

# 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?**

<b>Can the child follow simple instructions and commands?</b>	Yes	No
---	-----	----

Please describe briefly:

--

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

Please describe briefly:

--

### III. Cognitive development

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

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

Please describe briefly:

--

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

--

<b>Can the child sustain attention and focus on age-appropriate activities or tasks?</b>	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:*