



### 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
4 years to 5 years	Social-emotional development	Is your child able to participate in pretend play with others?	You can play a game with your child where you pretend to feed a doll or soft toy 'pretend food'.	
		Does your child like to play or work with other children?	Playing with one ball, a child rolls/kicks the ball around to a friend or family member, who are seated in a circle and then gives the next child a turn, which teaches them to share.	
		Is your child able to talk about what they are interested in or things that they like?	Pretend telephone call to someone to tell them the things they like.	
	Language and communication development	Is your child able to correctly use the words "he" and "she" in a sentence in your language?	Examples of this in English: 'When we talk about Given, we say he is a boy'. 'When we talk about Precious, we say she is a girl'. 'Now what will we say about John? He is a boy, or she is a boy?' You can keep doing examples until your child can use it correctly.	
		Is your child able to remember nursery rhymes that you sing together?	Sing songs together such as 'Old mc Donald had a farm'.	
		Does your child know what his or her first and last name is?	Play game at home where everyone in the family gets a chance to say what their names are.	

	Cognitive development	Does your child understand what time of day it is?	Talking to your child about school time and home time and what happens when in each of these time frames.	
		Can your child copy capital letters (for example “D” or “A”) when asked?	Trace letters with the fingertip in sand	
		Is your child able to use child-appropriate scissors correctly and safely?	Play games where your child must pick up something with clothespins or squirt/squeezy water bottles (make leaves blow across the table by squeezing the bottle).	
	Movement and physical development	Can your child maintain his or her balance while hopping and standing on one foot for at least two seconds.	Play hopscotch (nocebeletshi) with your child.	
		Can your child catch a bouncing ball with one and/or two hands?	You can play a catching game where they need to catch a balloon that are thrown into the air.	
		Can your child put margarine on a slice of bread or pour water in a cup without spilling?	Ask your child to help prepare a meal.	

**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>