



# Boulder Community Hospital

## DEVELOPMENTAL CHECKLIST Ages 3 – 5 Years

Name of Child: \_\_\_\_\_

Date: \_\_\_\_\_

Check areas of difficulty. Star (\*) items of particular concern to you.

Key: N = Never

S = Sometimes;

F = Frequently

### *Touch*

N	S	F	Behavior
			Prefers certain clothing or complains that certain garments are too tight or itchy.
			Distressed by bathing, having hair or face washed. Resists cuddling and pulls away.
			Avoids getting hands dirty in play, wants hands cleaned immediately when dirty.
			Doesn't notice pain when falling or bumping into things.
			Constant touching.
			Avoids touching textures such as sand, foods, mud or lotion.
			Prefers deep touch rather than light touch, such as big hugs.
Comments:			

### *Eating and Sleeping Habits*

N	S	F	Behavior
			Requires extensive help to fall asleep or wake up.
			Difficulty sleeping through the night.
			Difficulty with chewing and swallowing.
			Picky eater. (Describe diet below)
			Very slow eater.
			Drools.
			Stuffs mouth.
			Difficulty with using fork and spoon.
Comments:			

### ***Self Regulation***

N	S	F	Behavior
			Easily upset with change.
			Can't calm self effectively.
			Must be prepared in advance several times before change is introduced.
			Temper tantrums in excess
Comments, overall disposition:			

### ***Movement***

N	S	F	Behavior
			Restless, unable to sit still for an activity compared to others of same age.
			Fear of movement: swings, slides, spinning.
			Craves swinging and moving upside down.
			Clumsy, poor balance, bumps into things more than others of same age.
			Difficulty sitting for meals/table tasks.
			Gets car sick or nauseated with movement.
			Falls off chair.
Comments:			

### ***Listening, Language and Sound***

N	S	F	Behavior
			Sensitive to common sounds, e.g. vacuum, blender, music, singing, raised voices, flushing toilet.
			Difficulty following simple directions.
			Says "huh?" or "what?" a lot.
			Distracted by sounds not normally noticed by average person (e.g. refrigerator, furnace).
			Slow to learn new words compared to others of same age.
			Difficulty learning nursery rhymes and the alphabet song.
			Speech difficult to understand more than others of same age (over 36 months old).
			Trouble making certain sounds.
			Difficulty using speech in conversation.
			When did babbling begin?
			Did they jargon (babbling that sounds like speech)? What age? _____
Comments:			

### ***Play Abilities***

N	S	F	Behavior
			Difficulty engaging in pretend play.
			Wanders around aimlessly without focused exploration or purposeful play.
			Breaks toys and other things destructively.
			Difficulty amusing self for more extended periods of time.
			Engages in repetitive play for long periods of time.
			Upset when play routine is interrupted.
			Prefers to play more with objects than with people.
			Hurts self or others (e.g. head banging, biting, pinching).
			Eye contact is fleeting or absent.
Comments:			

### ***Fine Motor Skills***

N	S	F	Behavior
			Difficulty manipulating small objects.
			Difficulty dressing, fastening clothes.
			Difficulty writing or coloring.
			Difficulty distinguishing right/left.
			Difficulty cutting with scissors.

### ***Developmental Milestones***

Age Met	Not Yet	Milestone	Age Met	Not Yet	Milestone
		Crawl.			Used gestures – pointing, nodding
		Walk alone.			Ride a tricycle.
		Speak first word(s).			Run well.
		Put 2 words together.			Hop on one foot.
		Speak in simple sentences.			Dress self totally.
		Feed self independently.			Tie shoes.
		Potty trained.			Skip.

Person(s) filling out this form: \_\_\_\_\_

Date: \_\_\_\_\_