

0-3 Month Ability Checklist

It is important to look at your child's overall tendencies and clusters of behavior. One or two concerns should not cause alarm. However, if a child is not frequently and consistently demonstrating more than a few of the listed items in each age category, print the following list, check your concerns, and discuss them with your healthcare professional.

	Yes	No
Play and Social Skills		
Enjoys playful face-to-face interaction with people		
Coos in response to playful interaction		
Notices and responds to sounds		
Coordination		
Moves legs and arms off of surface when excited		
Uses vision to follow black and white or brightly colored objects		
Is able to open and shut hands		
Is able to bring hands to mouth		
Is able to be on tummy for short bursts of time		
Daily Activities		
Is able to latch on while nursing or bottle feeding		
Is able to calm during car rides when not tired or hungry		
Enjoys bath time		
Is usually able to tolerate diaper changing without crying		
Self-Expression		
Is able to be comforted by cuddling or a parent's touch		
Is not upset with everyday sounds		
Enjoys varied playful movements experiences (e.g. bouncing on knees)		
Is able to calm with experiences such as rocking, touching, and calm sounds		
Does not demonstrate frequent or long bouts of being upset		
Total (out of 17)		