Milestone Tracker

Record and celebrate every milestone from birth to age five. Tick the box and write the date when you first see each new skill.

Child's name: _____ Date of birth: _____

0–3 months

☐	Smiles back when you smile	Date: _____
☐	Lifts head during tummy time	Date: _____
☐	Coos and makes soft sounds	Date: _____

4–6 months

☐	Rolls from tummy to back	Date: _____
☐	Laughs out loud	Date: _____
☐	Reaches for and holds toys	Date: _____

7–9 months

☐	Sits without support	Date: _____
☐	Babbles chains of sounds	Date: _____
☐	Turns when their name is called	Date: _____

10–12 months

☐	Pulls up to stand	Date: _____
☐	Waves "bye-bye"	Date: _____
☐	Says "mama" or "dada"	Date: _____

Around 1 year

☐	Takes first independent steps	Date: _____
☐	Drinks from a cup	Date: _____
☐	Points to ask for things	Date: _____

Around 18 months

☐	Copies everyday chores	Date: _____
☐	Stacks 3–4 blocks	Date: _____
☐	Says several single words	Date: _____

Around 2 years

☐	Puts two words together	Date: _____
☐	Kicks a ball	Date: _____
☐	Runs and climbs with confidence	Date: _____

Around 3 years

☐	Pedals a tricycle	Date: _____
☐	Takes turns in games	Date: _____
☐	Speaks so most people understand	Date: _____

Around 4 years

☐	Hops and skips	Date: _____
☐	Tells simple stories	Date: _____
☐	Draws a person with body parts	Date: _____

Around 5 years

☐	Counts to 10 and beyond	Date: _____
☐	Uses full sentences	Date: _____
☐	Plays cooperatively with friends	Date: _____

Every child develops at their own pace — this tracker is a keepsake guide, not a test. If you ever have concerns about your child's development, talk to your child's doctor.