



Development 360 Academy
For Total Self Development

CHILD DEVELOPMENT CHECKLIST

CHILD'S NAME: _____

DATE OF BIRTH: _____

PHYSICAL DEVELOPMENT:

- 1) ROLLS OVER (4-6 MONTHS)
- 2) SITS WITHOUT SUPPORT (6-9 MONTHS)
- 3) CRAWLS (9-12 MONTHS)
- 4) PULLS SELF UP TO STAND (9-12 MONTHS)
- 5) WALKS INDEPENDENTLY (12-18 MONTHS)
- 6) RUNS, CLIMBS, AND JUMPS (2-3 YEARS)
- 7) CATCHES A BALL (3-4 YEARS)
- 8) CAN USE SCISSORS (4-5 YEARS)
- 9) CAN TIE SHOES (5-6 YEARS)



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COGNITIVE DEVELOPMENT:

- 1) RESPONDS TO FAMILIAR FACES AND VOICES (0-3 MONTHS)
- 2) RECOGNIZES FAMILIAR OBJECTS AND PEOPLE (6-9 MONTHS)
- 3) BEGINS TO UNDERSTAND OBJECT PERMANENCE (9-12 MONTHS)
- 4) USES SIMPLE WORDS AND GESTURES (12-18 MONTHS)
- 5) UNDERSTANDS AND FOLLOWS SIMPLE INSTRUCTIONS (2-3 YEARS)
- 6) SORTS AND CLASSIFIES OBJECTS (3-4 YEARS)
- 7) RECOGNIZES AND NAMES COLOURS (4-5 YEARS)
- 8) UNDERSTANDS THE CONCEPT OF TIME (5-6 YEARS)

LANGUAGE AND COMMUNICATION DEVELOPMENT:

- 1) COOING AND BABBLING (0-6 MONTHS)
- 2) USING SINGLE WORDS(12-18 MONTHS)
- 3) USING TWO-WORD PHRASES (2-3 YEARS)
- 4) USING COMPLEX SENTENCES(4-5 YEARS)
- 5) UNDERSTANDING AND USING CORRECT GRAMMAR (5-6 YEARS)
- 6) ENGAGING IN CONVERSATIONS WITH OTHERS (3-4 YEARS)
- 7) EXPRESSING THOUGHTS AND FEELINGS CLEARLY (4-5 YEARS)
- 8) UNDERSTANDING AND FOLLOWING COMPLEX INSTRUCTIONS (5-6 YEARS)



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SOCIAL AND EMOTIONAL DEVELOPMENT:

- 1) SMILING AND RESPONDING TO OTHERS' EMOTIONS (0-3 MONTHS)
- 2) SEPARATION ANXIETY (6-9 MONTHS)
- 3) PLAYING ALONGSIDE OTHER CHILDREN (1-2 YEARS)
- 4) SHOWING EMPATHY AND CONCERN FOR OTHERS (2-3 YEARS)
- 5) PLAYING COOPERATIVELY WITH OTHERS (3-4 YEARS)
- 6) EXPRESSING AND REGULATING EMOTIONS APPROPRIATELY (4-5 YEARS)
- 7) DEVELOPING FRIENDSHIPS (5-6 YEARS)
- 8) RESOLVING CONFLICTS WITH OTHERS (5-6 YEARS)

SELF-HELP AND ADAPTIVE DEVELOPMENT:

- 1) FEEDING AND DRESSING WITH ASSISTANCE (1-2 YEARS)
- 2) DRESSING AND UNDESSING INDEPENDENTLY (3-4 YEARS)
- 3) BRUSHING TEETH AND WASHING HANDS INDEPENDENTLY (4-5 YEARS)
- 4) PREPARING SIMPLE MEALS (5-6 YEARS)
- 5) USING THE BATHROOM INDEPENDENTLY (2-3 YEARS)
- 6) TYING SHOES AND USING ZIPPERS/BUTTONS (5-6 YEARS)
- 7) FOLLOWING A ROUTINE AND SCHEDULE (3-4 YEARS)
- 8) IDENTIFYING AND EXPRESSING PERSONAL PREFERENCES (4-5 YEARS)