

Developmental Assessment Worksheet

Client information

Name:

Age:

Date of birth:

Gender:

Name of parent/caregiver:

Name of healthcare professional:

Date:

Instructions: This worksheet is designed to help assess the child's developmental progress in five key areas. Parents or caregivers can complete the questions based on their observations, or a mental health professional can use it as a tool to guide discussions and gather detailed information during an assessment session.

I. Physical development

Answer the questions related to the child's physical milestones, gross motor skills, and fine motor skills:

Can the child walk independently?

Yes

No

If yes, at what age did they start walking?

Does the child have difficulty with fine motor skills, such as grasping small objects or using utensils?

Yes

No

Please describe briefly:

Describe the child's gross motor skills, such as running, jumping, and climbing.

II. Language development

Provide information about the child's vocabulary, language comprehension, and communication skills:

How many words does the child use in their vocabulary?

Can the child follow simple instructions and commands?	Yes	No
---	-----	----

Please describe briefly:

--

Does the child engage in meaningful conversations and attempt to communicate their needs?	Yes	No
--	-----	----

Please describe briefly:

--

III. Cognitive development

Share insights into the child's problem-solving abilities, memory, and attention span:

Does the child demonstrate problem-solving skills, such as figuring out puzzles or tasks?	Yes	No
--	-----	----

Please describe briefly:

--

How is the child's memory capacity, particularly with remembering familiar people, places, or events?

--

Can the child sustain attention and focus on age-appropriate activities or tasks?	Yes	No
--	-----	----

Please describe briefly:

--

IV. Social-emotional development

Describe the child's social interactions, emotional expressions, and behavior regulation:

Describe the child's interactions with peers and adults. Is the child comfortable in social settings.

--

How does the child express their emotions, such as happiness, anger, or sadness?

Does the child show age-appropriate behavior regulation and coping skills in different situations?

Yes

No

Please describe briefly:

V. Adaptive skills

Assess the child's ability to perform self-help tasks, such as dressing and feeding:

Can the child independently dress themselves and manage basic hygiene tasks, like using the bathroom?

Yes

No

Please describe briefly:

How well does the child perform self-help skills, such as eating, drinking, and feeding themselves?

Additional notes

Please write any further comments regarding the child's development: