BUNSE DEVELOPMENTAL CHECKLIST

Instructions:

1. Before beginning Qigong Sensory Training therapy with your child, complete the Developmental Checklist.

2. Circle the tasks/activities that your child can do. You do not need to start with 0-4 months, if your child is quite a bit farther along developmentally. What you will want to do is to identify how far along your child is in each developmental area. So be certain to go far enough forward (older) in the task/activities list for each developmental area.

3. After using Qigong Sensory Training therapy on your child once a day for five months, have the same parent/caretaker review the Developmental Checklist again. Using a ***different color pen***, circle what developmental tasks your child can now do. Once completed, review the checklist to see what developmental progress your child has made during the previous five months.

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BUNSE DEVELOPMENTAL CHECKLIST (0-3 years)

LANGUAGE

0-4 months	5-8 months	9-12 months	13-16 months	17-20 months	21-24 months	25-28 months	29-34 months
• Cries to make needs known • Makes cooing sounds • Responds w/ smiles to sound and speech	• Looks, responds to name • Turns to sound • Babbles to people- tries to imitate sounds • Begins to respond to "no"	• Responds to simple verbal requests-"smile for mommy" • Says mama/dada • Repeats sounds to get attention • Tries to imitate words	• Uses voice w/point to get parent to look at something • Uses 10 words • Says "no" w/meaning • Names 1-2 familiar objects	• Uses words or sounds to let parent know what she wants "drink" • Uses own name to refer to self • Uses 15-20 words • Repeats words overheard in conversation	• Uses up to 50 words • Uses 2 word sentences • Follows simple instruction • Names 5 pictures • Sings phrases of songs • Names at least 5 body parts	• Refers to self as I or me • Uses 3-5 word sentences • Uses size & position words (big, little-under) • Uses questions to ask for things	• Asks questions • Talks about past experiences • Vocabulary of more than 300 words • Has relevant conversation-can stay on topic • Understands most sentences

SOCIAL

• Eye contact • Looks at faces • Relaxes body when cuddled • Begins to smile at people • Enjoys playing with people (tickles, clapping etc.)	• Lifts arms to parent • Enjoys social play (peek a boo) • Smiles at mirror image • Explores adult features	• Extends toy to show others • Pretends to do adult activities- like cooking during play • Shows likes/dislikes for certain people, things, activities	• Beginning sense of humor • Hugs kisses parent • Attempts self-direction –resists adult • Frequent tantrums	• Expresses affection • Communicates w/other children using gestures • Tries to control others –resists • Shows variety of emotions • Enjoys some solitary play w/coloring, building, books		• Pretend play with dolls, trucks etc. • Possessive of loved ones • Understands concept of mine, his • Has wide range of emotions • Says "no" but does as asked	• Begins to obey simple rules • Takes pride in own achievements • Takes turns in simple game • Talks loudly and is demanding • Shows affection for family members

SELF HELP

• Coordinates sucking swallowing • Brings hand to mouth	• Sleeps 10-12 hours at night-some waking • Swallows strained food	• Finger feeds self • Cooperates with dressing by holding out arms/leg • Drinks from cup held by adult	• Indicates discomfort with soiled diaper • Takes off hat, socks	• Scoops food with spoon to feed self • Zips, unzips large zipper	• Helps w/simple household tasks • Washes/dries hands w/assist • Distinguishes between edible/ inedible	• Understands common dangers: hot, stairs, streets • Undresses w/ assist • Uses toilet with assist	• May start to use toilet by self • Helps with bathing self • Dresses with supervision

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BUNSE DEVELOPMENTAL CHECKLIST (0-3 years)

GROSS MOTOR

0-4 months	5-8 months	9-12 months	13-16 months	17-20 months	21-24 months	25-28 months	29-34 months
• Lifts chest & head when on stomach • Wiggles/kicks arms and legs • Raises up on arms when on stomach pushes down w/ legs when feet touch floor	• Roll back to front & front to back • Sits w/o support • Stands holding on	• Pulls to stand / stands momentarily • Walks with hands held or holding onto furniture • Crawls on hands & knees	• Walks independently • Pulls toy on a string behind him while walking	• Begins to run • Climbs stairs, both feet on one step holds rail- one step at a time • Sits on small chair • Stands on tip toe • Kicks a ball a short distance		• Hops- one foot • Walks upstairs one foot on each step-one step at a time • Climbs well	• Walks on tiptoes • Jumps forward • Catches 8" ball • Begins to ride tricycle

FINE MOTOR

• Looks from one object to another • Reaches towards toy & picks up • Opens/shuts hands • Follows moving object w/eyes	• Reaches for toy w/ one hand & picks up • Transfers object from one hand to another • Grasps cheerios with all fingers	• Puts object in a container and takes them back out • Picks up objects using thumb and forefinger • Pokes w/index finger	• Turn small container over to shake out tiny objects • Scribbles w/crayon	• Turns book pages 2-3 at a time • Build 2-3 block tower • Scribbles circles, makes horizontal strokes		• Holds pencil with thumb and forefinger • Put pegs in a pegboard • Scribbles up/down side/side	• Strings ½" beads • Snips at paper with scissors • Screws/unscrews jar lid • Turns pages of book one at a time

COGNITIVE

• Watches speaker's eyes & mouth • Usually quiets when picked up • Reacts to disappearance of slow moving object	• Continues familiar activity touching adult • Can attend to a object/ activity that parent points out • Responds to facial expressions • Looks for family members/pet when named • Finds partially hidden object • Struggles to get object out of reach	• Listens and attends to person speaking • Responds to simple requests like "up?" • Finds hidden object easily • Looks at books- points to pictures • Tries using objects correctly-brush hair, drink from cup	• Points at objects to show parent-follows parental point • Recognizes several people outside of family members • Brings objects to another room when asked • Matches objects • Reacts to various temperatures and tastes	• Imitates gestures he can't see (e.g. hand tapping top of head) • Points to clothing items on request • Identifies 3 body parts • Starts make believe play	• Understands I, he, she, you, me, some action verbs • Remembers where objects belong • Matches sounds to animals	• Follows 2 part directions • Matches basic shapes • Matches red, yellow, blue • Can use simple mechanical toy	• Identifies body parts w/function • Lots of pretend play w/ dolls/toy animals • Enjoys being read to, looking at books • Understands most common verbs & adjectives • Complete 3-4 piece puzzle

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BUNSE DEVELOPMENTAL CHECKLIST (3-6 years)

LANGUAGE

35-40 months

- Asks questions using ""is" and "have"
- Uses pronouns-I, him, her, she, it appropriately
- Expresses emotions w/ voice

41-47 months

- Points to objects when told function
- Places objects on, under, over
- Claps/sways to music
- Uses am, is, or are in sentences

48-53 months

- Identifies rhyming words

54-59 months

- Able to retell story told by someone else –main points
- Sings along with songs
- Follows 3 step instructions

60-65 months

- Describes past and future events in logical order

66-72 months

- Able to retell a story in original sequence
- Sings songs from memory

- Carries on a conversation-at least 3 back and forth exchanges
- Speaks clearly enough for strangers to understand
- Talks about feelings rather than just things
- Speaks in up to 5 word sentences

- Speaks in sentences of more than 5 words
- Asks why? Questions
- Understands complex questions

- Can have a conversation on a subject chosen by another person (at least 3 back and forth exchanges)
- May understand 2000 words

SOCIAL

- Plays game with another person
- Independently responds to/ makes verbal greetings
- Plays w/adult
- Says thank you
- Requests help for spills
- Sometimes takes turns

- Sometimes cooperates w/ other children during play
- Takes turns
- Sits quietly for 5 min-listening to story

- Shows affection for family/ familiar person
- Stays calm when problem/ change occurs and no remedy is possible
- Sometimes shares toys with others
- Eats at reasonable pace
- Passes food/drink when asked

- Independently tries new activities
- Wants to be like friends
- Aware of gender
- Likes to sing dance and act

- Verbalizes feelings w/o hitting
- Bargains with other children
- Comforts friends/family in distress
- Usually doesn't interrupt when others are talking

- Volunteers to help others
- Accepts friendly teasing
- Usually behaves appropriately for situation
- Sometimes apologizes no reminder

- Answers phone/has simple conversation
- Will wait for a delayed reward
- Plays active group game w/rules

COGNITIVE

- Counts to 3

- Matches simple objects-pictures
- Sorts -size/shape
- Understands same/different
- Matches objects pictures

- Draws person w/2+ body parts

- Counts to 10
- Names at least 4 colors
- Knows about things used daily in home
- Suggests solution to problem

- Locates big/small
- Relates today, tomorrow, yesterday to days of week
- Names penny, nickel, dime
- Prints own name

- Answers question about previously read sentence
- Names days of week
- Draws 3-6 part person

- Begins to understand time concept (now-later)
- Begins to be involved in fantasy play-often can't tell difference between fantasy and reality
- Names 2-3 colors

- Works on task for 10 min. w/o supervision
- Does a lot of fantasy play
- Often able to tell the difference between fantasy and reality
- Can show front/back, left, right

- Gives possible cause for something that happens
- Names alphabet letters when shown picture
- Reads a few 3 letter words paired w/picture
- Works on task 15 minutes w/o supervision
- Draws face w/ eyes nose & mouth

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BUNSE DEVELOPMENTAL CHECKLIST (3-6 years)

GROSS MOTOR

3-3.5 years	3.5-4 years	4-4.5 years	4.5-5 years	5-5.5 years	5.5-6 years
• Stands on tiptoes • Catches ball w/both arms • Kicks ball forward	• Walks up and down stairs w/o support • Moves forward and backward easily • Jumps forward, feet together • Throws ball overhand	• Does a somersault • Swings on a swing (keeps it moving on own) • Skips or gallops	• Stands on one foot for 10 seconds or longer	• Walks along a beam or curb placing one foot in front of another • Runs around objects changing speed and direction	• Hangs from a bar 5 seconds • Walks downstairs carrying object • Bounces ball several times • Rides bicycle with training wheels

FINE MOTOR

• Strings small beads • Tries to copy circle and square shape	• Snips line on paper w/ scissors • Tries to copy letters • Builds 9 block tower	• Copies a triangle • Spreads glue on paper with glue stick or glue bottle and stick.	• Cuts simple shape w/ scissors • Folds paper in half • Opens lock w/key	• Unwraps small objects (piece of candy) • Uses computer keyboard to play a game	• Reproduces complex pattern w/blocks • Scans horizontal line with eyes from right to left • Cuts complex shapes w/ scissors

SELF HELP

• Uses toilet fewer accidents • Removes pants • Fastens own seat belt	• Identifies dangerous situations-objects • Stays in designated play area • Eats variety of food • Uses toilet few accidents • Eats w/spoon or fork minimal spills • Allows hair to be washed/ cut • Unbuttons clothing • Names siblings, friends	• Buttons front opening clothing • Dries after bathing • Avoids approaching unknown people	• Tells birth month • Tells phone number • Tells mother and fathers name • Says street address and town • Uses toilet no accidents • Combs through hair • Washes face and ears • Zips front opening clothing • Brushes teeth puts on own paste	• Bathes independently • Looks both ways when crossing street • Washes own hair • Adjusts clothes prior to leaving bathroom after toileting • Uses toilet paper and washes hands before leaving bathroom	• Blows nose when needed • Knows left & right hand • Uses play equipment w/o endangering others • Cuts w/ knife/fork • Handles sharp objects carefully • Ties shoelaces in bow • Turns clothes right side out

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References:

Help Curriculum (0-3) and (3-6)
AEPS Curriculum (0-3) and (3-6)
WESD Developmental screening
(Online checklist from Louisa)
CSBS DP screening
Checklist from National Institute on Deafness and other communication disorders (www.nidcd.nih.gov/health/voice/speechandlanguage)