

**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 1-3 years)**

Developmental Functions and Tasks		Ability to Perform Developmental Functions and Tasks			
		To high Extent	To Some Extent	To Low extent /Not at all	
<b>SI no</b>		<b>1.PHYSICAL DEVELOPMENT</b>			
a.	1-2 yrs.	Climbs onto and down from furniture unsupported (16-24 mos.)			
b.		Pulls toys behind him while walking and Carries large toy or several toys while walking (13-16 mos.)			
c.		Begins to run stiffly (16-18 mos.)			
d.		Walks up and down stairs holding on to support (18-24 mos.)			
e.		Can open doors by turning knobs (18-24 mos.)			
f.		Can drink from open cup, with some spilling (18-24 mos.)			
g.		Scribbles spontaneously (14-18 mos.)			
h.		Turns over container to pour out contents (12-18 mos.)			
i.		Starts to feed self with spoon, with some spilling (18-24 mos.)			
j.		Builds tower of four blocks or more (20-24 mos.)			
k.		Completes simple knobbed wooden puzzles of 3 to 4 pieces (21-24)			
l.		Goes to toilet during day time with some help (36)			
m.		Can feed self if mixed and given (3 years)			
n.	2-3 yrs.	Walks down stairs alone, placing both feet on each step			
o.		Walks upstairs alternating feet with support (24-30 mos.)			
p.		Swings leg to kick ball (24-30 mos.)			
q.		Runs easily (24-26 mos.)			
r.		Pedals tricycle (30-36 mos.)			
s.		Bends over easily without falling (18-24 mos.)			
t.		Makes vertical, horizontal, circular strokes with pencil or crayon (30-36 mos.)			
		<b>2.SPEECH AND LANGUAGE DEVELOPMENT</b>			

a.	1-2 yrs.	Says “no” with meaning (14-18 mos.)			
b.		Follows simple, one-step instructions (18-24mos.)			
c.		Says 4-5 meaningful, single words (14-18 mos.)			
d.		Points to object or picture when it’s named for them (18-24 mos.)			
e.		Repeats words overheard in conversations and uses two-word sentences (18-24 mos.)			
f.	2-3 yrs.	Uses pronouns (I, you, me, we, they) (24-30 mos.)			
g.		Understands simple sentences (24-40 mos.)			
h.		Can say name, age, and sex (36 months)			
i.		Uses words to communicate wants and needs (30-36 mos.)			
j.		Knows simple rhymes and songs (30-36 mos.)			
k.		Understands prepositions like on, in, under, out, up (24-36 mos)			

### 3. COGNITIVE DEVELOPMENT

a.	1-2 yrs.	Will listen to short story book with pictures (15-20 mos.)			
b.		Identifies two to three body parts (14-18 mos.)			
c.		Begins to sort shapes and colours (20-24 mos.)			
d.		Begins make-believe play (20-24 mos.)			
e.	2-3 yrs.	Makes mechanical toys work (30-36 mos.)			
f.		Matches an object in hand or room to a picture in a book (24-30 mos.)			
g.		Sorts objects by color (30-36 mos.)			
h.		Completes puzzles with 3 or 4 pieces (24-36 mos.)			
i.		Recognizes and identifies common objects and pictures (26-32 mos.)			
j.		Knows several body parts (24-36 mos.)			
k.		Understands concept of “two” (26-32 mos.)			

### 4. SOCIAL DEVELOPMENT

a.	1-2 yrs.	Imitates behaviour of others, especially adults and older children.			
b.		Enjoys playing with other children			
c.	2-3 yrs.	Uses the word “mine” often			
d.		Begins to follow simple rules of play			

### 5. EMOTIONAL DEVELOPMENT

a.	1-2 yrs.	Demonstrates increasing independence by wanting to do things on their own (18-24 mos.)			
b.		Begins to separate more easily from parents by 2 years)			
c.		Begins to show defiant behaviour (18-24 mos.)			
c.	2-3 yrs	Objects to major changes in routine, but is becoming more compliant			
d.		Says “no” but will still do what is asked (24-36 mos.)			
e.		Expresses a wide range of emotions such as joy, sadness, anger			