

IMMATURITY CHECKLIST

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Name of child or adolescent

Age

Each item should be checked off using the following rating scale

- 0 Not at all, never occurs, does not apply
- 1 Mild, sometimes observed, applies to some extent
- 2 Moderate, often observed, certainly applies
- 3 Severe, frequently observed, strongly applies

Play and recreation

Prefers to play with younger children	0	1	2	3
Prefers toys and activities usually enjoyed by younger children	0	1	2	3
Enjoys stories or TV programs suitable for younger children	0	1	2	3
Continues with imaginative, make-believe play longer than most	0	1	2	3
Frightened by films or stories usually enjoyed by their age group	0	1	2	3

Socially immature

Does not initiate friendships or play with own age group	0	1	2	3
Easily intimidated by children in own age group or older.....	0	1	2	3
Seeks adults to sort out small problems or upsets.....	0	1	2	3
Naïve and innocent for age, trusting, easily led	0	1	2	3
Uninhibited; says or does things that are inappropriate for age	0	1	2	3
Shy with strangers	0	1	2	3
Less aware of current affairs than others of same age	0	1	2	3
Less 'street smart' than most of own age group	0	1	2	3

Dependent

Worries about separating from parents.....	0	1	2	3
More dependent than most of their age group.....	0	1	2	3
Dependent on one or two special friends at school	0	1	2	3
Reluctant to be left with a babysitter	0	1	2	3
Reluctant to go to sleep overs or school camp	0	1	2	3
Reluctant to make simple decisions; wants adult to decide	0	1	2	3
Follows the group; is unwilling to stand up for themselves	0	1	2	3
Does not like to be given responsibility appropriate to age.....	0	1	2	3

Immature habits

Late to stop sucking thumb	0	1	2	3
Late to give up security blanket or soft toy.....	0	1	2	3

Concentration

Concentrates less well than most of own age group	0	1	2	3
More playful, less able to settle to work than others of same age	0	1	2	3



More physically restless in school than most of own age group	0	1	2	3
Less able to handle delays than most of own age group	0	1	2	3

Academically immature

Is not up to age standard with literacy	0	1	2	3
Is not up to age standard with mathematics	0	1	2	3
Needs more adult support with learning.....	0	1	2	3
Does not ask for help when it is needed.....	0	1	2	3
Immature handwriting, drawing or bookwork.....	0	1	2	3
Poor organization of schoolwork.....	0	1	2	3
Does not take the initiative in learning	0	1	2	3

Immature language

Immature speech.....	0	1	2	3
Limited general knowledge or vocabulary for their age	0	1	2	3
Later than average learning to talk	0	1	2	3

Physical immaturity

Less physical stamina than other children of the same age	0	1	2	3
Less well developed fine and/or gross motor skills	0	1	2	3
Physically smaller than most of own age group	0	1	2	3
Needs more sleep than most of own age group.....	0	1	2	3
First teeth were later than usual	0	1	2	3
Late to reach puberty	0	1	2	3

Actual age compared with average age of peers

Child or adolescent's age is . . . years . . . months

Average age of peers is . . . years . . . months

Positive characteristics and strengths (describe at least 3)

Important notes

This checklist can be used to help diagnose and assess immaturity. However, several conditions have similar characteristics and there may a range of explanations for the observations made. Specialist assessment is necessary for a formal diagnosis.

- Supporting notes on immaturity (pages 156–9)
- Guides for discussions with colleagues, parents and students (pages 184–8)

