



Childhood Skills Checklist

By 3 months a child usually can:

- look toward bright colors and lights
- move eyes in the same direction together
- react to bottle or breast
- react to loud noises or voices
- make a fist with either hand
- grasp hair or toy
- wiggle and kick
- lift head and chest when on stomach
- smile in social interaction
- vocalize and coo

By 6 months, a child usually can:

- turn over from stomach to back
- follow moving objects with eyes
- distinguish mother from others
- turn toward source of normal sound
- pick up toy with one hand
- transfer objects from one hand to the other
- play with toes
- help hold bottle during feeding
- recognize familiar persons
- babble

By 9 months, a child usually can:

- sit without support
- feed self cracker or cookie
- push away things not wanted
- reach for familiar persons
- roll from back to stomach
- make wide range of vocalizations
- react when called by name

By 12 months, a child usually can:

- crawl on hands and knees
- pull to standing position
- walk around furniture or crib while holding on

- drink from a cup
- wave bye-bye and play peek-a-boo and patty cake
- pick up small objects with thumb and index finger
- hold out arms and legs while being dressed
- put objects into container
- stack two blocks
- use five to six words

By 18 months, a child usually can:

- walk without support
- enjoy pulling, pushing, and dumping things
- follow simple directions
- pull off shoes, socks, mittens
- enjoy looking at pictures
- keep balance when stepping off low objects
- hold cup by self to drink
- give kisses and hugs
- feed self with spoon
- pick up two small toys in one hand
- talk in single words
- scribble with crayon

By 2 years, a child usually can:

- use two to three word sentences
- recognize familiar pictures
- carry an object while walking
- play independently
- enjoy imitating parents
- identify hair, eyes, ears, and nose by pointing
- build a tower of four blocks
- show affection
- sometimes say “no” when interfered with
- kick a ball forward
- show sympathy to other children

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 - kick a ball forward
 - show sympathy to other children
 - run well
 - respond to correction
 - take off open coat or shirt without help
 - walk up and down stairs alone
 - turn pages of picture book one at a time
 - follow two-part instructions

At 3 years, a child usually can:

- ride a tricycle
- repeat common rhymes
- name at least one color correctly
- use toilet
- help with simple household tasks
- open door by turning knob
- climb on play equipment, ladders, slide
- scribble with circular motion
- play with other children
- stand on one foot without support
- draw or copy vertical lines
- speak and be understood most of the time
- play a role in pretend games
- dress self with help
- walk up and down stairs alternating feet