








Developmental Checklist 0-6 months

	 <p style="text-align: center;">New Born</p>	 <p style="text-align: center;">3 Months</p>	 <p style="text-align: center;">6 Months</p>
<p>Posture and Large Movements</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Baby is flexed & symmetrical at full term <input type="checkbox"/> Floppy (hypotonic) trunk and neck <input type="checkbox"/> Hypertonic arms and legs <input type="checkbox"/> Head lags when pulled to sitting <input type="checkbox"/> If born breech may keep legs extended rather than bent at hip and knee 	<ul style="list-style-type: none"> <input type="checkbox"/> Lies supine on back with head in the midline <input type="checkbox"/> Limbs have a smoother more continuous movement <input type="checkbox"/> Waves arms symmetrically <input type="checkbox"/> Brings hands to midline <input type="checkbox"/> Can make alternating or simultaneous kicks <input type="checkbox"/> No head lag when pulled to sitting <input type="checkbox"/> Sitting: head held erect for few seconds before bobbing forward <input type="checkbox"/> Held horizontally in arms: head held above line of body <input type="checkbox"/> Lying in prone on stomach: lifts head and upper chest in midline, using forearms for support <input type="checkbox"/> Held standing: sags at knees 	<p>Lying on back:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Raises head to look at feet. <input type="checkbox"/> Lifts leg vertically and grasps 1 & later 2 feet. <input type="checkbox"/> Kicks legs alternately <input type="checkbox"/> Sits with support <input type="checkbox"/> Turns head from side to side to look around <input type="checkbox"/> When hands grasped, will braces shoulders and pull self to sitting <input type="checkbox"/> Can roll from front to back and usually back to front <input type="checkbox"/> Sitting: head firmly erect and back straight <input type="checkbox"/> Lying on Abdomen: Lifts head and chest well up, supports self on extended arms with flat palms <input type="checkbox"/> Held standing: bears weight on feet and bounces
<p>Vision and Fine Movements</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Closes eyes to bright light – i.e. no accommodation yet <input type="checkbox"/> Will fix on and follow a face moving slowly within ¼ circle at 30cm away 	<ul style="list-style-type: none"> <input type="checkbox"/> Head moves in order to gaze <input type="checkbox"/> Follows adult movements within visual field <input type="checkbox"/> Follows toy through ½ circle horizontally at 15-25 cm, also vertically from chest to brow <input type="checkbox"/> Fixates for 1-2 seconds but no 	<ul style="list-style-type: none"> <input type="checkbox"/> Moves head & eyes in every direction <input type="checkbox"/> Follows adult movement with purposeful alertness <input type="checkbox"/> A squint is no longer normal now <input type="checkbox"/> Stares at interesting objects within 15-30 cm and simultaneously



		<p>continuous fixation</p> <ul style="list-style-type: none"> ❑ Converges eyes on dangling toy brought to face ❑ Watches movement of own hands and finger play ❑ Cannot yet regard rattle as its brought to mouth ❑ Clasps and unclasps hands ❑ Defensive blink 	<ul style="list-style-type: none"> ❑ stretches both hands to grasp ❑ Palmer grasp, passes toy between hands ❑ Watches toy falling within visual field to resting position. If object falls outside of visual field will search vaguely with hands or eyes or forget about the object (object permanence may not be established)
<p>Hearing and Speech</p> 	<ul style="list-style-type: none"> ❑ Will show a startle reaction to sudden noise ❑ Will still to softer continuous sounds 	<ul style="list-style-type: none"> ❑ Turns eye/head towards sound source ❑ May suck lips in response to sounds of feeding preparation 	<ul style="list-style-type: none"> ❑ Turns to familiar voice across room ❑ Turns to source when at ear level ❑ Listens to voice if person is not yet in view ❑ Vocalises tunefully to self using sing-song vowels and single + double syllables ❑ Laughs, squeals and screams ❑ Responds to the emotional tones in a familiar voice
<p>Social Interaction and Play</p> 	<p>Attachments:</p> <ul style="list-style-type: none"> ❑ Makes eye contact ❑ Uses spontaneous or imitative facial expression 	<ul style="list-style-type: none"> ❑ Fixes unblinkingly on carers face when feeding ❑ Reacts to familiar situations by smiles, coos ❑ Enjoys bathing and care routines ❑ Responds to friendly handling ❑ Needs shoulder support during bathing / dressing 	<ul style="list-style-type: none"> ❑ Both hands used to reach, scoop and grasp toys – occasionally single handed ❑ Takes everything to mouth ❑ Watches and moves hands and feet ❑ Tries to grasp cup or pat bottle while feeding ❑ Reaches for rattle and shakes it deliberately, often watching it at the same time ❑ Friendly with strangers (until +/- 7 months) but can show some shyness or anxiety when approached too closely or abruptly – especially if carer is out of sight!

