Get Started

❶ 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**

❷ 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.

❸ 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

4 months

fold here for booklet

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 four months of age, does your child:

Y **N**

1. Follow a moving toy or person with eyes?
2. Glance from one object to another?
3. Make some sounds when looking at toys or people?
4. Brighten to sound, especially to people's voices?
5. Respond to you by making sounds and moving arms and legs?
6. Laugh and smile in response to your laughs and smiles?
7. Finish each feeding within 45 minutes?
8. Lift head and chest and support self on forearms when placed on tummy?**
9. Bring both hands to chest and keep head in midline when lying on back?
10. Hold head steady when supported at the chest or waist in a sitting position?
11. Reach for an object when supported in a sitting position? *sitting in an infant chair or on your lap*
12. Hold an object briefly when placed in hand?

* 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:

I need to feel safe and secure so I can focus my attention on exploring the world around me. You won't spoil me by holding me.

We need quiet time together so we can get to know each other. Rock me in your arms, hold me close, make eye contact, talk, and sing to me. This is how I learn to trust you.

Let's play together. I may enjoy massage or gentle tickling. Watch for my response. If I enjoy it, we can do it again.

I like it when you move my hands in front of my face so I can see them. Clap my hands together and play Pat-a-cake.

I like variety and tire easily, so change my position often throughout the day. Place me on my tummy, prop me up safely in a sitting position, place me on my back, or hold me at your shoulder.

When I am on my tummy, move bright coloured toys in front of me. This will encourage me to lift my head and push up with my forearms to get my chest off the floor. I want you to see what I can do. I love your face the best, so please get down on the floor with me.

Talk to me face to face. Use my name often while we are playing, dressing, and feeding. From time to time, use a high voice, low voice, singsong voice, or soft voice.

As we play together, imitate my speech sounds (sighs, coos, jabbering) and my actions (facial expressions, movements). Wait for me to respond and react to me by smiling, laughing, and praising.

I like your voice the most. Say nursery rhymes, and sing lullabies and songs you make-up. Try this from different parts of the room to see if I can turn to find you. Remember to give me quiet time each day.

I need time to practise looking, reaching and touching. Place a variety of toys of different textures in my hand. Let me reach for toys to practise these skills.

I can choke on anything that fits through this circle.

3.7 cm (1.5 inches) diameter

looksee checklist by ndds

4 MONTHS English

Child's Name: _____

Birthdate: _____

Today's Date: _____

looksee checklist by ndds 4m