

Developmental Milestones Checklist

Basic Information		
Baby's Name	Baby's Gender	Baby's Date of Birth
Parent Name #1	Parent Name #2	
2 Months		
Date	Baby's Age	
<div> <div> Social/Emotional Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Calms down when spoken to or picked up <input type="checkbox"/> Looks at your face <input type="checkbox"/> Seems happy to see you when you walk up to them <input type="checkbox"/> Smiles when you talk to or smile at them </div> <div> Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"> <input type="checkbox"/> Watches you as you move <input type="checkbox"/> Looks at a toy for several seconds </div> </div> <div> <div> Language/Communication Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Makes sounds other than crying <input type="checkbox"/> Reacts to loud sounds </div> <div> Movement/Physical Development Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Holds head up when on tummy <input type="checkbox"/> Moves both arms and both legs <input type="checkbox"/> Opens hands briefly </div> </div>		
4 Months		
Date	Baby's Age	
<div> <div> Social/Emotional Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Smiles on their own to get your attention <input type="checkbox"/> Chuckles (not yet a full laugh) when you try to make them laugh <input type="checkbox"/> Looks at you, moves, or makes sounds to get or keep your attention </div> <div> Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"> <input type="checkbox"/> If hungry, opens mouth when they see breast or bottle <input type="checkbox"/> Looks at their hands with interest </div> </div> <div> <div> Language/Communication Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Makes sounds like "oooo", "aahh" (cooing) <input type="checkbox"/> Makes sounds back when you talk to them <input type="checkbox"/> Turns head towards the sound of your voice </div> <div> Movement/Physical Development Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Holds head steady without support when you are holding them <input type="checkbox"/> Holds a toy when you put it in their hand <input type="checkbox"/> Uses their arm to swing at toys <input type="checkbox"/> Brings hands to mouth <input type="checkbox"/> Pushes up onto elbows/forearms when on tummy </div> </div>		
6 Months		
Date	Baby's Age	
<div> <div> Social/Emotional Milestones <ul style="list-style-type: none"> <input type="checkbox"/> Knows familiar people <input type="checkbox"/> Likes to look at themselves in a mirror <input type="checkbox"/> Laughs </div> <div> Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"> <input type="checkbox"/> Puts things in their mouth to explore them <input type="checkbox"/> Reaches to grab a toy they want <input type="checkbox"/> Closes lips to show they don't want more food </div> </div>		

Basic Information		
Baby's Name	Baby's Gender	Baby's Date of Birth
6 Months (Continued)		
Language/Communication Milestones <ul style="list-style-type: none"> o Takes turns making sounds with you o Blows “raspberries” (sticks tongue out and blows) o Makes squealing noises 		Movement/Physical Development Milestones <ul style="list-style-type: none"> o Rolls from tummy to back o Pushes up with straight arms when on tummy o Leans on hands to support themselves when sitting
9 Months		
Date	Baby's Age	
Social/Emotional Milestones <ul style="list-style-type: none"> o Is shy, clingy, or fearful around strangers o Shows several facial expressions, like happy, sad, angry, and surprised o Looks when you call their name o Reacts when you leave (looks, reaches for you, or cries) o Smiles or laughs when you play peek-a-boo 		Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"> o Looks for objects when dropped out of sight (like their spoon or toy) o Bangs two things together
Language/Communication Milestones <ul style="list-style-type: none"> o Makes different sounds like “mamamama” and “babababa” o Lifts arms up to be picked up 		Movement/Physical Development Milestones <ul style="list-style-type: none"> o Gets to a sitting position by themselves o Moves things from one hand to their other hand o Uses fingers to “rake” food towards themselves o Sits without support
12 Months		
Date	Baby's Age	
Social/Emotional Milestones <ul style="list-style-type: none"> o Plays games with you, like pat-a-cake 		Cognitive Milestones (learning, thinking, problem-solving) <ul style="list-style-type: none"> o Puts something in a container, like a block in a cup o Looks for things they sees you hide, like a toy under a blanket
Language/Communication Milestones <ul style="list-style-type: none"> o Waves “bye-bye” o Calls a parent “mama” or “dada” or another special name o Understands “no” (pauses briefly or stops when you say it) 		Movement/Physical Development Milestones <ul style="list-style-type: none"> o Pulls up to stand o Walks, holding on to furniture o Drinks from a cup without a lid, as you hold it o Picks things up between thumb and pointer finger, like small bits of food
<p>*This template is based on CDC Development Milestone Checklist</p>		