



Foundation for Neurodevelopment & Family Wellness

CIN: U86904KL2025NPL096782



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Parent Self-Checklist for Child Development (0–6 Years)

A Practical Tool for Indian Parents

Instructions for Parents

1. Read each milestone under your child's **age group**.
2. Mark **Yes (✓)** if your child consistently does it, **No (X)** if not yet, or **Unsure (?)** if rarely seen.
3. Give yourself **1 point for each Yes**.
4. If you tick **2 or more No's in one age group**, or if you see a  Red Flag → **consult a paediatrician or therapist**.

 Remember: Children grow at their own pace, but **consistent delays across multiple areas need attention**.

0–12 Months

Area	Milestones	✓ / X	Score
Motor	Holds head steady by 4 months		
Motor	Sits without support by 9 months		
Motor	Pulls to stand by 12 months		
Communication	Responds to sound by 3 months		
Communication	Babbles (“ba-ba”, “da-da”) by 6–9 months		
Social	Smiles socially by 3 months		
Social	Plays peek-a-boo by 9 months		
Daily Living	Starts finger feeding by 9–12 months		

 **Red Flags:** No smile by 3 months, no babbling by 9 months, not sitting by 10 months, not responding to name by 12 months.

1–2 Years

Area	Milestones	✓ / X	Score
Motor	Walks independently by 15–18 months		
Motor	Climbs onto furniture		
Communication	Uses at least 5 words by 15 months		
Communication	Uses 2-word phrases by 24 months		
Social	Points to objects/people to share interest		
Social	Imitates adult actions (feeding doll, sweeping)		
Daily Living	Begins to eat with spoon		
Daily Living	Drinks from open cup with help		



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Red Flags: Not walking by 18 months, no words by 16 months, no 2 word phrases by 24 months, loss of skills.

2-3 Years

Area	Milestones	✓ / X	Score
Motor	Runs steadily, kicks ball		
Motor	Climbs stairs with support		
Communication	Vocabulary grows to 200+ words by 3 years		
Communication	Uses simple 3-word sentences		
Social	Parallel play with peers		
Daily Living	Removes shoes, helps in dressing		

Red Flags: Less than 50 words by 2 years, no sentences by 3 years, no eye contact, no interest in other children.

3-4 Years

Area	Milestones	✓ / X	Score
Motor	Jumps with both feet, pedals tricycle		
Communication	Strangers understand most of speech		
Communication	Can tell name/age		
Social	Cooperative play, shares with friends		
Daily Living	Brushes teeth with supervision		

Red Flags: Speech unclear outside family, cannot follow simple instructions, no pretend play.

4-5 Years

Area	Milestones	✓ / X	Score
Motor	Hops on one foot, balances briefly		
Communication	Tells short stories, understands 4+ colors		
Social	Plays group games, understands rules		
Daily Living	Dresses with minimal help		

Red Flags: Speech unclear at 4 years, cannot form sentences, no group play.



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5–6 Years

Area	Milestones	✓ / ✗	Score
Motor	Skips, climbs confidently		
Communication	Counts to 20, recognizes letters/numbers		
Social	Makes friendships, follows group activities		
Daily Living	Independent in toileting, dressing, eating		

 **Red Flags:** Cannot recognize numbers/letters by 6, dependent in self-care, severe behavioural/attention problems.

Scoring Guide

- **80–100% milestones achieved** → Typical development, keep observing.
- **60–80% milestones achieved** → Watch closely, encourage practice at home, reduce screen time.
- **<60% milestones achieved OR red flags present** → Seek evaluation (Paediatrician, Developmental Paediatrician, Speech/OT/Behavioural Therapist).
- **Kerala has one of India's best child health programs.** The **RBSK (Rashtriya Bal Swasthya Karyakram)** provides free screening for children 0–18 years in schools and Anganwadis.
- Common modern issues:
 - **Excess screen time** → speech delay, hyperactivity (“virtual autism”).
 - **Nuclear family setup** → reduced peer play, delayed social skills.
 - **Over-academic push** → less time for motor play, attention issues.

**For professional assessment and therapies please
contact Samathwa Foundation at 9746411447 or
www.samathwa.com**

Disclaimer

This scale is for **parental awareness only**.

It is **not a diagnostic tool**.

If your child shows **multiple delays, regression, or red flags**, consult a **qualified professional**:

- Paediatrician
- Developmental Paediatrician
- Rehabilitation Psychologist
- Speech/Occupational Therapist