



developmental checklists

birth to 36 months



Language

Cognitive

Social/Emotional

Motor

Welcome to the Growing Parent.

My name is Marla McBride, and am I a child development educator with 17 years of experience. I hold a Bachelor's degree in Child and Family Development.

In my online course, I teach developmental parenting through a faith-based lens. I also have my podcast, *The Growing Parent Podcast*, where I share effective parenting practices and provide tips and techniques for birth to five-year-olds.

What you will find in these developmental check sheets.

It's the question that lingers in every parent's mind at one time or another. Is my Baby on track? There are four areas of development otherwise known as domains. The four domains are Cognitive, Language, Motor, and Social-emotional developmental domains. Passing through these domains is a mix of naturally wired development paired with the experiences a parent provides their child.

The following checklists are broken down by developmental age group, and give a basic baseline of expected goals for your child at that age. Of course, every child is a little different. Be sure to listen to my podcast to learn more about what to expect, developmental delays, and red flags for each age group.



Developmental Checklist

- Birth to 1.5 months
- 1.5 months to 3.5 months
- 3.5 months to 5.5 months
- 5.5 months to 8 months
- 8 months to 14 months
- 14 months to 24 months
- 24 months to 36 months

THE
Growing
PARENT

birth to 1.5 months
Checklist

Language

- Look for your baby to respond to your voice
- Turn her head to respond to your voice
- Have different cries to tell you what he needs hungry cry, tired
- Make simple sounds like Eh

Cognitive

- Stare at high contrast objects colors and patterns (Black and White Books) Propped up during tummy time.
- Look at surroundings briefly
- Look at faces
- Eyes slowly follow a close moving object (Use an interesting bright colored item)

Social/Emotional

- Shows when they are overstimulated by turning away, sleeping, or fussing.
- Prefers looking at faces over looking at objects
- Responds to parents attempts to comfort
- Briefly make eye contact with others.

Motor

- Lift my head briefly Tummy Time 3-5 minutes five times a day, prop board books, toys. Lay on the floor next to her-sing to her, read to her, pet her back, use encouraging words with a comforting tone, lay on your back and place your baby on your chest.
- Suck well to eat and comfort self
- Movements are controlled by reflexes

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1.5 months to 3.5 months
Checklist

Language

- Turns head in general direction of sound
- Looks at you when you talk to your baby
- Makes sound with saliva
- Coo using sounds like aah, eee and ooo
- Takes turns imitating sounds with others

Cognitive

- Looks at hands
- Bats objects hanging within reach
- Follows objects past centerline
- Looks around while awake
- Combines two actions like sucking and looking

Social/Emotional

- Smiles on purpose to show pleasure
- Cry to communicate a need hungry wet or tired
- Imitate some facial movements of others (try sticking your tongue out)
- Shows excitement when see or hear familiar adults
- Begins self soothing sucks on fingers or pacifier

Motor

- Move arms and legs with purpose or responsively
- Lifts head and rotates side to side while laying on tummy
- Holds head steady against parents shoulder
- Pushes legs against a firm surface
- Brings hands to mouth
- Brings hands together
- Open hands and will hold an item

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3.5 months to 5.5 months
Checklist

Language

- Turn to see where a sound is coming from
- Listen closely to sounds I make with my own mouth
- Practice making sounds with my mouth when alone
- Make happy sounds like gurgle, cooing, raspberries

Cognitive

- Explore objects with mouth
- Examine things with hands fingers eyes
- Aim is improving while batting objects with feet and hands
- Repeat behavior that makes things happen
- Watch people and interesting things longer for at least a minute

Social/Emotional

- Responds to familiar people (these are people they see daily) calming smiling vocalizing moving arms and legs
- Respond to attention and affection
- Laugh
- Shows parent he's ready to eat when sees bottle or breast
- Calms when he sees parents coming to comfort him.

Motor

- Roll completely onto either side
- Lift head and chest using forearm
- Sit with help from mom and dad
- Holds toys with both hands
- Stretch legs to kick objects
- Reach and hold objects he's interested in
- Can hold head steady when propped in a sitting position
- Can roll from Tummy to back or back to tummy

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5.5 months to 8 months
Checklist

Language

- Turn or respond to name
- Look for momma daddy when hear names
- Squeal shriek or make other loud noises
- Babble in single syllables Ba, da ma & na
- Repeat syllables Ma mamam babababab

Cognitive

- Briefly look at pictures in books
- Put everything in mouth to explore This is they way I am learning
- Cause and Effect Learning throw shake drop bang items The high chair game
- Look for things that are partially hidden or out of sight
- Show curiosity as i constantly explore my surroundings
- I reach into a container to get objects

Social/Emotional

- Get upset when mom or dad leave the room
- Play simple games like peek a boo
- Enjoys affection hugs cuddles and tickles
- Looks for way to get parents attention
- Goes longer period of times without crying
- Ok with playing alone for short periods of time
- Eating and sleeping becomes more predictable.

Motor

- I can sit without support
- Roll scoot or pull my body when on tummy to get around
- Stand while holding onto parent or sturdy object
- Lifts legs to grab and look at feet
- Can hold or turn objects with control
- Pass an object from one hand to another (crossing midline)
- Can clasp hands together
- Use a raking motion to pick up very small items like cereal

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PARENT

8 months to 14 months
Checklist

Language

- Sometimes follow a simple request
- Sometimes respond to No (Stop what doing)
- Respond when someone calls my name
- Listen for a few minutes to rhymes and songs
- Look at books and point to familiar pictures (where is the kitty?)
- Understand 10 words that are said to me often
- Point gesture make sound to show what I want or need
- Jabber
- Says a few words like Dadda Momma

Cognitive

- Look at small objects and details
- Tries to make things work like a light switch
- Repeat things that have interesting effects
- Remember where hidden objects are your phone, tablet or TV remote for example
- Put round shape into a shape sorter (Teach how to do this)
- Tries to copy what others do

Social/Emotional

- Know the difference between familiar people and strangers
- Tries to be included in family activities
- Wants to be near caregivers
- Lets parents know when he needs help
- Plays pat a cake, so big,
- Shows affection annoyance, anger and surprise
- Observe and imitate actions
- Shows happiness or pride when I do something
- Attempts to interact with familiar people
- Does things to see how other react

Motor

- Feed self with fingers
- Pull myself to stand
- Cruise holding onto furniture
- Lowers self to sitting position
- Stand alone
- Walk with assistance
- Crawl up steps
- Turn pages in a board book
- Throw objects without control
- Bang two items together (Blocks)
- Can stack 2-3 similar items important for fine motor
- Uses the pincer grasp, thumb and index finger to pick up things
- Pointing

THE
Growing
PARENT

14 months to 24 months
Checklist

Language

- Follows one-step directions
- Bring object from another room when asked
- Use words and gestures to indicate wants and needs
- Can say about 50 words
- Make two-word combinations
- Imitate adult speech patterns
- Use jargon phrases with a few recognizable words
- Speak clearly about half the time
- Name three pictures in a book
- Point to six body parts

Cognitive

- Uses Trial and Error to figure things out
- Put round square and triangle pieces into shape sorter
- Take things apart and put them back together again
- Overcome simple obstacles (use chair to reach objects)
- Make three animal sounds
- Explore cabinets and drawers
- Find detail in a favorite picture book

Social/Emotional

- Says No to assert independence
- Imitate adult behaviors cleaning fixing things
- Feed or care for a doll or stuffed animal
- Play by self for a short period of time
- Hold and drink from an open cup with some spilling
- Try to comfort others that are in distress (pat them, give toys,
- Remove own shoes, socks and hat
- Share spontaneously with a familiar adult
- Make choices Blue cup or red
- Show a wide variety of emotions

Motor

- Walk independently
- Walk backward
- Throw a small ball forward
- Kick a large ball forward
- Carry a large object while walking
- Walk up stairs holding the railing
- Climb on things
- Run
- Straddle and ride a toy without pedals
- Scribble with a crayon spontaneously
- Turn over a container to pour out what's inside

THE
Growing
PARENT

24 months to 36 months
Checklist

Language

- Follow two step directions
- Say my name
- Name 8 pictures
- Name 3 body parts
- Can start and carry on a short conversation
- Four word sentences
- Parents understand 75% of the time
- Says more than 200 words
- Use pronouns like I you and Me
- Use verbs and past tense
- Uses plural socks
- Ask what where and why questions
- Understand the actions and events of simple stories
- Answers simple questions
- Can say two prepositions like with, from or to.

Cognitive

- Likes pretend play
- Remember events and places
- Can match identical items
- Point to a big or little object when asked to
- Sort toys by one characteristic
- Can complete simple puzzles
- Can name one color
- Understand the meaning of the number 2
- Avoid common dangers
- Nest or stack toys of graduated sizes

Social/Emotional

- Uses the word Mine or Me
- Can follow 3-5 simple rules
- Interact with children
- Take turns in activities with guidance
- Wash and dry my own hands
- Can Undress without help

Motor

- Can catch a large Ball
- Can Jump with both feet off the ground
- Can balance on one foot
- Can walk up and down stairs alternating feet
- Tolerate spinning swinging and rocking
- Build a tower of six cubes
- Can imitate a vertical line
- Can use correct pencil grasp, thumb and fingers adult like grasp
- Can Imitate a horizontal line
- Can snip with scissors
- Can screw and unscrew toys, jars and door knobs