

Baby Milestone Tracker

0 to 12 months

Check each milestone when your baby reaches it and write the date. Bring this tracker to well-baby visits. If your baby misses milestones or loses skills, talk to your pediatrician: acting early helps.

Baby's name: _____ **Birth date:** _____

Due date (if born early): _____

Big firsts

First smile Date: _____ Age: _____ Note: _____

First laugh Date: _____ Age: _____ Note: _____

Holds head up Date: _____ Age: _____ Note: _____

First roll Date: _____ Age: _____ Note: _____

Sits without support Date: _____ Age: _____ Note: _____

First food Date: _____ Age: _____ Note: _____

First tooth Date: _____ Age: _____ Note: _____

Crawls or scoots Date: _____ Age: _____ Note: _____

First word Date: _____ Age: _____ Note: _____

Pulls up to stand Date: _____ Age: _____ Note: _____

Waves bye-bye Date: _____ Age: _____ Note: _____

First steps Date: _____ Age: _____ Note: _____

By 2 months

Check the box and write the date your baby first did it.

SOCIAL & EMOTIONAL

- ☐ Calms down when spoken to or picked up
- Date: _____
- ☐ Looks at your face
- Date: _____
- ☐ Seems happy to see you when you walk up
- Date: _____
- ☐ Smiles when you talk to or smile at them
- Date: _____

LANGUAGE & COMMUNICATION

- ☐ Makes sounds other than crying
- Date: _____
- ☐ Reacts to loud sounds
- Date: _____

COGNITIVE

- ☐ Watches you as you move
- Date: _____
- ☐ Looks at a toy for several seconds
- Date: _____

MOVEMENT

- ☐ Holds head up when on tummy
- Date: _____
- ☐ Moves both arms and both legs
- Date: _____
- ☐ Opens hands briefly
- Date: _____

Notes & memories:

By 4 months

Check the box and write the date your baby first did it.

SOCIAL & EMOTIONAL

- ☐ Smiles on their own to get your attention
- Date: _____
- ☐ Chuckles when you try to make them laugh
- Date: _____
- ☐ Looks at you, moves or makes sounds to get or keep your attention
- Date: _____

LANGUAGE & COMMUNICATION

- ☐ Makes sounds like “oooo” and “aahh” (cooing)
- Date: _____
- ☐ Makes sounds back when you talk
- Date: _____
- ☐ Turns head toward the sound of your voice
- Date: _____

COGNITIVE

- ☐ If hungry, opens mouth when seeing breast or bottle
- Date: _____
- ☐ Looks at their hands with interest
- Date: _____

MOVEMENT

- ☐ Holds head steady without support when held
- Date: _____
- ☐ Holds a toy when you put it in their hand
- Date: _____
- ☐ Uses arm to swing at toys
- Date: _____
- ☐ Brings hands to mouth
- Date: _____
- ☐ Pushes up onto elbows/forearms when on tummy
- Date: _____

Notes & memories:

By 6 months

Check the box and write the date your baby first did it.

SOCIAL & EMOTIONAL

- ☐ Knows familiar people
- Date: _____
- ☐ Likes to look at self in a mirror
- Date: _____
- ☐ Laughs
- Date: _____

LANGUAGE & COMMUNICATION

- ☐ Takes turns making sounds with you
- Date: _____
- ☐ Blows “raspberries”
- Date: _____
- ☐ Makes squealing noises
- Date: _____

COGNITIVE

- ☐ Puts things in mouth to explore them
- Date: _____
- ☐ Reaches to grab a toy they want
- Date: _____
- ☐ Closes lips to show they don’t want more food
- Date: _____

MOVEMENT

- ☐ Rolls from tummy to back
- Date: _____
- ☐ Pushes up with straight arms when on tummy
- Date: _____
- ☐ Leans on hands to support self when sitting
- Date: _____

Notes & memories:

By 9 months

Check the box and write the date your baby first did it.

SOCIAL & EMOTIONAL

- ☐ Is shy, clingy or fearful around strangers
- Date: _____
- ☐ Shows several facial expressions
- Date: _____
- ☐ Looks when you call their name
- Date: _____
- ☐ Reacts when you leave
- Date: _____
- ☐ Smiles or laughs when you play peek-a-boo
- Date: _____

LANGUAGE & COMMUNICATION

- ☐ Makes lots of sounds like “mamamama” and “babababa”
- Date: _____
- ☐ Lifts arms up to be picked up
- Date: _____

COGNITIVE

- ☐ Looks for objects dropped out of sight
- Date: _____
- ☐ Bangs two things together
- Date: _____

MOVEMENT

- ☐ Gets to a sitting position by themselves
- Date: _____
- ☐ Moves things from one hand to the other
- Date: _____
- ☐ Uses fingers to “rake” food toward themselves
- Date: _____
- ☐ Sits without support
- Date: _____

Notes & memories:

By 12 months

Check the box and write the date your baby first did it.

SOCIAL & EMOTIONAL

- ☐ Plays games with you, like pat-a-cake

Date: _____

LANGUAGE & COMMUNICATION

- ☐ Waves “bye-bye”

Date: _____

- ☐ Calls a parent “mama,” “dada” or another special name

Date: _____

- ☐ Understands “no”

Date: _____

COGNITIVE

- Puts something in a container, like a block in a cup

Date: _____

- ☐ Looks for things they see you hide

Date: _____

MOVEMENT

- ☐ Pulls up to stand

Date: _____

- ☐ Walks, holding on to furniture

Date: _____

- ☐ Drinks from a cup without a lid, as you hold it

Date: _____

- ☐ Picks things up between thumb and pointer finger

Date: _____

Notes & memories: