

Track their developmental milestones

Development is a journey and there are many milestones to meet along the way. As your child grows and changes, achieving developmental milestones will show you they're on the right track. But always keep in mind that every child is different – kids learn and grow at their own pace, and that's OK!

This Developmental Tracker is a fun way to check off the milestones your child has reached, and an easy way to share their progress with your family's healthcare provider.

0-6 Months

- Smiles and coos
- Recognizes faces, touch, and voices
- Grips your finger
- Will try to lift head when on tummy
- Kicks legs energetically

3-6 Months

- Tries to reach for and grasp favorite toys
- Puts hands in mouth
- Plays with toes
- Copies sounds
- Rolls over from front to back

6-9 Months

- Begins to sit without support
- Babbles and makes sounds to communicate
- Starts crawling
- Smiles at their reflection in a mirror
- Pulls up on furniture

9-12 Months

- Plays games like peek-a-boo
- Recognizes and points to objects
- Says a few words like "mama" and "dada"
- Walks holding onto furniture
- Copies sounds and gestures

4-5 Years

- Tries to solve problems
- Participates in associative play
- Begins drawing recognizable pictures
- Uses one hand dominantly
- Dresses and undresses without help

3-4 Years

- Walks up stairs independently with alternating feet
- Can pedal a tricycle
- Asks "why" questions
- Cuts out shapes with scissors
- Plays cooperatively with friends

2-3 Years

- Opens and closes things to see how they work
- Runs without falling
- Can turn a page in a book one at a time
- Speaks in 2-3-word phrases
- States their own name

18-24 Months

- Learns new words every day, may speak in two-word sentences
- Plays and uses imagination
- Uses a cup and a spoon
- Walks up and down stairs with help
- Jumps up and down

12-18 Months

- Walks independently
- Builds towers with blocks
- Understands one-step commands
- Looks and listens at the same time
- Scribbles with a crayon