

# 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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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 five years of age, does your child:

**Y N**

- 1 Count out loud or on fingers to answer “How many are there”?
- 2 Know common shapes and most of the letters of the alphabet?
- 3 Speak clearly in adult-like sentences most of the time?
- 4 Tell long stories about own past experiences?
- 5 Use sentences to describe objects and events?
- 6 Walk on a straight line only stepping off once or twice?
- 7 Stop, start, and change direction smoothly when running?
- 8 Throw and catch a ball successfully most of the time?
- 9 Climb playground equipment without difficulty?
- 10 Hop on one foot several times?
- 11 Hold a crayon or pencil correctly?
- 12 Draw lines, simple shapes, and a few letters?\*
- 13 Use scissors to cut along a thick line drawn on a piece of paper?
- 14 Dress and undress with little help?\*
- 15 Usually play well in groups?
- 16 Cooperate with adult requests most of the time?
- 17 Talk about having a best friend?
- 18 Share willingly with others?
- 19 Work alone at an activity for 20-30 minutes?
- 20 Separate easily from you?
- 21 Play make-believe games with others?
- 22 Respond verbally to “Hi” and “How are you”?

\* 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 like to answer the phone and talk to people I know. I feel proud to take a message for you.

Notice me doing something good and tell me how proud you are of me. This will make me feel good about myself, and I will want to do it again.

Help me learn about the feelings of others through stories. Characters in books have feelings and experiences, are afraid, or have problems to overcome. You can probably find a book about someone who is just like me.

I like to experiment using different materials. Fill up a craft box so I can be creative using glue, clay, wood, yarn, tape, scissors, paper, pencils, markers, crayons, or odds and ends.

I still need lots of practice with pencils, crayons, and chalk. Activities like colouring, drawing, dot to dot, mazes, as well as tracing and copying letters, shapes, and numbers will help me at school.

I like to play games such as hide and seek, tag, dodge the ball, and red rover. This helps me learn rules of games and helps me to take turns.

I love to ride my bicycle and I may even be ready to let go of my training wheels. Make sure I am wearing my helmet.

My friends and I enjoy going to the park or playground with you. We love to climb, swing, slide, and explore the equipment so we can try new things.

Board games are fun. I learn about rules, counting, taking turns, winning, and losing. Don't always let me win. It's all right for me to lose.

I feel important when I have a few simple jobs.

I like a mystery. You think of something, and I will guess what it is by asking you questions (“Is it food?” “Is it an animal?” “Does it have four legs?” “Is it a dog?”).

I have a lot to say. Talk with me often throughout the day about things that interest me. When you listen to me, I learn how to tell a story from beginning to end. Ask questions so that I can remember the details of my day.

I'm learning so much. Let's play using letters, numbers and colours (“I spy with my little eye three things that are red” or “I spy something blue that starts with B”).

Sign me up. I want to be part of a team.

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.



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Child's Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Today's Date: \_\_\_\_\_

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