

Seriously Kids™

Supporting, educating, empowering.... Seriously useful

We encourage you to use this checklist as a source of information rather than as a prescriptive checklist. Checklists are great guides to help you determine what you may need, provide a starting point to help in gathering information and take some of the stress out of things such as making a decision or establishing a clear view of the situation on paper.

Please Note: Children's learning is ongoing each child will progress towards the milestones in different ways and at differing paces. This checklist should be used as a guide only.

DEVELOPMENTAL MILESTONES

5+ YEARS

Everything your baby does as they grow forms part of their development.

How your child plays, learns, speaks and acts offers important clues about your child's development, yet every baby grows and develops in a unique way.

Developmental milestones are achievements most children can do by a certain age. Your child does not need to be able to do everything at each developmental age as each child develops at an individual rate within the expected age ranges.

It is no use comparing a child to another as in most instances no two children will do things at the same time. For example a baby may sit up 'first' but then another baby may crawl before the baby who sat up. Development is a progression and is why there are developmental periods.

A child has a guided timeframe to be able to grow and develop and master the milestone. That is why there is a guide as it allows a baby to develop at their own pace within the variation of the timeline for their developmental phase.

It is suggested that you begin by focussing on the developmental areas that slot in with the age range into which the child fits. For example if your child is 3½ years old, start in the 3-5 year checklist age range.

Be mindful that your child may or may not fill everything. The purpose of a checklist is not that a child must check off everything on the list; it is merely a guide of what is the general expectation for the age range. If you do not see the development and/or behaviour then simply leave that area blank.

If you have concerns please seek professional help. You can take the completed checklists with you to discuss with your child's doctor about the milestones your child has reached (or the concerns you have at those they may not have yet reached) and what to expect next.



SOCIAL AND EMOTIONAL

Plays co-operatively with peers

___ / ___ / ___

 _____

Takes turns and shares

___ / ___ / ___

 _____

Initiates own play activities

___ / ___ / ___

 _____

Accept correction/guidance from carer

___ / ___ / ___

 _____

Shows concern for others

___ / ___ / ___

 _____

SELF HELP SKILLS

Performs daily tasks alone

___ / ___ / ___

 _____

Knows about managing food (appropriate time and acceptable manner)

___ / ___ / ___

 _____

Can unscrew lid on drink and undo their lunch

____ / ____ / ____

[Empty comment box]

FINE MOTOR DEVELOPMENT

Able to copy/trace triangle, diamond

____ / ____ / ____

[Empty comment box]

Printing numerals, letters

____ / ____ / ____

[Empty comment box]

Scissor accuracy

____ / ____ / ____

[Empty comment box]

Detailed drawings

____ / ____ / ____

[Empty comment box]

Eye/hand Co-ordination fully developed

____ / ____ / ____

[Empty comment box]

COGNITIVE DEVELOPMENT

Usually alert and interested

____ / ____ / ____

[Empty comment box]

General knowledge and interest of their environment

____ / ____ / ____

RECEPTIVE LANGUAGE

Understand meaning of verbal expression

____ / ____ / ____

Using different parts of speech (i.e. nouns, verbs etc.)

____ / ____ / ____

Wide vocabulary

____ / ____ / ____

Sufficient volume to be heard

____ / ____ / ____

CREATIVITY

Asks for own props

____ / ____ / ____

Extends on own play

____ / ____ / ____
