

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 six years of age, does your child:

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- 1 Understand some words about time and order?
morning, afternoon, yesterday, next, last
- 2 Identify sounds at the beginning of some words?
"what sound does pop start with?, puh"
- 3 Correctly say almost all of the sounds in words?
- 4 Speak clearly enough to be understood by everyone?
- 5 Recognize some familiar written words? *own name, some store signs**
- 6 Tell about own experiences and ask about yours?
- 7 Skip across a room?
- 8 Walk on a beam without falling? *curb**
- 9 Catch a small ball?
- 10 Hop on one foot for 3 metres (10 feet)?
- 11 Copy shapes? *circle, square, triangle**
- 12 Cut out simple shapes following an outline? *circle, square**
- 13 Know right from left on own body?
- 14 Pay attention and follow instructions in a group?
- 15 Play cooperatively with 2–3 children for 20 minutes?
- 16 Complete washroom routines without help?*
- 17 Apologize for actions he/she didn't mean to do?*
- 18 Listen while others are speaking?
- 19 Show an understanding of right and wrong?
- 20 Help others?
- 21 Explain rules of a game or activity to others?

* 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 the dark, thunderstorms, animals, and monsters. Books about my fears will help me feel better. Listen to me and I'll feel safe.

I learn best by example. Teach me the difference between right and wrong.

You can help me to learn some things I can say to myself when I need to calm down or work through a task.

Help me understand about time (morning, afternoon, yesterday, next, and last). Use a calendar to talk about the days, months, and seasons. We can plan holidays and activities together.

Watch TV shows and movies with me. I have many questions and you have the best answers.

I enjoy making gifts and cards for special people. Pull out my craft box so I can practise all the skills I'm learning at school.

I love keeping a journal. I can draw pictures and write simple sentences about the pictures. I still need help printing the words.

Let's have family fun time where I can practise new sports such as bowling, basketball, skating, bicycling, rollerblading, skiing, baseball, soccer, or swimming. Make sure I am safe when trying these activities.

It's okay to be angry but it's not okay to hurt myself, hurt others, or break things. I can use my words.

I am ready to explore my neighbourhood. When I show you that I know the safety rules, I can walk or ride my bicycle to explore with you.

I am ready for longer stories now so read chapter books to me. I look forward to hearing what happens next.

We can play a memory game with letters, numbers, and words. Write numbers, letters, or words on cards. Let me see them. Then turn them over and see if I can match them.

I am learning to read at school. Let me show you how I can read simple stories.

You should talk to my teacher about what I am doing at school.

Please treat me with respect. I have a right to say "No" to my friends and adults when I feel uncomfortable.

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: _____

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.

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