



### Developmental Checklists for Parents

This checklist is for you as parent(s) to see whether your child is able to complete the activities provided, or to monitor whether your child reaches these goals at a certain age.

Age Group	Developmental Domain	Milestone	Example Activity	✓ / X
3 years to 4 years	Social-emotional development	Can your child take turns while playing games with other children or people?	Play a game with your children where each child gets a turn to throw and catch or kick a ball to one another.	
		Does your child understand what the words "mine", "his" and "hers" mean in your language?	Play a game where your child has to point to or touch a body part and they have to say which body part it is in your language. For example, "this is <b>my</b> nose" or "that is <b>his/her</b> nose".	
		Is your child able to dress or undress themselves?	Help your child to practice putting their own jacket on and off when you are dressing them for school or undressing them for bath time.	
	Language and communication development	Is your child able to understand and follow two-to-three step instructions?	Put a plastic cup in front of your child with the opening of the cup facing down. Tell your child to pick up his or her cup and hold it out for you to fill it with milk.	
		Does your child understand what words like "in", "under," and "on" mean?	Place various obstacle items (for example, a chair, or small table) which will require your child to climb over, on top of or walk behind an item or crawl under an item. As your child performs these activities, use the word that best describes what	

			they are doing, for example, “yes, you have to climb <b>over</b> the chair...”	
		Is your child able to keep a conversation going by using two-to-three sentences?	Play “telephone” with your child by telling them that someone is on the phone, for example, grandma). Tell him or her that they need to tell grandma about everything that happened at school.	
Cognitive development		Is your child able to turn the pages of a book by himself or herself?	Take out the pages from an old magazine and put it in front of your child and then ask them to take only one page at a time.	
		Is your child able to play with objects like blocks?	Playing with blocks will help to develop your child’s creativity and problem solving.	
		Is your child able to turn a door handle or open a jar?	Putting the toys your child likes to play with into small jars or buckets with lids so that they have to practice the skills of opening jars.	
Movement and physical development		Is your child able to run?	Play timed games with your child, for example “let’s see who can run to the other wall the fastest!”	
		Is your child able to walk up and down steps, with one foot on each step?	An activity where we want to see if your child can climb up or down steps. Any available item can be used, for example stepping up or down an empty crate or basin. Make sure that the item is not too high.	
		Is your child able to climb onto couches or beds on his or her own.	Ask your child to climb up the couch or bed in your house.	

**Adapted from:**

Charge, K., du Toit, M., van der Linde, J., & Eccles, R. (2023). *Developing a contextually relevant early childhood development milestone guide (3y0m – 5y11m) for early childhood educators in South Africa* [Unpublished master’s dissertation]. University of Pretoria.

Centre for Disease Control and Prevention (2021). *Developmental Milestones Checklist Program for WIC Program Staff*. Department of Health and Human Services  
<https://www.cdc.gov/ncbddd/wicguide/developmentalmonitoring.html>