



The Early Signs Checklist

A calm, private way to notice how your child is growing. Tick what feels familiar. There are no scores and no labels here, only a clearer picture to share with people who understand.

Every child grows at their own pace. Some differences are simply personality. Others are early signs worth a closer look. Noticing early is never about worry. It gives your child the best possible start.

Read each line and tick the ones you recognise over the past few months. Trust what you see day to day. You know your child better than anyone.



AREA ONE

Communication & language

- ☐ Rarely responds when you call their name, even when they can hear you.
- ☐ Few or no words by an age when you expected first words to appear.
- ☐ Once used words or babble, then seemed to lose them.
- ☐ Repeats phrases from shows or people rather than using their own words.
- ☐ Struggles to tell you what they want, and leads you by the hand instead.



AREA TWO

Social connection & eye contact

- ☐ Makes brief or fleeting eye contact during play and talking.
- ☐ Rarely points at things to show you something they find interesting.
- ☐ Does not often check your face to see how you feel about something.
- ☐ Prefers to play alone and shows little interest in other children.
- ☐ Smiles less in response to your smile than you would expect.



AREA THREE

Play & imagination

- ☐ Lines up toys or objects in the same order again and again.
- ☐ Plays with one part of a toy, like spinning a wheel, over the whole toy.
- ☐ Little pretend play, such as feeding a doll or pretending to cook.
- ☐ Strong attachment to one object they must carry everywhere.



AREA FOUR

Behaviour & routines

- ☐ Becomes very upset by small changes to routine or the usual order of things.
- ☐ Repeats movements such as hand flapping, rocking or spinning.
- ☐ Fixes on one topic or activity and finds it hard to move on.
- ☐ Meltdowns that feel bigger or longer than you would expect for the moment.



AREA FIVE

Sensory responses

- ☐ Covers ears or is distressed by everyday sounds like a blender or hand dryer.
- ☐ Very sensitive to textures of food, clothing labels or certain fabrics.
- ☐ Seeks strong sensory input, such as spinning, crashing or deep pressure.
- ☐ Seems not to notice pain, heat or cold the way other children do.



AREA SIX

Movement & everyday skills

- ☐ Walks on tiptoes for much of the time.
- ☐ Slower than peers to reach movement steps like crawling, walking or climbing.
- ☐ Finds self-care hard, such as feeding, dressing or toileting for their age.

What to do next

1

Notice, do not panic

A few ticks do not mean a diagnosis. Patterns across several areas are the signal worth acting on. Keep this sheet and note what you see over the coming weeks.

2

Talk to specialists early

Early intervention works best in the first years, while young brains are most adaptable. You do not need a formal diagnosis to begin support.

3

Bring this checklist to us

Share what you ticked with our team. We listen, observe your child across six developmental areas, and build a plan shaped around who they are.

YOUR NEXT STEP

Talk to a specialist who understands your child.

Send us this checklist or simply tell us what you are noticing. We will guide the very next step with warmth and honesty. No pressure, and no diagnosis required to start.

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A note. This checklist is an awareness tool for parents. It is not a diagnostic test and does not replace assessment by a qualified professional. Children develop at different rates, and the presence of some signs does not confirm autism or any condition. If you have concerns about your child's development, speak with a paediatrician or a special needs specialist. Our team is glad to help you understand what you are seeing.