

Development Checklist:

Indicators of Developmental Delays for Children Exposed to Trauma

| Developmentally Appropriate Behaviors | | Child Displays Appropriate Behavior? | |
|---------------------------------------|--|--------------------------------------|--------------------------|
| | | Yes | No |
| 0-3 Months | Reacts and turns toward sounds | <input type="checkbox"/> | <input type="checkbox"/> |
| | Watches faces and follows objects | <input type="checkbox"/> | <input type="checkbox"/> |
| | Coos and babbles | <input type="checkbox"/> | <input type="checkbox"/> |
| | Becomes more expressive and develops a social smile | <input type="checkbox"/> | <input type="checkbox"/> |
| | Develops a general routine of sleep/wake times | <input type="checkbox"/> | <input type="checkbox"/> |
| 4-7 Months | Babbles chains of sounds | <input type="checkbox"/> | <input type="checkbox"/> |
| | Responds to others' expression of emotions | <input type="checkbox"/> | <input type="checkbox"/> |
| | Grasps and holds objects | <input type="checkbox"/> | <input type="checkbox"/> |
| | Regards own hand and explores objects with hand and mouth | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sits with, and then without, support on hands | <input type="checkbox"/> | <input type="checkbox"/> |
| 8-12 Months | Changes tones when babbling | <input type="checkbox"/> | <input type="checkbox"/> |
| | Says "Dada" and "Mama" and uses exclamations | <input type="checkbox"/> | <input type="checkbox"/> |
| | Imitates sounds and gestures | <input type="checkbox"/> | <input type="checkbox"/> |
| | Explores in many ways (shaking objects, dropping, banging, poking) | <input type="checkbox"/> | <input type="checkbox"/> |
| | Pulls self to stand and may walk briefly | <input type="checkbox"/> | <input type="checkbox"/> |

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| | Possible Developmental Indicators of Trauma | Child Displays Indicator? | |
|--------------------|---|---------------------------|--------------------------|
| | | Yes | No |
| 0-12 Months | Increased tension, irritability, reactivity and inability to relax | <input type="checkbox"/> | <input type="checkbox"/> |
| | Increased startle response | <input type="checkbox"/> | <input type="checkbox"/> |
| | Lack of eye contact | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sleeping and eating disruption | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of eating skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of acquired motor skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Avoidance of eye contact | <input type="checkbox"/> | <input type="checkbox"/> |
| | Arching back/inability to be soothed | <input type="checkbox"/> | <input type="checkbox"/> |
| | Uncharacteristic aggression | <input type="checkbox"/> | <input type="checkbox"/> |
| | Avoids touching new surfaces (e.g. grass, sand) | <input type="checkbox"/> | <input type="checkbox"/> |
| | Avoids or is alarmed by trauma-related reminders (e.g. sights, sounds, smells, textures, etc) | <input type="checkbox"/> | <input type="checkbox"/> |

| | Developmentally Appropriate Behaviors | Child Displays Appropriate Behavior? | |
|----------------|---|--------------------------------------|--------------------------|
| | | Yes | No |
| 2 Years | Says several single words and two-to-three word phrases | <input type="checkbox"/> | <input type="checkbox"/> |
| | Follows simple instructions | <input type="checkbox"/> | <input type="checkbox"/> |
| | Points to things when named | <input type="checkbox"/> | <input type="checkbox"/> |
| | Finds hidden objects | <input type="checkbox"/> | <input type="checkbox"/> |
| | Scribbles | <input type="checkbox"/> | <input type="checkbox"/> |
| | Stands alone and walks well | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 Years | Uses four-to-five word sentences | <input type="checkbox"/> | <input type="checkbox"/> |
| | Follows two-to-three part instructions | <input type="checkbox"/> | <input type="checkbox"/> |
| | Recognizes and identifies most common objects | <input type="checkbox"/> | <input type="checkbox"/> |
| | Draws simple straight or circular lines | <input type="checkbox"/> | <input type="checkbox"/> |
| | Climbs well, walks up and down stairs, runs | <input type="checkbox"/> | <input type="checkbox"/> |

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| | Child Displays Indicator? | |
|--|---------------------------|--------------------------|
| | Yes | No |
| Possible Developmental Indicators of Trauma | | |
| Behavioral changes, regression to behavior of younger child | <input type="checkbox"/> | <input type="checkbox"/> |
| Increased tension, irritability, unable to relax | <input type="checkbox"/> | <input type="checkbox"/> |
| Increased startle response | <input type="checkbox"/> | <input type="checkbox"/> |
| Sleeping and eating disruption | <input type="checkbox"/> | <input type="checkbox"/> |
| Loss of eating skills | <input type="checkbox"/> | <input type="checkbox"/> |
| Loss of recently acquired motor skills | <input type="checkbox"/> | <input type="checkbox"/> |
| Avoidance of eye contact | <input type="checkbox"/> | <input type="checkbox"/> |
| Child knows no single words | <input type="checkbox"/> | <input type="checkbox"/> |
| Does not walk easily | <input type="checkbox"/> | <input type="checkbox"/> |
| Does not seem to know or respond to family members | <input type="checkbox"/> | <input type="checkbox"/> |
| Does not amuse himself for a short period of time | <input type="checkbox"/> | <input type="checkbox"/> |
| Uncharacteristic, inconsolable rage, rageful crying, and neediness | <input type="checkbox"/> | <input type="checkbox"/> |
| Fussiness and separation anxiety | <input type="checkbox"/> | <input type="checkbox"/> |
| Heightened indiscriminate attachment behaviors | <input type="checkbox"/> | <input type="checkbox"/> |
| Inappropriate sexualized behavior | <input type="checkbox"/> | <input type="checkbox"/> |
| Sexualized play with toys | <input type="checkbox"/> | <input type="checkbox"/> |

12 Months - 3 Years

4-5 Years

| | Child Displays Appropriate Behavior? | |
|---|--------------------------------------|--------------------------|
| Developmentally Appropriate Behaviors | | |
| Use five to six word sentences, tells stories | <input type="checkbox"/> | <input type="checkbox"/> |
| Understands counting and may know some numbers | <input type="checkbox"/> | <input type="checkbox"/> |
| Identifies four or more colors | <input type="checkbox"/> | <input type="checkbox"/> |
| Copies or draws simple shapes | <input type="checkbox"/> | <input type="checkbox"/> |
| Walks/runs forward and backward with balance | <input type="checkbox"/> | <input type="checkbox"/> |
| Speaks in full sentences, tells longer stories | <input type="checkbox"/> | <input type="checkbox"/> |
| Draws circles and squares, begins to copy letters | <input type="checkbox"/> | <input type="checkbox"/> |
| Climbs, hops, swings and may skip | <input type="checkbox"/> | <input type="checkbox"/> |
| Tries to solve problems from a single point of view and identify solutions to conflicts | <input type="checkbox"/> | <input type="checkbox"/> |
| Most likely to agree with rules | <input type="checkbox"/> | <input type="checkbox"/> |

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| 4-5 Years | Behavioral changes, regression to behavior of younger child | <input type="checkbox"/> | <input type="checkbox"/> |
| | Increased tension, irritability, unable to relax | <input type="checkbox"/> | <input type="checkbox"/> |
| | Uncharacteristic aggression | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sleeping and eating disruption | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of eating skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of recently acquired motor skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Reduced eye contact | <input type="checkbox"/> | <input type="checkbox"/> |
| | Enuresis, encopresis | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of recently acquired language skills and vocabulary | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of energy and concentration in preschool | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of interest in activities | <input type="checkbox"/> | <input type="checkbox"/> |
| | Demonstration of adult sexual knowledge through inappropriate sexualized behavior | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sexualized play with toys | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sexualized drawing | <input type="checkbox"/> | <input type="checkbox"/> |
| | Involvement of peers in trauma related play at school and day care | <input type="checkbox"/> | <input type="checkbox"/> |
| Separation anxiety with parents/others | <input type="checkbox"/> | <input type="checkbox"/> | |

| Developmentally Appropriate Behaviors | | Child Displays Appropriate Behavior? | |
|---------------------------------------|--|--------------------------------------|--------------------------|
| | | Yes | No |
| 6-7 Years | Reads short words and sentences | <input type="checkbox"/> | <input type="checkbox"/> |
| | Draws person or animal | <input type="checkbox"/> | <input type="checkbox"/> |
| | Takes pride and pleasure in mastering new skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Has more internal control over emotions and behaviors | <input type="checkbox"/> | <input type="checkbox"/> |
| | Shows growing awareness of good and bad | <input type="checkbox"/> | <input type="checkbox"/> |
| 8-11 Years | Reads well | <input type="checkbox"/> | <input type="checkbox"/> |
| | Multiplies numbers | <input type="checkbox"/> | <input type="checkbox"/> |
| | Expresses a unique personality when relating to others | <input type="checkbox"/> | <input type="checkbox"/> |
| | Solves conflicts by talking, not fighting | <input type="checkbox"/> | <input type="checkbox"/> |
| | Is able to bounce back from most disappointments | <input type="checkbox"/> | <input type="checkbox"/> |

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| | | Yes | No |
| 6-11 Years | Behavioral changes | <input type="checkbox"/> | <input type="checkbox"/> |
| | Regression | <input type="checkbox"/> | <input type="checkbox"/> |
| | Increased tension, irritability, unable to relax | <input type="checkbox"/> | <input type="checkbox"/> |
| | Uncharacteristic aggression | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sleeping and eating disruption | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of eating skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Enuresis, encopresis | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of recently acquired motor skills | <input type="checkbox"/> | <input type="checkbox"/> |
| | Lack of eye contact | <input type="checkbox"/> | <input type="checkbox"/> |
| | Spacey or distracted behavior | <input type="checkbox"/> | <input type="checkbox"/> |
| | Blacking out | <input type="checkbox"/> | <input type="checkbox"/> |
| | Accident prone | <input type="checkbox"/> | <input type="checkbox"/> |
| | Fire setting/hurting animals | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of energy and concentration in school | <input type="checkbox"/> | <input type="checkbox"/> |
| | Loss of interest in activities | <input type="checkbox"/> | <input type="checkbox"/> |
| | Demonstration of adult sexual knowledge through inappropriate sexualized behavior | <input type="checkbox"/> | <input type="checkbox"/> |
| | Explicit/aggressive/exploitive, sexualized relating/engagement with other children or adults | <input type="checkbox"/> | <input type="checkbox"/> |
| | Trauma flashbacks | <input type="checkbox"/> | <input type="checkbox"/> |
| | Suicidal ideation | <input type="checkbox"/> | <input type="checkbox"/> |

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| Developmentally Appropriate Behaviors | | | |
| 12-14 Years | May have frequent mood swings or changes in feelings, | <input type="checkbox"/> | <input type="checkbox"/> |
| | Gradually develops own taste, sense of style and identity | <input type="checkbox"/> | <input type="checkbox"/> |
| | Has a hobby, sport or activity | <input type="checkbox"/> | <input type="checkbox"/> |
| | Learns to accept disappointments and overcome failures | <input type="checkbox"/> | <input type="checkbox"/> |
| | Has one or more "best" friends and positive relationships with others the same age | <input type="checkbox"/> | <input type="checkbox"/> |
| 15-18 Years | Begins to develop an identity and self-worth beyond body image and physical appearance | <input type="checkbox"/> | <input type="checkbox"/> |
| | Is able to calm down and handle anger | <input type="checkbox"/> | <input type="checkbox"/> |
| | Sets goals and works toward achieving them | <input type="checkbox"/> | <input type="checkbox"/> |
| | Accepts family rules, completes chores and other responsibilities | <input type="checkbox"/> | <input type="checkbox"/> |
| | Needs time for emotions and reasoning skills to catch up with rapid physical changes | <input type="checkbox"/> | <input type="checkbox"/> |
| Possible Developmental Indicators of Trauma | | Child Displays Indicator? | |
| | | Yes | No |
| 12-18 Years | Behavioral changes | <input type="checkbox"/> | <input type="checkbox"/> |
| | Self-harming | <input type="checkbox"/> | <input type="checkbox"/> |
| | Increased self-focusing and obsession | <input type="checkbox"/> | <input type="checkbox"/> |
| | Reduced capacity to feel emotions, appears numb | <input type="checkbox"/> | <input type="checkbox"/> |
| | Wishes for revenge and action oriented responses to trauma | <input type="checkbox"/> | <input type="checkbox"/> |
| | Partial loss of memory and ability to concentrate | <input type="checkbox"/> | <input type="checkbox"/> |

Adapted from *Every Child Everywhere: Child Development and Trauma*, A Victorian Government Initiative. August 2010 release.
http://www.dhs.vic.gov.au/data/assets/pdf_file/0010/586198/child-development-and-trauma-guide-2010.pdf