

Community Child & Adolescent Mental Health Service Project
Dept. of Child & Adolescent Psychiatry, NIMHANS
Supported by Dept. of Women & Child Development, Govt. Of Karnataka
Developmental Check-list for Children (Aged 0- 1years)

Developmental Functions and Tasks		Ability to Perform Developmental Functions and Tasks			
		To high Extent	To Some Extent	To Low extent /Not at all	
Sl no	1.PHYSICAL DEVELOPMENT				
	1.1. Motor Skills				
a.	0-3 Months.	Opens and closes hands (folding palm)			
b.		Able to use hand to hold on to an objects			
c.		Able to bring hands together when lying on his/her back			
d.		Able to push down on his/her legs when his/her feet are placed on firm surface			
e.		Stretches legs out when lying on stomach or back			
f.		Supports upper body with arms when lying on stomach			
g.		Balances neck for a few minutes while lying or sitting with support			
h.		Follows moving objects			
i.		Grasps objects dangling in front of him/her			
j.	4-7 months.	Transfers objects from one hand to another, squeezing fingers against palm			
k.		Grasps feet			
l.		Routinely rolls over from stomach to back and back to stomach			
m.		Pulls to sitting position with no head lag (with neck control)			
n.		Sits without support if made to sit			
o.		Tracks moving objects with ease (visual tracking)			
p.	8-12 Months.	Crawls forward on belly			
q.		Gets to sitting position without assistance			

r.		Pulls self up to standing position using furniture			
s.		Stands momentarily without support			
t.		Uses pincer grasp to pick up small objects (grasp using thumb and index finger)			
u.		Bangs two small objects together			
v.		Puts and takes small objects into and out of container			
w.		Tries to imitate scribbling			

2. LANGUAGE DEVELOPMENT

a.	0-3 Months.	Makes sucking sounds			
b.		Makes cooing noises; vocal play			
c.		Attends to sound/ Startles to loud noise			
d.	4-7 months.	Laughs and squeals out loud			
e.		Responds to sound by making sounds			
f.		Responds to songs and rhythms/rhymes by clapping hands;			
g.		Uses voice to express joy and displeasure (gurgling vs crying)			
h.		Distinguishes emotions by tone of voice (recognizes happy/excited tones or angry ones)			
i.	8-12 months.	Babbles “dadada....” and “mamama....” (9 months)			
j.		Says “dada” and “mama” for specific person (11 months)			
k.		Responds to simple verbal requests, such as “Give me” (12 months)			
l.		Responds to “no” by briefly stopping activity and noticing adult (10 months)			
m.		Makes simple gestures such as shaking head for “no” (12 months)			
n.		Uses exclamations such as “oh-oh” (12 months)			

3. COGNITIVE DEVELOPMENT

a.	0-3 months.	Watches face intently when spoken to			
b.		Responds to voice i.e. turn to, wiggle, reacts			
c.		Recognize or know the bottle or breast			
d.	4-7 months.	Looks for a family member when named			
e.		Looks for fallen toys			

f.		Plays peek-a-boo			
g.	8-12 months.	Enjoys looking at pictures in books			
h.		Engages in simple games of rhymes, Peek-a-Boo or rolling ball to another			
i.		Imitates gestures			
4.SOCIAL DEVELOPMENT					
a.	0-3 months.	Makes eye contact			
b.		Smiles at the sound of caregiver's voice			
c.	4-7 months.	Knows faces of family/ caregivers			
d.		Enjoys playing with others			
e.	8-12 months.	Responds to spoken "bye-bye" by waving hands (10 months)			
f.		Shy/ anxious around strangers			
g.		Enjoys imitating people in play			
h.		Repeats sounds or gestures for attention			
5. EMOTIONAL DEVELOPMENT					
a.	0-3 months	Enjoys playing with other people and may cry when playing stops			
b.		Becomes more communicative and expressive with face and body			
c.	4-7 months.	Able to calm down when soothed or distracted			
d.		Responds to other people's expression of emotion			
e.		Cries when mother or father leave			
f.	8-12 months.	Prefers mother and/or regular caregiver over all others			
g.		Shows specific preferences for certain people and toys			