

Checklist to Assess Infant and Toddler Development

Check each milestone that the child attains at the following ages and developmental stages.

Immobile Infant—Birth through 5 Months

Faith/Spiritual Development

- Child is born in sin and receives Baptism to be brought into God's family; child has been baptized
- Begins and continues to build foundation of trust through adults' response to his or her needs
- Has adults taking him or her to worship
- Has adults telling him or her "Jesus loves you"
- Has adults folding hands around his or hers and saying simple prayers

Social/Emotional Development

- Relaxes and stops crying when picked up
- Smiles and makes sounds when touched and talked to
- Makes eye contact
- Laughs when tickled, bounced, or engaged in vocal play
- Cries when left alone or put in strange position
- Extends arms to familiar people
- Smiles when seeing reflection in mirror

Large (Gross) Motor Development

- Lifts head and chest when lying on stomach
- Moves head to either side when placed on stomach
- Holds head steady in upright position
- Moves arms and legs easily
- Follows your movements by turning head from side to side
- Straightens legs and takes weight on feet when held upright
- Rolls from stomach to back
- Reaches for feet and brings them to mouth when lying on back

Small (Fine) Motor Development

- Easily takes a bottle or breast and sucks well
- Responds to different light intensities
- Startles or cries at sudden, loud noises
- Looks at you; watches your face
- Focuses on object held about 12 inches away
- Follows objects moving horizontally first, then vertically, obliquely, circularly
- Looks at hands
- Reaches for dangling objects or noise-makers
- Holds object in hand; gradually reaches for and grabs objects

Expressive Language Development

- Makes gurgling or cooing sounds
- Smiles in response to your smile or talk
- Laughs
- Cries go from one pitch to different volumes and pitch according to need
- Quiets easily when comforted
- Vocalizes when hearing human voices
- Turns head to locate sounds
- Vocalizes sound patterns
- Uses objects to make noise

Self-Help Development

- Opens and closes mouth when stimulated with food
- Sucks pureed food from spoon; gums pureed food
- Anticipates feeding activity by moving head and limbs and making sounds

Immobile Infant — 6 through 9 Months

Faith/Spiritual Development

- Responds to "Jesus" songs
- Looks at pictures of Jesus as an adult names Him
- Needs assurance of adult's love and Jesus' love when left in strange place ("Jesus loves you and I love you")
- Looks at picture books about Jesus
- Points to Jesus when He is talked about

Social/Emotional Development

- Cries/fusses at sight of a stranger
- Cries/fusses when favorite toy is taken away
- Touches image in mirror
- Uses hands to explore face of person holding him/her

Large (Gross) Motor Development

- Sits in high chair or three-sided child-size chair without slumping
- Sits alone for a short time; pulls self to sitting position
- Rolls from back to stomach, stomach to back
- Plays with feet when lying on back

Small (Fine) Motor Development

- Picks up a toy placed within reach
- Picks up small objects with scooping or sweeping motions
- Manipulates objects with hands and fingers

Expressive Language Development

- Makes many different sounds; babbles and squeals
- Laughs out loud
- Begins to show likes and dislikes
- Listens to music and singing
- Responds to own name

Self-Help Development

- Begins chewing movement
- Holds own bottle to drink
- Drinks from cup with help
- Picks up spoons



Mobile Infants—9 through 16 Months

Faith/Spiritual Development

- Needs faith-community environment to feel part of church family
- Builds trust through consistent care from adults
- Recognizes Jesus' name
- Folds hands when prayers are prayed
- Pats Jesus' picture when He is named
- Pats things as adult names things God has made
- Responds with hug when told "Jesus loves you"
- Looks for familiar people in church
- Responds verbally and physically to praise songs
- Imitates folding hands and prayer words
- Points to Jesus when He is talked about

Cognitive (Thinking) Development

- Finds toy that is completely covered
- Examines object by looking, turning it over, feeling and manipulating it
- Imitates facial movements inexactly
- Tries to imitate new sounds or actions
- Manipulates objects to produce effect
- Anticipates events from clues in environment
- Finds object hidden under one of three containers on first try
- Imitates actions when interacting with a toy (kissing a doll, rolling a ball)
- Stacks and unstacks blocks
- Recognizes people beyond family circle

Social/Emotional Development

- Fusses, cries, or searches when separated from significant adult in strange environment
- Plays pat-a-cake and peekaboo games with some appropriate gestures
- Repeats actions or vocalizations when laughed at

- Offers things to adults but will not let go
- Responds physically or vocally to other children
- Imitates ball play
- Expresses affection to other family members

Large (Gross) Motor Development

- Raises one foot and attempts to step while standing
- Crawls forward on hands and knees
- Pulls to stand with some help
- Sits without help while playing with toys
- Lets go of support and stands by self
- Walks by self
- Creeps up stairs
- Throws ball with some force
- Controls stopping, starting, and turning when walking
- Squats and resumes standing

Small (Fine) Motor Development

- Purposely releases object
- Holds object between thumb and index finger
- Makes mark on piece of paper
- Removes pegs from pegboard
- Places one object on another
- Accurately places object in its receptacle
- Uses both hands to perform the same action
- Stabilizes object with one hand and manipulates it with the other
- Holds crayon to scribble on paper

Expressive Language Development

- Responds to own name
- Imitates simple consonant-vowel combinations
- Says "Mama" and "Dada"
- Performs an act with only a verbal cue ("Wave bye-bye")

- Stops activity on hearing command "No!"
- Imitates sounds such as tongue click, cough, kiss, and animal noises
- Imitates words
- Points to familiar people or objects when hearing them named
- Talks in nonsense syllables and speech-like voice patterns
- Shakes head side to side to mean "no"
- Points to object named or wanted
- Begins to use words
- Follows simple command

Self-Help Development

- Stops drooling
- Holds, bites, and chews cracker
- Finger-feeds small amounts of food
- Eats mashed table foods
- Picks up and drinks from cup with some spilling
- Spoon-feeds with many spills
- Pulls off hat, socks, or mittens on request
- Cooperates in dressing and diapering by moving limbs

Toddlers—16 to 24 Months

Faith/Spiritual Development

- Grows in trust as adults respond to needs
- Repeats names of people in prayers
- Repeats simple prayers
- Responds to "Jesus" songs with movement and own words
- Gets restless during worship; needs to keep coming to worship to continue to build on the foundation of faith begun at Baptism (can be taken out for a short walk; should be allowed to point out people, objects, and activities in church or given quiet books)

Cognitive (Thinking) Development

- Uses tools to acquire something beyond reach
- Turns container over to remove object inside
- Improves imitations with practice
- Identifies self in mirror
- Points to and/or names one body part
- Imitates immediately and exactly body motions, sounds, and words
- Attempts to operate mechanical devices
- Matches pairs of objects from group of different objects
- Recognizes several animal pictures
- Begins to pretend and to use props in play
- Matches objects of same color

- Puts simple puzzle together
- Recognizes pictures with missing parts

Social/Emotional Development

- Checks adult's presence when playing
- Becomes frustrated easily
- Shows various emotions (anger, surprise, fear, sympathy, joy, anxiety, guilt)
- Plays near other children occasionally
- Uses gestures to make needs and wants known
- Wants to control others and their actions
- Sometimes clings to adult; other times pushes adult away
- Cries when favorite activity is stopped
- Picks up and puts away toys when asked
- Imitates domestic activities

Large (Gross) Motor Development

- Walks without help
- Runs or walks very fast
- Walks upstairs with one hand held
- Creeps backwards down flight of stairs
- Seats self in child-size chair
- Climbs in or out of adult-size chair
- Balances on one foot with help
- Throws ball overhand

- Pulls and pushes toys and boxes
- Walks downstairs with one hand held
- Jumps in place
- Goes up and down stairs alone holding onto rail
- Stands on balance beam
- Kicks ball with right or left foot
- Jumps from raised step with both feet together

Small (Fine) Motor Development

- Picks up small objects (raisin, Cheerio)
- Builds tower with three blocks
- Scribbles spontaneously
- Purposely and accurately puts objects in proper place
- Chooses round form from differently shaped objects; places correctly in form board
- Guides objects to hit target
- Performs activities with hands moving in opposite directions
- Places three different shapes correctly in form board
- Takes apart/puts together simple objects
- Imitates vertical and circular scribbles
- Manipulates objects using only fingers

Expressive Language Development

- Shows or names body parts
- Shows, points to, or retrieves toys on request
- Names objects and people
- Communicates needs with single words
- Names pictures
- Performs requested actions
- Combines two words
- Increases vocabulary weekly
- Imitates familiar words while listening to story or nursery rhyme
- Uses action words to describe activity in picture

Self-Help Development

- Places hat on head
- Zips and unzips large zippers
- Tries to put on own shoes
- Removes clothing without help
- Sucks from straw
- Washes and dries hands with help
- Sits on potty chair; may be toilet-regulated by adult
- Feeds self with spoon

Hearing Development—Each Age

- Shows awareness of home and school noises (phone, doorbell, children crying, dog barking)
- Uses a voice that is not too loud or too soft
- Plays with toys that make noise (rattles, bells, musical toys)
- Imitates sounds
- Uses some word endings (“s” or “ing”) after two years old
- Follows verbal directions
- Speaks so most people can understand (after two years old)
- Comes to you from another room when called (after two years old)

Vision Development—Each Age

- Makes eye contact (looks at your eyes)
- Follows a moving object with eyes
- Walks or crawls without frequently bumping into objects
- Looks at people and things without covering one eye
- Holds object a normal distance (after six months)
- Walks or crawls smoothly across shadows or areas that appear different (carpeting, tile)
- Looks at people and things without squinting (after nine months)
- Has eyes that are clear, not red or watery