

Patient Name: _____
 DOB: _____

CHDP Well-Child Developmental Surveillance
 Developmental Milestones Checklist

Child has the following risk factors:

Siblings with abnormal development	Maternal substance use during pregnancy
Child was born premature	Other: _____
Child was born LBW	Other: _____

Age group	Date of exam	X	Developmental Milestones	X	Activities to Stimulate Growth and development	Comments
1 month			Responds to sounds by blinking, crying, quieting, or startle response.		Learn baby's temperament.	
			Fixates on human face and follows with eyes.		Hold, cuddle, and play with baby.	
			Responds to parent's face and voice.		Crying usually peaks around 6 weeks old.	
			Lifts head momentarily when in prone position.		Talk and sing to baby.	
			Has flexed posture; moves all extremities.			
			Can sleep for 3-4 hours at a time; can stay awake for 1 hour or longer.			
2 months			Coos and vocalizes reciprocally		Learn baby's temperament.	
			Is attentive to voices		Hold, cuddle, and play with baby.	
			Shows interest in visual and auditory stimuli		Talk, sing, read to baby; play music	
			Smiles responsively		Establish bedtime routine	
			In prone position, lifts head, neck and upper chest with support on forearms		Provide age-appropriate toys	
			Some head control in upright position			
4 months			Controls head well		Talk, sing, read to baby; play music	
			Smiles, laughs, babbles and coos		Play pat-a-cake, peek-a-boo	
			Grasps rattle		Provide age-appropriate toys	
			Inspects and plays with hands and feet		Set bedtime routine; put baby to bed awake	
			Shows range of feelings like joy, surprise, anger and fear		Imitate baby's sounds when playing together	

6 months		Reaches persistently	Provide toys and items that baby can grasp easily
		Sits with no support	Read, play music, and sing to baby
		Grasps and mouths objects	Set bedtime routine; put baby to bed awake
		Vocalizes single consonants	Talk to baby and try to have baby repeat single syllable sounds, "ba," "da," and "ma"
		Turns to rattling sounds	
		Rolls over	
9 months		Holds objects in one hand	Place on floor in safe area to provide opportunity to strengthen large muscles and explore
		Smiles at self image in mirrors	Talk, sing, read to baby; play music
		Bears weight on legs	Set simple rules, limits
		Pokes with index finger	Offer small pieces of soft foods for baby to eat with fingers
		Feeds self with fingers	
		Drinks from a cup	
1 year		Plays peek-a-boo and pat-a-cake	
		Cruises and may take a few steps alone.	Talk, sing, and read together.
		Plays with toys; puts several objects in a container.	Encourage safe exploration.
		Says mama or dada.	Don't allow hitting, biting, aggressive behavior.
		Imitates vocalizations	Limit rules, set routines, be consistent.
15 months		Plays social games.	Expect curiosity about genitals.
		Vocabulary of 3-6 words	Praise good behavior and accomplishments
		Walks well	Talk, sing, and read to child
		Understands simple commands	Use discipline to teach, not punish
		Stacks two blocks	Avoid power struggles; set limits; be consistent
		Indicates wants by pointing or grunting	Discourage hitting, biting, aggressive behavior
	Waves bye-bye		

18 months		Uses spoon	Praise good behavior and accomplishments
		Points to at least one body part	Encourage self expression and choices
		Walks up steps	Allow assertiveness within limits
		Listens to a story	Keep discipline brief
		Helps in house	Read stories with child
		Scribbles	Offer pretend play toys such as playhouse and toy figures
		Points with index finger to indicate interest in something	Listen to child, show interest; spend time with child
		Brings object to parent to show them something	Don't expect child to share all toys
			Help siblings resolve conflicts
2 years		Can kick ball	Play social games
		Steady gait, runs	Hug, talk, read, and play together
		Vocabulary of 20 words; speech half understandable	Praise good behavior and accomplishments
		Uses 2 word phrases	Reinforce limits, be consistent
		Puts on some clothing	Learn how to help with fears, nightmares
		Washes and dries hands	Encourage self-expression, choices and safe exploration
3 years		Jumps in place	Provide opportunities to ride tricycle
		Pedals tricycle	Teach simple songs; read stories together
		Washes and dries hands and face; brushes teeth	Help child name what he/she sees, hears, or does
		Separates from mother easily	Encourage safe exploration, socialization, physical activity
		Knows own name, age, and sex	Provide choices, reinforce limits, and use "time out"
		Talks well; is easily understandable and uses plurals, and 4-5 word sentences	Use correct terms, answer questions
			Expect normal curiosity

4 years		Prints a few letters or numbers	Encourage child to talk about feelings, experiences, and school
		Walks backward, skips and hops	Read together with child
		Can sing a song	Assign chores
		Enjoys making up and telling stories	Set appropriate limits
		Gives first and last name	Visit parks, museums, and libraries
5-10 years		Interacts with small number of neighborhood children in groups	Offer board games and cards
		Adheres to predetermined rules	Encourage participation in clubs and team sports
		Knows right from left	Encourage safe, healthy habits, healthy foods, physical activity, and seat belt use
		Cause and effect are understood	Provide books for reading; interest child in hobbies
		Can walk a straight line/chalk mark	Praise child
		Feels good about school	Set limits, establish consequences
		Develops self-efficacy, or the knowledge of what to do and the confidence and ability to do it	Assign chores
			Teach how to resolve conflicts and handle anger
			Provide personal space
			Show interest in school performance and activities
			Encourage good physical health and exercise patterns

11-14 years		Participates in organized sports, social activities, and community groups	Promote family activities	
		Uses both hands independently	Show affection, praise good behavior	
		Becomes more graceful and coordinated	Model respect, family values, safe driving practices, and healthy behaviors	
		Ability to get along with peers; maintains peer relationships	Respect adolescent's need for privacy	
		Can understand another point of view	Emphasize importance of school, show interest in school activities	
		Learns from mistakes and failures, tries again	Keep guns unloaded and locked up, or remove from home	
		Understands parental limits and consequences for unacceptable behavior	Minimize criticism; avoid nagging, negative messages	
		Shares in household chores		
		Learns new skills		
		Preoccupation with rapid body changes		
15-17 years		Improved social skills; maintains family relationships	Promote participation in social activities	
		Sets goals and works toward achieving them	Expect responsibility for some household chores	
		Takes on new responsibility	Promote healthy and safe habits	
		Beginning emotional emancipation	Encourage responsibility for school attendance, homework, and course selection	
18-21 years		Acts responsibly for self	Promote community interaction	
		Maintains family relationships	Promote responsible, safe driving	
		School achievement	Encourage participation in family traditions	
		Begins preparation for further education, career, marriage, and parenting	Promote maintenance of strong family relationships	
		Exhibits capacity for empathy, intimacy, and reciprocity in interpersonal relationships, and self-identity		