

# 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 four years of age, does your child:

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- 1 Understand three-part related directions and longer sentences? *"put your toys away and wash your hands before lunch"*
- 2 Say rhymes (cat-bat-hat) or sing children's songs?
- 3 Ask and answer a lot of questions? *"why?", "what are you doing?"*
- 4 Speak clearly enough to be understood most of the time without repeating or stuttering on sounds or words?
- 5 Tell stories with a clear beginning, middle, and end?
- 6 Show you four colours when asked? *"show me the red crayon"*
- 7 Tell what is happening in a picture when you ask?
- 8 Go up and down stairs alternating feet? *with one foot on each step*
- 9 Stand on one foot for one to three seconds without support?
- 10 Try to hop on one foot?
- 11 Catch a large ball with outstretched arms?
- 12 Snip paper with scissors?
- 13 Draw a person with three or more body parts?
- 14 Hold a crayon or pencil correctly?
- 15 Undo buttons and zippers?
- 16 Use the toilet/potty during the day? *toilet trained*
- 17 Take turns and share with other children in small group activities?
- 18 Try to comfort someone who is upset?
- 19 Play near and talk to other children while continuing with own activity?
- 20 Look for adult approval? *"watch me" or "look what I did"*

\* 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 need to be heard to know that I am special. Listen when I talk to you.

I'm not too old to be hugged so please do it often.



I need opportunities to play with other children. If I'm not in school, I need to be involved in group activities on a regular basis.



I like activities that let me practise cutting, gluing, painting, drawing, dot-to-dot, simple mazes, and puzzles. Soon I may be able to print letters, numbers, and my name.

I want to practise my lacing skills. Encourage me to thread a shoelace through the holes in my shoes or holes punched around a picture. I am getting better at doing buttons and zippers, but I still need practice.



I can now tell longer stories. Show me a series of pictures and tell me a story about them. After I know it well, have me put the pictures in order. I can retell the story or make up one of my own.

I am learning about words and sounds. Play rhyming games and laugh at the silly words we can make together. Point out the sounds and letters in my world.



I want to show you what I can do. Set up an obstacle course so I can practise many skills: walking, running, crawling, balancing, climbing, jumping over things, and hopping (on one foot or both feet).

I enjoy ball games. I want to learn to use a bat, racquet, hockey stick, golf club, ball glove. I like to play with you or a friend.



Let's play a memory game. We can take turns giving each other directions ("Put your hands on your head, then turn around, then touch the ground").

It's important for me to know my full name, address, and telephone number.



I like it when you read to me. Storybooks are more exciting for me when you change your voice for different parts. Take me to the library.

I can play group games with simple rules: *Duck Duck Goose, Ring Around the Rosie, London Bridge is Falling Down* and *The Farmer in the Dell*.



I learn best by playing and using my imagination. Please limit and monitor my video game, computer, and TV time.

All children my age should have a vision, hearing, and dental checkup. Ask our family doctor or public health unit where these services are available in our community.

