

0 – 3 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Enjoys playful face-to-face interaction with people		
Coos in response to playful interaction		
Notices and responds to sounds		
<i>Coordination</i>	YES	NO
Moves legs and arms off of surface when excited		
Uses vision to follow black and white or brightly colored objects		
Is able to open and shut hands		
Is able to bring hands to mouth		
Is able to be on tummy for short bursts of time		
<i>Daily Activities</i>	YES	NO
Is able to latch on while nursing or bottle feeding		
Is able to calm during car rides when not tired or hungry		
Enjoys bath time		
Is usually able to tolerate diaper changing without crying		
<i>Self-Expression</i>	YES	NO
Is able to be comforted by cuddling or a parent's touch		
Is not upset with everyday sounds		
Is usually happy when not hungry or tired		
Enjoys varied playful movement experiences (e.g. bouncing on knees)		
Is able to calm with experiences such as rocking, touching, and calm sounds		
Does not demonstrate frequent or long bouts of being upset		



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4 - 6 Months Ability Checklist

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<i>Play and Social Skills</i>	YES	NO
Enjoys playful interactions with others (such as peek a boo)		
Is vocalizing in response to playful interaction		
Turns head toward sounds		
Maintains eye contact with familiar people during playful interaction		
Enjoys playing with toys of varied textures		
Enjoys musical toys		
Raises hands to be picked up		
Enjoys various types of movement, such as being gently swung		
<i>Coordination</i>	YES	NO
Is beginning to put weight through feet when supported in standing		
Is able to lift head forward when being pulled to sitting, from lying on back		
Is able to play on tummy for short bursts of time		
Is able to roll from tummy to back (5 months) and from back to tummy (6 months)		
Is able to pick up head and prop on elbows during tummy time		
Uses hands to play with and explore toys		
Uses both hands equally to play with toys		
Is able to turn head to visually follow motivating toys and people		
<i>Daily Activities</i>	YES	NO
Is able to latch on while nursing or bottle feeding		
Is able to stay calm during car rides when not tired or hungry		
Enjoys bath time		
Is usually able to tolerate diaper changing without crying		
Is not fearful when moving to lying on back for diaper changing		
<i>Self-Expression</i>	YES	NO
Is able to be comforted by cuddling or a parent's touch		
Is not fearful of everyday sounds		
Is generally happy when not hungry or tired		
Enjoys varied playful movement experiences (e.g. bouncing on knees)		
Is able to calm with experiences such as rocking, touch, and soothing sounds		



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7 – 9 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Is interested in interacting with others (such as peek a boo)		
Enjoys playing with toys of varied textures		
Enjoys playing with musical toys		
Is interested in playing with colorful objects		
Raises hands towards adult to be picked up		
Maintains eye contact with people during playful interaction		
Enjoys moving to explore the environment when placed on floor		
Enjoys various types of movement, such as being gently swung in the air by parents		
<i>Coordination</i>	YES	NO
Is able to put weight through feet when supported in standing		
Is able to pick up head and push through elbows during tummy time		
Keeps head forward when being pulled to sitting from lying on back		
Is able to play on tummy		
Moves on floor to get desirable toy		
Moves in and out of various positions (e.g. sitting, tummy, and hands and knees)		
Is able to turn head to visually follow motivating toys and people		
Maintains balance while sitting and using two hands together to explore toys		
Uses both hands equally to play with toys		
<i>Daily Activities</i>	YES	NO
Is able to latch on while nursing or bottle feeding		
Enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Usually tolerates diaper changes without crying		
Is not fearful of tipping head back when moving from sitting to lying down, for activities such as diaper changing		
Is able to transition from milk or formula to infant cereal		
<i>Self-Expression</i>	YES	NO
Is able to be comforted by cuddling or a parent's touch		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Is not fearful of everyday sounds		
Has an established and reliable sleeping schedule		



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10-12 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Is interested in interacting with others (such as peek a boo)		
Maintains eye contact with people during playful interactions		
Raises hands to be picked up		
Turns head in response to name being called		
Points to objects of interest by 12 months		
Enjoys playing with toys of varied textures		
Enjoys playing and banging musical toys		
Enjoys various types of movement, such as being gently swung in the air by parents		
Frequently explores the environment when placed on floor		
Enjoys moving to get a desirable toy		
<i>Coordination</i>	YES	NO
Moves in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore environment and get desired toys		
Keeps head forward when being pulled to sitting from lying on back		
Is able to pull self to stand		
Is able to hold head upright while crawling by 11 months		
Primarily crawls or walks to get desired objects		
Puts weight through hands or feet when moving in and out of positions and while supported in standing		
Is able to sit unsupported and turn head to look at objects without losing balance		
Is able to throw balls and maintain balance		
Uses both hands equally to play and explore toys		
Is able to clap hands		
Enjoys and seeks out various ways to move and play		

10-12 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

Daily Activities	YES	NO
Usually enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Is usually able to tolerate diaper changing without crying		
Is not fearful of tipping head back when moving from sitting to lying on back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Is eating an increasing variety of food		
Can usually participate in dressing without becoming upset		
Has an established sleep schedule		
Is usually able to calm self to fall asleep		
Self-Expression	YES	NO
Is comforted by cuddling and a parent's touch		
Has grown accustomed to everyday sounds and is usually not startled by them		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and calm sounds		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		



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13-18 Months Ability Checklist

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<i>Play and Social Skills</i>	YES	NO
Is interested in interacting with people (plays patty cake)		
Raises hands to be picked up		
Maintains eye contact with people during playful interactions		
Is interested in imitating others		
Turns head in response to name being called		
Points to objects of interest by 12 months		
Is able to locate objects you are pointing to		
Claps hand together in response to social play		
Enjoys playing with variety of toys and textures		
Enjoys banging and playing with musical toys		
Enjoys playing with new toys		
Eagerly explores the environment when placed on the floor		
Enjoys being swung and gently thrown in air		
Enjoys exploring and playing at the playground		
Enjoys swinging on playground swings		
<i>Coordination</i>	YES	NO
Is frequently moving in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore and get desirable objects		
Maintains balance in sitting or standing while using two hands together to explore toys		
Is able to turn head to look at objects without losing balance while standing		
Is able to take steps toward motivating item		
Crawls or walks to get desired item		
Has adequate endurance and strength to play with peers		
Uses hands to help move from one position to another		
Is able to throw balls without losing balance		
Uses both hands equally to play with and explore toys		
Seeks out various new ways to move and play		

13-18 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

Daily Activities	YES	NO
Usually enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Usually tolerates diaper changes without crying		
Is able to tip head back when moving from sitting to back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Eats an increasing variety of food		
Can usually participate in dressing without becoming upset		
Has an established sleep schedule		
Is usually able to calm self to fall asleep		
Is able to tolerate and wear new and varied textures of clothing		
Self-Expression	YES	NO
Is comforted by cuddling and a parent's touch		
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		
Enjoys various textures, such as grass or sand, after multiple exposures		
Is able to transition to new environment or activity		



19-24 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Turns head in response to name being called		
Is able to participate in small groups with other children		
Is interested, aware, and able to maintain eye contact with others		
Is able to play in social situations after a transition time		
Points to objects of interest		
Is able to locate objects you are pointing to		
Explores varied environments such as a new playground		
Enjoys swinging on playground swings		
Enjoys being swung and gently thrown in air		
Enjoys playing with new toys in varied ways		
Usually plays with toys without mouthing them		
Enjoys playing with a variety of toys and textures		
Enjoys playing with musical toys		
Enjoys sitting to look at or listen to a book		
<i>Coordination</i>	YES	NO
Is frequently moving in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore and get desirable objects		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to throw and attempt to catch ball without losing balance		
Uses hands to help move from one position to another		
Uses both hands equally to play with and explore toys		

19-24 Months Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

Daily Activities	YES	NO
Enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Usually tolerates diaper changes without crying		
Is not fearful of tipping head back when moving from sitting to back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Is able to eat an increasing variety of food		
Can usually participate in dressing without becoming upset		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear new and varied textures of clothing		
Self-Expression	YES	NO
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and soothing sounds		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Does not require an excessive routine to calm		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		
Enjoys various textures, such as grass or sand after multiple exposures		
Is able to transition to new environment or activity		
Is able to be away from parents when with supportive and familiar people		



2 - 3 Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Is able to participate in small groups with other children		
Is interested, aware, and able to maintain eye contact with others		
Turns head in response to name being called		
Explores varied environments such as a new playground		
Enjoys swinging on playground swings		
Is able to play in social situations after a transition time		
Enjoys swinging, being thrown in air, and roughhousing		
Enjoys playing with a variety of toys and textures		
Is able to locate objects of interest		
Is able to locate objects you are pointing to		
Enjoys playing with musical toys		
Enjoys playing with new toys in varied ways		
Usually plays with toys without mouthing them		
Enjoys sitting to listen or look at book		
Is able to participate in messy activities that result in dirty hands		
<i>Coordination</i>	YES	NO
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Uses hands to help move from one position to another		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through a new room without bumping into objects and people		
Only leans on furniture, walls or people and sits slumped over when tired		
Is able to throw and attempt to catch ball without losing balance		
Coordinates both hands to play, such as swinging a bat or opening a container		
Uses both hands equally to play and explore toys		
Coordinates hand and finger movements needed to participate in table top games and activities		

2 - 3 Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

Daily Activities	YES	NO
Enjoys bath time		
Is able to self calm in car rides when not tired or hungry		
Tolerates diaper changes without crying		
Is not fearful of tipping head back		
Is able to use fingertips to pick up small objects, such as small pieces of food		
Eats an increasing variety of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear new and varied textures of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is aware of sensations such as a wet diaper or underpants		
Is able to tolerate and stay calm during haircuts		
Is able to adapt to changes in routine		
Self-Expression	YES	NO
Is generally happy when not hungry or tired		
Is able to calm with experiences such as rocking, touch, and calm sounds		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Does not require an excessive routine to calm		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self soothe when upset		
Enjoys various textures, such as grass or sand, after multiple exposures		
Is able to transition to new environment or activity		
Is able to be away from parents when with supportive and familiar people		
Enjoys playing near peers		



4 - 6 Years Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Play and Social Skills</i>	YES	NO
Is interested in, aware of, and able to maintain eye contact with others		
Enjoys playing in small groups with children of the same age		
Is able to initiate and play with another child of the same age		
Turns head in response to name being called		
Interested in exploring varied environments, such as new playground or friend's house		
Is able to play in new social situations		
Enjoys playing with variety of toys intended for children of the same age		
Is aware of risky and unsafe environments and behavior		
Participates in crafts / activities that involve wet textures, such as glue		
Enjoys rough but safe play with peers, siblings, or parents		
Enjoys swinging on playground swings		
Enjoys playing with new toys		
Is able to locate objects you are pointing to		
Enjoys sitting to look at or listen to a book		
Usually does not bring non-food objects to mouth		
Is able to play with one toy or theme for 15 minute periods of time		
<i>Coordination</i>	YES	NO
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through new room without bumping into objects or people		
Only leans on furniture, walls or people and sits slumped over when tired		
Is able to throw and attempt to catch ball without losing balance		
Coordinates both hands to play, such as swinging a bat or opening a container		
Coordinates hand and finger movement needed to participate in table top games and activities		
Is able to color and begin to imitate shapes		
Uses appropriate force when playing with peers or pets or when holding objects		
Is able to maintain good sitting posture needed to sit in chair		

4 - 6 Years Ability Checklist

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Daily Activities	YES	NO
Is able to use utensils to pick up pieces of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear textures of new and varied articles of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is able to tolerate haircuts and nail cutting without crying		
Is able to adapt to changes in routine		
Can take bath or shower, although preference may be present		
Eats a diet rich in various foods, temperatures, and textures		
Can drink from a cup and straw without dribbling		
Need for crashing, bumping and moving fast does not interfere with participation in activities and family life.		
Is able to complete everyday tasks that have multiple steps, such as dressing		
Frequently wakes up rested and ready for a new day		
Self-Expression	YES	NO
Is generally happy when not hungry or tired		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Is able to enjoy a wide variety of touch, noises, and smells		
Cries and notices when hurt		
Is able to calm self down after upsetting event		
Is able to transition to new environment or activity		
Is able to pay attention and is not distracted by sounds not noticed by others		
Is able to cope with an unexpected change		



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6 Years & Above Ability Checklist

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<i>Play and Social Skills</i>	YES	NO
Is interested in, aware of, and able to maintain eye contact with others		
Is able to initiate play with another child of the same age		
Would rather play with a friend or children rather than adults		
Has several friends and enjoys playing with them		
Enjoys participating in family outings		
Enjoys playing in a new setting		
Is able to resolve conflict with friends or other children without teacher or parent intervention		
Participates in crafts / activities that involve wet textures, such as glue		
Is interested in exploring varied environments, such as new playground or friend's house		
Is able to play in and accommodate to new social situations		
Enjoys rough but safe play with peers, siblings, or parents		
Enjoys playing with new toys		
Enjoys swinging on playground swings		
Is able to locate objects you are pointing to		
Enjoys playing with a variety of toys intended for children of the same age		
Is aware of risky and unsafe environments and behavior		
Usually does not bring non-food objects to mouth		
Is able to think of various ways to play with one toy		
Is not overly controlling of play with other children		
Pretend play is rich and varied and does not require adult direction		
Can start and finish age appropriate activities within a reasonable amount of time		
<i>Coordination</i>	YES	NO
Enjoys and seeks out various ways to move and play		
Has adequate endurance and strength to play with peers		
Coordinates movements needed to play and explore		
Usually walks with heel toe pattern and not primarily on toes		
Can maintain balance to catch ball or when gently bumped by peers		
Is able to walk and maintain balance over uneven surfaces		
Walks through a new room without bumping into objects or people		
Only leans on furniture, walls or people and sits slumped over when tired		
Coordinates movement needed for quicker sport-like activities (e.g. soccer, kickball, hopscotch, and gross motor video games)		
Coordinates hand and finger movements needed to participate in table top games and activities		
Uses appropriate force when playing with peers or pets or when holding objects		

6 Years & Above Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if your child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

<i>Coordination continued</i>	YES	NO
Is able to maintain good sitting posture needed for school tasks		
Is able to quickly maneuver around peers moving on the playground		
Participates in challenging tasks that require balance, such as riding a bike		
Is able to use fingertips to pick up small objects, such as coins from a table or small game pieces (e.g. Lite Brite)		
Is able to copy simple designs		
Participates in fine motor activities such as coloring, writing, and cutting		
Has an established hand preference		
<i>Daily Activities</i>	YES	NO
Is able to use utensils to pick up pieces of food		
Has an established sleep schedule		
Is usually able to self calm to fall asleep		
Is able to tolerate and wear textures of new and varied articles of clothes		
Is able to take appropriate bites of food, does not always stuff mouth		
Is able to tolerate haircuts and nail cutting		
Is able to adapt to changes in routine		
Can take bath or shower, although preference may be present		
Eats a diet rich in various foods, temperatures, and textures		
Need for crashing, bumping and moving fast does not interfere with participation in activities and family life.		
Is able to independently complete everyday tasks that have multiple steps, such as dressing		
Frequently wakes up rested and ready for a new day		
Is able to eat without making a mess		
Is aware when food is on mouth or face		
Is able to follow multiple step directions when motivated		
Can organize self and day to accomplish age appropriate tasks independently		
Can pay attention in a busy environment such as a classroom		
Enjoys participating in loud fun settings, such as birthday parties		
Is not overly controlling of daily tasks such as dressing or mealtimes		

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6 Years & Above Ability Checklist

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<i>Self-Expression</i>	YES	NO
Is generally happy when not hungry or tired		
Has grown accustomed to everyday sounds and is usually not startled by them		
Has an established and reliable sleeping schedule		
Is able to enjoy a wide variety of touch, noise, and smells		
Cries and notices when hurt		
Is able to self calm down after upsetting event		
Is able to transition to new a environment or activity		
Is able to pay attention and is not distracted by sounds not noticed by others		
Is able to cope with unexpected change		
Is able to accommodate unexpected touch by others		
Uses simple strategies to remain calm when experiencing stress		
Does not require excessive consoling when upset		

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