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Caring for children and adolescents for over fifty years

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AGES AND STAGES DEVELOPMENTAL SCREENING ACTIVITIES

At 9 month Well Child Check, 18 month Well child check and 30 month Well Child Check, we have families fill out a developmental screening questionnaire called the Ages and Stages Questionnaire (ASQ).

It is helpful for you to review some of the activities the form asks about prior to the appointment. Take a look at some of these activities and consider trying them at home with your baby or toddler.

Have fun with them!

For 9 months:

Communication:

- *Copy the sounds your baby makes and see if s/he repeats it back to you
- *Teach your baby to wave bye-bye, peekaboo, and lifting up her/his hands when you say "So Big"
- *Give your baby some simple commands such as "come here" and "give it to me"

Motor:

- *Hold your baby up by her hands and see if s/he can balance on her/his legs or take steps
- *Stand her/him up next to the couch or crib railing and see if s/he will hold on
- *While s/he is standing holding on to the furniture, put a toy on the floor and see if s/he will pick it up

Fine motor:

- *See if s/he will pick up a toy with only one hand
- *See if s/he will pick up a toy with the tips of his or her fingers, rather than in the palm only
- *See if s/he will pick up a small item like a Cheerio or crumb with the tips of her thumb finger (pincer grasp)
- *See if s/he will pass a toy back and forth from one hand to the other
- *See if s/he will hold two toys, one in each hand
- *Put a Cheerio or small toy in a bottle and see if s/he tries to poke at it, or get it out
- *Put a toy under a piece of paper or cloth and see if s/he tries to find it

Personal/Social:

- *Ask your baby to give you a toy and hold your hand out. See if s/he will put it in your hand (even if s/he doesn't let go)
- *While dressing your baby, see if your baby pushes his/her arm through the sleeve once his arm is started in the hole of the sleeve

For 18 months:

Communication:

- *Ask your child to go get a familiar object from another room (ie. "Where is your ball?" "Get me your coat")
- *While looking at books together, see if s/he can point to the correct picture when you ask him/her to (ie. "Where is the kitty?" or "Show me the dog")

Motor:

- *See if sh/e can bend over or squat to pick up a toy from the floor
- *Show your child how to kick a large ball and see if s/he can kick it by moving his/her leg forward rather than by walking into it

Fine motor:

- *Show your child how to throw a ball and see if s/he can throw it, too
- *Bring out blocks and see if your child can stack one on top of the other, or stack several
- *Give your child a marker, crayon, pencil or pen and see if s/he can make a mark with the tip or scribble
- *Give your child a spoon with food on it and see if s/he can get it to his/her mouth without spilling very much

Problem Solving:

- *Show your child how to put several small toys into a box or bowl and see if s/he can do it, too
- *Show your child how to reach a toy that is out of reach with a tool like a spoon or stick and see if s/he can do it, too
- *Put a Cheerio or small toy in a bottle and show him/her how to dump it out. See if s/he can do it, too
- *Draw a long line on a paper and see if your child can copy you by drawing a single line, too

Personal-Social:

- *See if your child will offer a toy to her image in a mirror
- *Try letting your child drink out of an open cup
- *See if your child will hug a baby doll or stuffed animal

For 30 months:

Communication:

- *While looking at books together, if you ask your child "What is this?" see if s/he can correctly name one picture. (ie dog, kitty, cup etc)

- *Without giving clues by pointing or using directions, ask your child to follow some directions:

- a) Put the toy on the table
- b) Close the door
- c) Bring me a towel
- d) Find your coat
- e) Take my hand
- f) Get your book

- *See if your child can point to body parts

- *Without giving clues by pointing or using directions, ask your child to follow some directions:

Put the book **on** the table

Put the shoe **under** the chair

See if s/he can do both of those correctly

*When looking at a book, ask your child what is happening in the picture. See if s/he can say the action, ie “playing” or “barking”

Motor:

*Show your child how to kick a large ball and see if s/he can kick it by moving his/her leg forward rather than by walking into it

*Practice walking up and down the stairs holding on to a railing

*See if your child can jump with both feet leaving the floor

*See if your child can stand on one foot for 1 second without holding on to anything

Fine motor:

*See if your child uses a turning motion with his/her hand while trying to turn doorknobs, twist tops or screw lids on and off jars

*See if your child can string items such as large beads,, macaroni or pasta "wagon wheels" onto a string or shoelace

*Draw a circle on a page and see if your child can draw a circle, too

*Draw a long line on a paper and see if your child can copy you by drawing a single line, too. Try both vertically (up and down on the page) and horizontally (across the page)

Problem Solving:

*When looking in a mirror with your child, ask him/her if she can point to herself/himself

*While your child watches, line up four objects like blocks or cars in a row. See if your child copies you and lines up four objects in a row.

*After your child draws a picture (or scribbles), ask “what is this?” and s/he if s/he can tell you what s/he drew.

Personal/Social:

*See if your child will copy a gesture if you do it first, ie open/close your mouth, pat your cheek, pull your earlobe

*See if your child can put on a jacket, coat or shirt by himself/herself

*See if your child will pull up loose fitting pants

*Look in the mirror together and ask “Who is in the mirror?” See if s/he will say her/his name or “me”

*Give your child a wagon or stroller to push and see if s/he can steer it around objects or back out of corners