

Monthly Development Checklists

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How to Use These Checklists

These checklists help you track your child's developmental milestones across four key areas: cognitive, language, motor skills, and social-emotional development. Remember that every child develops at their own pace—these are general guidelines, not strict requirements.

Cognitive

Language

Motor Skills

Social-Emotional

CHILD'S NAME

DATE OF BIRTH

START DATE

CURRENT AGE

3 Years Old

36-38 months

Cognitive

- ☐ Completes 3-4 piece puzzles
- ☐ Understands concept of "two"
- ☐ Sorts objects by shape and color

Language

- ☐ Uses 3-4 word sentences
- ☐ Names familiar pictures
- ☐ Follows 2-step instructions

Motor Skills

- ☐ Turns book pages one at a time
- ☐ Draws a circle
- ☐ Stacks 6+ blocks

Social-Emotional

- ☐ Takes turns with help
- ☐ Shows affection openly
- ☐ Plays alongside other children

Date observed: _____ Notes: _____

39-41 months

Cognitive

- ☐ Understands "same" and "different"
- ☐ Engages in fantasy play
- ☐ Counts to 3

Language

- ☐ Tells stories
- ☐ Asks "why" questions
- ☐ Uses plurals

Motor Skills

- ☐ Uses scissors with supervision
- ☐ Draws a person with 2-4 body parts
- ☐ Builds tower of 9+ blocks

Social-Emotional

- ☐ Expresses emotions verbally
- ☐ Begins cooperative play
- ☐ Shows concern for crying friend

Date observed: _____ Notes: _____

42-47 months

Cognitive

- ☐ Counts to 5
- ☐ Understands time concepts (morning/night)

Language

- ☐ Speaks clearly enough for strangers to understand

☐ Recalls parts of a story

☐ Uses future tense

☐ Knows first and last name

Motor Skills

☐ Hops on one foot

☐ Catches bounced ball

☐ Pours from a pitcher

Social-Emotional

☐ Plays cooperatively

☐ Likes to help with household tasks

☐ Negotiates solutions to conflicts

Date observed: _____ Notes: _____

4 Years Old

48-50 months

Cognitive

- ☐ Counts to 10
- ☐ Names 4+ colors
- ☐ Understands counting concepts

Language

- ☐ Tells longer stories
- ☐ Speaks in complete sentences of 5+ words
- ☐ Understands rhyming

Motor Skills

- ☐ Draws shapes (square, circle)
- ☐ Uses fork and spoon well
- ☐ Dresses and undresses with little help

Social-Emotional

- ☐ Has preferred friends
- ☐ Plays "mom" and "dad"
- ☐ Becoming more independent

Date observed: _____ Notes: _____

51-53 months

Cognitive

- ☐ Recognizes some letters
- ☐ Understands sequencing
- ☐ Compares sizes (bigger/smaller)

Language

- ☐ Asks what words mean
- ☐ Uses sentences of 6+ words
- ☐ Retells favorite stories

Motor Skills

- ☐ Writes some letters
- ☐ Cuts on a line with scissors
- ☐ Bounces and catches ball

Social-Emotional

- ☐ Likes to sing and act
- ☐ Shows growing independence
- ☐ Distinguishes fantasy from reality

Date observed: _____ Notes: _____

54-59 months

Cognitive

- ☐ Counts to 20
- ☐ Recognizes numbers 1-10

Language

- ☐ Tells own address
- ☐ Understands opposites

☐ Understands "first," "middle," "last"

☐ Uses past tense correctly

Motor Skills

- ☐ Hops, somersaults, swings
- ☐ Draws a person with 6+ body parts
- ☐ Prints some letters and numbers

Social-Emotional

- ☐ Wants to please friends
- ☐ Follows rules in games
- ☐ Expresses likes and dislikes

Date observed: _____ Notes: _____

5 Years Old

60-62 months

Cognitive

- ☐ Counts to 30+
- ☐ Recognizes most letters
- ☐ Sorts objects by multiple attributes

Language

- ☐ Speaks very clearly
- ☐ Uses future tense
- ☐ Recalls and tells stories in order

Motor Skills

- ☐ Ties shoes with help
- ☐ Uses scissors well
- ☐ Copies shapes and letters

Social-Emotional

- ☐ Distinguishes right from wrong
- ☐ Shows remorse when wrong
- ☐ Plays with both genders

Date observed: _____ Notes: _____

63-65 months

Cognitive

- ☐ Understands time (today, yesterday, tomorrow)
- ☐ Knows letter sounds
- ☐ Does simple addition with objects

Language

- ☐ Defines words
- ☐ Uses all parts of speech
- ☐ Asks questions for information

Motor Skills

- ☐ Writes first name
- ☐ Buttons and zips independently
- ☐ Skips and gallops

Social-Emotional

- ☐ Cooperates with peers
- ☐ Follows rules consistently
- ☐ Shows empathy

Date observed: _____ Notes: _____

66-71 months

Cognitive

- ☐ Counts to 100
- ☐ Reads some sight words

Language

- ☐ Uses complex sentences
- ☐ Tells jokes and riddles

☐ Understands basic addition and subtraction

☐ Understands cause and effect

Motor Skills

- ☐ Rides bicycle (may use training wheels)
- ☐ Draws detailed pictures
- ☐ Writes letters and numbers correctly

Social-Emotional

- ☐ Makes and keeps friends
- ☐ Resolves conflicts independently
- ☐ Shows good sportsmanship

Date observed: _____ Notes: _____

When to Talk to Your Pediatrician

While children develop at different rates, talk to your child's doctor if you notice:

- Loss of skills they previously had
- Significant delays across multiple areas
- Difficulty with basic communication or social interaction
- Concerns about hearing, vision, or motor control

Early intervention can make a significant difference. Trust your instincts as a parent.

Celebrate Progress!

Record special achievements and milestones here: