

# Get Started

## 1 Choose the nearest age

Choose the checklist that matches your child's age. If your child falls between two ages, use the earlier age (if child is 4½ years old, use the 4 year checklist). If your child is 3 or more weeks premature, determine the appropriate checklist at [lookseechecklist.com/premature](http://lookseechecklist.com/premature)

## 2 Answer the questions

Answer the questions to the best of your ability. If you are not sure, try the question with your child. Any examples are only suggestions. You may use similar examples from your family experience. Language and communication items can be asked in the child's first language. Items marked with \*\* may not be common to all cultures.

## 3 Follow-up with a professional

If you answer "no" to any question or have any concerns about your child's development, follow-up with a health care and/or child care professional.

# When you're done

Follow the parenting tips beside the checklist to help your child grow. These tips may be a bit more challenging than the checklist. If you have questions, contact a professional. The tips are organized into the following developmental areas:

♥ Emotional

✋ Fine Motor

👤 Gross Motor

👥 Social

🛠 Self-Help

💬 Communication

🧠 Learning & Thinking



LIMITATION OF LIABILITY NDDS® has created and provides the Checklists to assist parents, health care and child care professionals (users) with a convenient and easy to use method of recording the development and progress of infants and children within certain age groupings. The Checklists are not meant to be a substitute for the advice and/or treatment of health care and child care professionals trained to properly and professionally assess the development and progress of infants and children. Although the Checklists may help users to determine when they need to seek out the advice and/or treatment of health care and child care professionals, users must still consult with competent health care and child care professionals for advice and/or treatment respecting specific children and their particular needs. Users should bear in mind the following when using the Checklists: (i) The needs of each infant/child are unique. Each infant/child will develop differently and as such, any perceived limitations in development must be reviewed by a health care and/or child care professional to be properly assessed; (ii) While every effort has been made to make the Checklists as culturally, economically and geographically neutral as possible, it must be understood by users that they may still reflect some cultural, economic or geographic prejudices. As such, these prejudices may affect a specific infant's/child's results in a Checklist without actually reflecting a developmental limitation. Again, users should contact a health care and/or child care professional to review the needs of an individual infant/child; (iii) The Checklists cannot contain every possible indicator of developmental limitations or goals to be met. As such, the Checklists are not designed for and should not be used to diagnose or treat perceived developmental limitations or other health needs. NDDS® makes no representation or warranties, express or implied. This includes, but is not limited to, any implied warranty or merchantability of fitness for a particular use or purpose, and specifically disclaims any such warranties and representations. NDDS® expressly disclaims any liability for loss, injury or damages incurred or occasioned as a consequence, directly or indirectly, of the use of the Checklists. The Checklists are sold with the understanding that NDDS® is not engaged in rendering health care, child care, medical or other professional services. NDDS® PRODUCT LICENSE® The Checklists are the copyright of NDDS Intellectual Property Association and are subject to copyright and other intellectual property laws. By purchasing the Checklists, the user agrees to be bound by the terms of the following limited license. (i) Each page of the Checklist shall only be used in relation to an individual infant/child; (ii) When a Checklist page has been used for an individual infant the completed Checklist page may be copied for archival purposes only, or in order to provide a copy to a health care and child care professional in order to assist in the advice or treatment given by the recipient professional for the individual infant/child; (iii) Except as provided in (ii) above, the user shall not copy, modify or remove any of the trademarks, trade names or copyright notices of Nipissing® from the Checklists, either in whole or in part; (iv) The user does not acquire any proprietary or other interest in the Checklists. © The Nipissing and NDDS are trademarks of NDDS Intellectual Property Association, used under license. All rights reserved. NDDS © 2018 NDDS Intellectual Property Association. All rights reserved.



looksee  
checklist® by ndds

A checklist to monitor your child's development from 1 month to 6 years of age with tips to help them grow.

# By one month of age, does your child:

Y N

- 1 Look at you?
- 2 Startle to loud or sudden noise?
- 3 Calm down when comforted?
- 4 Suck well on the nipple?

# By two months of age, does your child:

- 1 Follow movement with eyes?
- 2 Study your face?
- 3 Startle or wake to loud noises?
- 4 Stop crying when comforted by you?
- 5 Enjoy being touched and cuddled?
- 6 Recognize and calm down to a familiar gentle voice?
- 7 Have different cries? *tired, hungry\**
- 8 Have a variety of sounds? *coos, gurgles\**
- 9 Suck well on the nipple?
- 10 Feed every 2–4 hours during the day?
- 11 Lift head when on tummy?\*
- 12 Hold head up when held at your shoulder?
- 13 Move arms and legs?

\* Examples are only suggestions.  
Use similar examples from your family experience.

\*\* Item may not be common to all cultures.

# Try these tips to help your child grow:

Get to know me. Touch me as you feed, dress, and bathe me. Try to learn how I like to be handled: firmly or lightly, quickly or slowly. Massage my arms, legs, back, tummy, and face. This is a good time to get to know one another.

You're my first friend, and my interactions with you help me with my relationships in the future.

I am most interested in your voice and face. I want you to hold me close so I can study your face.

To help me relax, hold me close to you and cuddle me as we rock in a rocking chair. Talk or sing to me, touch me, talk in a soft low voice, or play lullaby music. Loud noises scare me.

As you feed me, hold me close and look at me. Smile, tell me how wonderful I am, and let me gaze into your eyes.

I'm too little to go for a long time without eating. I may need to eat sometime during the night.

I want my head supported as you hold me against your shoulder and you talk to me. I may try to lift my head for a few seconds to see my new world. There is so much to see.

When I am awake and being watched, I need tummy time. I need to sleep on my back on a firm, flat surface.

Relate to me by talking, singing, or cooing as you change my diaper, give me a bath, feed, or dress me. I want you to be involved with me.

Talk, sing lullabies, say rhymes, or make up songs so I can listen to the sound of your voice. Change your voice; I may like a high pitch or low pitch.

Respond to my crying. It's my way of communicating if I'm hungry, tired, warm, need a diaper change, or am in discomfort. Hold me close; you won't spoil me.

Mirrors and dangling things are favourites of mine.

I like movement, but please don't shake me; it's not safe. My head is too heavy for my neck. Since I am so young, always support my head.

Please don't let anyone smoke around me.

Child's Name: \_\_\_\_\_

Birthdate: \_\_\_\_\_

Today's Date: \_\_\_\_\_