



CHILD DEVELOPMENT CHECKLIST

0–12 MONTHS

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Child's name:

Date of birth:

Assessment date:

RATING
SCALE0 — skill
absent1 — skill emerging (partial or
inconsistent)2 — skill established (confident,
always)

No		Skill	Norm (mo.)	Score (0 / 1 / 2)
GROSS MOTOR DEVELOPMENT				
1	Motor	Holds head up while on tummy	2–3	○ ○ ○
2	Motor	Lifts head and chest	2–3	○ ○ ○
3	Motor	Rolls tummy to back	3–4	○ ○ ○
4	Motor	Rolls back to tummy	4–5	○ ○ ○
5	Motor	Holds head steady upright	3–4	○ ○ ○
6	Motor	Sits with support	5–6	○ ○ ○
7	Motor	Sits independently	6–7	○ ○ ○
8	Motor	Crawls (any method)	7–9	○ ○ ○
9	Motor	Changes position alone	6–8	○ ○ ○
10	Motor	Pulls to stand	8–9	○ ○ ○
11	Motor	Cruises along furniture	9–11	○ ○ ○
12	Motor	Stands alone	10–11	○ ○ ○
13	Motor	Walks independently	11–13	○ ○ ○
FINE MOTOR SKILLS				
14	Fine M.	Grasps object in palm	2–3	○ ○ ○
15	Fine M.	Holds object 5–10 sec	3–4	○ ○ ○
16	Fine M.	Reaches intentionally	3–4	○ ○ ○
17	Fine M.	Transfers hand to hand	4–5	○ ○ ○
18	Fine M.	Bangs objects together	6–7	○ ○ ○
19	Fine M.	Manipulates toy	6–8	○ ○ ○
20	Fine M.	Pincer grasp	9–10	○ ○ ○
21	Fine M.	Points with finger	10–12	○ ○ ○
SENSORY DEVELOPMENT				
22	Sens.	Fixes gaze on face	1–2	○ ○ ○
23	Sens.	Tracks moving object	2–3	○ ○ ○
24	Sens.	Responds to sound	1–2	○ ○ ○
25	Sens.	Turns head to sound	3–4	○ ○ ○
26	Sens.	Recognises familiar voice	3–4	○ ○ ○
27	Sens.	Explores with mouth	4–6	○ ○ ○
28	Sens.	Distinguishes familiar vs new	6–9	○ ○ ○
SPEECH & COMMUNICATION				
29	Speech	Coos	2–3	○ ○ ○



30	Speech	Babbles	5–6	○ ○ ○
31	Speech	Responds to name	6–7	○ ○ ○
32	Speech	Understands "no" tone	6–7	○ ○ ○
33	Speech	Understands simple words	7–9	○ ○ ○
34	Speech	Uses gestures	8–10	○ ○ ○
35	Speech	Meaningful syllables	9–11	○ ○ ○
36	Speech	Says first words	10–14	○ ○ ○

COGNITIVE DEVELOPMENT

37	Cogn.	Shows interest in novelty	2–3	○ ○ ○
38	Cogn.	Searches for hidden object	6–8	○ ○ ○
39	Cogn.	Understands cause-effect	7–9	○ ○ ○
40	Cogn.	Imitates adult actions	8–10	○ ○ ○
41	Cogn.	Uses object functionally	9–12	○ ○ ○

EMOTIONAL DEVELOPMENT

42	Emot.	Social smile	1–2	○ ○ ○
43	Emot.	Expresses joy	2–3	○ ○ ○
44	Emot.	Expresses displeasure	3–4	○ ○ ○
45	Emot.	Distinguishes familiar/strangers	6–8	○ ○ ○
46	Emot.	Shows attachment	6–9	○ ○ ○
47	Emot.	Soothes with adult help	8–12	○ ○ ○

SOCIAL DEVELOPMENT

48	Social	Makes eye contact	1–2	○ ○ ○
49	Social	Smiles back	2–3	○ ○ ○
50	Social	Initiates interaction	4–6	○ ○ ○
51	Social	Plays simple games	7–9	○ ○ ○
52	Social	Interest in other children	9–12	○ ○ ○

HOW TO CALCULATE YOUR RESULT

Step 1. Add all scores from the "Score" column → Total = ____

Step 2. Maximum = 52 skills × 2 = 104 (the last number in the table = number of skills)

Step 3. Total ÷ 104 × 100 = your % → My result = ____%

WHAT THE RESULT MEANS

≥ 90% — Development is age-appropriate. Continue play and observation.

75–89% — Mild delay. Give more attention to weaker domains.

50–74% — Moderate delay. Specialist consultation recommended.

< 50% — Significant delay. Professional support is needed.

⚠ One result does not make a diagnosis. Track dynamics — repeat the assessment every 3–6 months.
For guidance only, not a substitute for professional advice.

