

Baby Milestone Tracker

Check off milestones as your baby reaches them

Baby's Name _____

Date _____

One milestone from each area of development, at the ages pediatricians typically check in on them, adapted from the CDC's Learn the Signs. Act Early. checklists. These represent things most children (75% or more) can do by that age, not a pass or fail test, every baby develops at their own pace.

2 Months

- ☐ **Social:** Smiles when you talk to or smile at her Date achieved: _____
- ☐ **Language:** Makes sounds other than crying Date achieved: _____
- ☐ **Cognitive:** Looks at a toy for several seconds Date achieved: _____
- ☐ **Movement:** Holds head up when on tummy Date achieved: _____

4 Months

- ☐ **Social:** Smiles on his own to get your attention Date achieved: _____
- ☐ **Language:** Turns head towards the sound of your voice Date achieved: _____
- ☐ **Cognitive:** Shows interest in watching his own hands Date achieved: _____
- ☐ **Movement:** Holds head steady without support when held Date achieved: _____

6 Months

- ☐ **Social:** Knows familiar people Date achieved: _____
- ☐ **Language:** Makes squealing noises Date achieved: _____
- ☐ **Cognitive:** Reaches to grab a toy she wants Date achieved: _____
- ☐ **Movement:** Rolls from tummy to back Date achieved: _____

9 Months

- ☐ **Social:** Is shy, clingy, or fearful around strangers Date achieved: _____
- ☐ **Language:** Makes a lot of different sounds like 'mamamama' Date achieved: _____
- ☐ **Cognitive:** Looks for objects when dropped out of sight Date achieved: _____
- ☐ **Movement:** Gets to a sitting position by herself Date achieved: _____

12 Months

- ☐ **Social:** Plays games with you, like pat-a-cake Date achieved: _____
- ☐ **Language:** Calls a parent 'mama' or 'dada' or another special name Date achieved: _____
- ☐ **Cognitive:** Looks for things he sees you hide Date achieved: _____

☐ **Movement:** Pulls up to stand Date achieved: _____

18 Months

☐ **Social:** Points to show you something interesting Date achieved: _____

☐ **Language:** Tries to say three or more words besides 'mama' or 'dada' Date achieved: _____

☐ **Cognitive:** Plays with toys in a simple way, like pushing a toy car Date achieved: _____

☐ **Movement:** Walks without holding on to anyone or anything Date achieved: _____

2 Years

☐ **Social:** Notices when others are hurt or upset Date achieved: _____

☐ **Language:** Says at least two words together, like 'more milk' Date achieved: _____

☐ **Cognitive:** Plays with more than one toy at the same time Date achieved: _____

☐ **Movement:** Kicks a ball Date achieved: _____

Worth remembering. If your baby isn't yet doing several things on the list for their age, or has lost a skill they used to have, mention it at their next well-child visit rather than waiting for the next checkup, earlier support tends to help the most.