

19-24 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 | | |
| Turns head in response to name being called | | |
| Is able to participate in small groups with other children | | |
| Is interested, aware, and able to maintain eye contact with others | | |
| Is able to play in social situations after a transition time | | |
| Points to objects of interest | | |
| Is able to locate objects you are pointing to | | |
| Explores varied environments such as a new playground | | |
| Enjoys swinging on playground swings | | |
| Enjoys being swung and gently thrown in air | | |
| Enjoys playing with new toys in varied ways | | |
| Usually plays with toys without mouthing them | | |
| Enjoys playing with a variety of toys and textures | | |
| Enjoys playing with musical toys | | |
| Enjoys sitting to look at or listen to a book | | |
| Coordination | | |
| Is frequently moving in and out of various positions (e.g. crawling, climbing, cruising, and walking) to explore and get desirable objects | | |
| Coordinates movements needed to play and explore | | |
| Usually walks with heel toe pattern and not primarily on toes | | |
| Enjoys and seeks out various ways to move and play | | |
| Has adequate endurance and strength to play with peers | | |
| Can maintain balance to catch ball or when gently bumped by peers | | |
| Is able to throw and attempt to catch ball without losing balance | | |
| Uses hands to help move from one position to another | | |
| Uses both hands equally to play with and explore toys | | |

19-24 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 |
|--|-----|----|
| Daily Activities | | |
| Enjoys bath time | | |
| Is able to self calm in car rides when not tired or hungry | | |
| Usually tolerates diaper changes without crying | | |
| Is not fearful of tipping head back when moving from sitting to back | | |
| Is able to use fingertips to pick up small objects, such as small pieces of food | | |
| Is able to eat an increasing variety of food | | |
| Can usually participate in dressing without becoming upset | | |
| Has an established sleep schedule | | |
| Is usually able to self calm to fall asleep | | |
| Is able to tolerate and wear new and varied textures of clothing | | |
| Self-Expression | | |
| Is generally happy when not hungry or tired | | |
| Is able to calm with experiences such as rocking, touch, and soothing sounds | | |
| Has grown accustomed to everyday sounds and is usually not startled by them | | |
| Has an established and reliable sleeping schedule | | |
| Does not require an excessive routine to calm | | |
| Is able to enjoy a wide variety of touch, noise, and smells | | |
| Cries and notices when hurt | | |
| Is able to self soothe when upset | | |
| Enjoys various textures, such as grass or sand after multiple exposures | | |
| Is able to transition to new environment or activity | | |
| Is able to be away from parents when with supportive and familiar people | | |
| Total (out of 42) | | |