

# 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



LIMITATION OF LIABILITY NDDS® has created and provides the Checklists to assist parents, health care and child care professionals (users) with a convenient and easy to use method of recording the development and progress of infants and children within certain age groupings. The Checklists are not meant to be a substitute for the advice and/or treatment of health care and child care professionals trained to properly and professionally assess the development and progress of infants and children. Although the Checklists may help users to determine when they need to seek out the advice and/or treatment of health care and child care professionals, users must still consult with competent health care and child care professionals for advice and/or treatment respecting specific children and their particular needs. Users should bear in mind the following when using the Checklists: (i) The needs of each infant/child are unique. Each infant/child will develop differently and as such, any perceived limitations in development must be reviewed by a health care and/or child care professional to be properly assessed; (ii) While every effort has been made to make the Checklists as culturally, economically and geographically neutral as possible, it must be understood by users that they may still reflect some cultural, economic or geographic prejudices. As such, these prejudices may affect a specific infant's/child's results in a Checklist without actually reflecting a developmental limitation. Again, users should contact a health care and/or child care professional to review the needs of an individual infant/child; (iii) The Checklists cannot contain every possible indicator of developmental limitations or goals to be met. As such, the Checklists are not designed for and should not be used to diagnose or treat perceived developmental limitations or other health needs. NDDS® makes no representation or warranties, express or implied. This includes, but is not limited to, any implied warranty or merchantability of fitness for a particular use or purpose, and specifically disclaims any such warranties and representations. NDDS® expressly disclaims any liability for loss, injury or damages incurred or occasioned as a consequence, directly or indirectly, of the use of the Checklists. The Checklists are sold with the understanding that NDDS® is not engaged in rendering health care, child care, medical or other professional services. NDDS® PRODUCT LICENSE® The Checklists are the copyright of NDDS Intellectual Property Association and are subject to copyright and other intellectual property laws. By purchasing the Checklists, the user agrees to be bound by the terms of the following limited license. (i) Each page of the Checklist shall only be used in relation to an individual infant/child; (ii) When a Checklist page has been used for an individual infant the completed Checklist page may be copied for archival purposes only, or in order to provide a copy to a health care and child care professional in order to assist in the advice or treatment given by the recipient professional for the individual infant/child; (iii) Except as provided in (ii) above, the user shall not copy, modify or remove any of the trademarks, trade names or copyright notices of Nipissing® from the Checklists, either in whole or in part; (iv) The user does not acquire any proprietary or other interest in the Checklists. © The Nipissing and NDDS are trademarks of NDDS Intellectual Property Association, used under license. All rights reserved. NDDS © 2018 NDDS Intellectual Property Association. All rights reserved.



# looksee

checklist<sup>®</sup> 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 three years of age, does your child:


Y N

- 1 Speak clearly enough to be understood all of the time by family?
- 2 Understand two and three step directions?  
*"pick up your hat and shoes and put them in the closet"*
- 3 Speak in sentences of five or more words? *"I go home and play"*
- 4 Understand and use some describing words? *big, dirty, wet, hot*
- 5 Walk up the stairs using the handrail?
- 6 Stand on one foot briefly?
- 7 Throw a ball forward at least one metre (three feet)?
- 8 Twist lids off jars or turn knobs?
- 9 Turn the pages of a book one at a time?
- 10 Play make-believe games with actions and words?  
*pretending to cook a meal, fix a car\**
- 11 Dress or undress with help?\*
- 12 Share some of the time? *toys, books\**
- 13 Show affection with words and actions?
- 14 Play with others comfortably?
- 15 Co-operate with parent's request half of the time?
- 16 Listen to music or stories for 5–10 minutes with you?
- 17 Greet friends and familiar adults when reminded?


\* 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 may be afraid of things that didn't bother me before. My fears are real to me so help me to feel safe. 


Encourage me to create with puzzles, play dough, nesting toys, peg boards, beads, and building blocks.


I like activities that let me practise cutting, gluing, painting, and drawing. 

We can play by making a line on the floor with a rope or masking tape. We can lie, stand, walk, run, gallop on, or jump over the line.


Let's play ball! Encourage me to throw and catch a ball, hit a ball with a bat or racquet, or kick a ball at a target. We can hold a beach ball between us using different parts of our bodies (elbows, legs, hands, knees, feet). 

I like to play with other children but sometimes I need help to take turns, share, and cooperate.

We can be whomever we want or do what ever we want when we play make believe. Let's pretend to go camping, play astronaut, firefighter, or dancer. 


Encourage me to do things by myself to help me become independent. It is important for me to be able to get dressed and undressed, wash myself, and help to clean up. I'm learning about responsibility. 

Books are some of my favourite things. Read to me often throughout the day. Make it part of our daily routine by setting aside a special time. Choose books that are colourful and interesting to me.

I enjoy guessing games. Place some familiar objects on the table, and we can take turns describing them. For example "Show me something we use to brush our hair". Sometimes make it silly so we can laugh. 

Silly games make me laugh. Make cards using simple magazine pictures. Add something that does not belong like a girl with a moustache or a fish with legs. Giggle with me as we talk about what's funny.

I like sorting objects. Give me an empty egg carton where I can put different objects into the cups. Things like buttons, different coloured objects, shapes, and rocks are fun to sort.

I enjoy surprises. Let's hide different objects in a box or bag for a game of touch and tell. We can take turns feeling the objects and describing what's in the bag. Pull them out to see if we were right. 

I have lots of energy and need space to run, climb, pull a wagon, and ride a tricycle.

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.



looksee  
checklist® ndds

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

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

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

Always talk to your healthcare or childcare professional if you have any questions about your child's development or well-being. See reverse for instructions, limitation of liability, and product license. NDDS © 2018 NDDS Intellectual Property Association. All rights reserved.

looksee 3  
checklist® ndds