daviess, Greene, Knox, Martin, Owen, Parke, Putnam, Sullivan, Vermillion, & Vigo Counties. Please call **(877) 860-0413** to make a referral to one of these counties.