

Milestones, birth to five

108 milestones in four areas, grouped by the age they usually begin.

How to use it

- ① Start with the page for your child's age, and glance at the pages either side of it too.
- ② Tick the box when you see a milestone, and jot down the date beside it.
- ③ Every child is different - many race ahead in one area and take their time in another.
- ④ If something is worrying you, talk to your health visitor or GP - you know your child best.

Four areas

 **Physical**
Moving, balancing, reaching and using their hands

 **Communication**
Listening, babbling, first words and conversation

 **Cognitive**
Exploring, remembering and working things out

 **Social**
Smiles, play, feelings and getting along with others

Inside

Milestones: 0-12 months	37 milestones
Milestones: 12-24 months	20 milestones
Milestones: 2-3 years	19 milestones
Milestones: 3-4 years	17 milestones
Milestones: 4-5 years	15 milestones

This checklist belongs to Born

Log them in the LittleStems app and watch their stem grow.

littlestems.app

Ranges drawn from NHS, WHO, CDC and AAP guidance. LittleStems is independent and not affiliated with or endorsed by any of them. Not a diagnostic tool.

Milestones: 0-12 months

Every child moves through these at their own pace - wide, typical ranges, never deadlines.

Physical

- ☐ Opens hands briefly
usually 1-2 months Date
- ☐ Lifts head during tummy time
usually 2-4 months Date
- ☐ Holds a toy when placed in hand
usually 2-4 months Date
- ☐ Reaches and swings at toys
usually 2-4 months Date
- ☐ Brings hands to mouth
usually 2-4 months Date
- ☐ Holds head steady when held upright
usually 2-4 months Date
- ☐ Pushes up onto elbows during tummy time
usually 2-4 months Date
- ☐ Sits without support
usually 4-9 months Date
- ☐ Rolls over (tummy to back)
usually 4-6 months Date
- ☐ Pulls to stand
usually 5-11 months Date
- ☐ Crawls on hands and knees
usually 5-14 months Date
- ☐ Transfers a toy from hand to hand
usually 6-9 months Date
- ☐ Cruises along furniture
usually 6-14 months Date
- ☐ Stands alone
usually 7-17 months Date
- ☐ Takes first steps
usually 8-18 months Date
- ☐ Picks up small objects with a pincer grasp
usually 9-12 months Date

Communication

- ☐ Reacts to loud sounds
usually 1-2 months Date
- ☐ Coos and babbles
usually 2-4 months Date
- ☐ Turns toward your voice
usually 2-4 months Date

Communication continued

- ☐ Takes turns making sounds with you
usually 4-6 months Date
- ☐ Babbles strings of sounds
usually 6-9 months Date
- ☐ Says "mama/dada"
usually 9-12 months Date
- ☐ Understands "no"
usually 9-12 months Date
- ☐ Waves "bye-bye"
usually 9-12 months Date

Social

- ☐ Social smile
usually 1-2 months Date
- ☐ Calms down when spoken to or picked up
usually 1-2 months Date
- ☐ Smiles spontaneously to get your attention
usually 2-4 months Date
- ☐ Laughs out loud
usually 4-6 months Date
- ☐ Knows familiar people
usually 4-6 months Date
- ☐ Likes looking at themselves in a mirror
usually 4-6 months Date
- ☐ Responds to their name
usually 6-9 months Date
- ☐ Plays peekaboo
usually 6-9 months Date

Cognitive

- ☐ Watches and tracks with interest
usually 2-4 months Date
- ☐ Explores objects by mouthing them
usually 4-6 months Date
- ☐ Looks for dropped objects
usually 6-9 months Date
- ☐ Bangs two things together
usually 6-9 months Date
- ☐ Finds a toy you hide
usually 9-12 months Date

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Child's name

Milestones: 12-24 months

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Physical

- | | | |
|--|----------------------|------------|
| ☐ Scribbles with a crayon | usually 15-18 months | Date |
| ☐ Tries to use a spoon | usually 15-18 months | Date |
| ☐ Drinks from a cup without a lid | usually 15-18 months | Date |
| ☐ Climbs on and off furniture | usually 15-18 months | Date |
| ☐ Runs | usually 18-24 months | Date |
| ☐ Walks up a few stairs | usually 18-24 months | Date |
| ☐ Kicks a ball | usually 18-24 months | Date |

Communication

- | | | |
|--|----------------------|------------|
| ☐ Says first words | usually 12-15 months | Date |
| ☐ Looks at a familiar object when named | usually 12-15 months | Date |
| ☐ Follows a direction with a gesture | usually 12-15 months | Date |
| ☐ Points to ask for something | usually 12-15 months | Date |
| ☐ Follows one-step directions | usually 15-18 months | Date |
| ☐ Says 2-word phrases | usually 18-24 months | Date |
| ☐ Points to a body part when asked | usually 18-24 months | Date |

Social

- | | | |
|--|----------------------|------------|
| ☐ Shows affection | usually 12-15 months | Date |
| ☐ Shows you an object they like | usually 12-15 months | Date |
| ☐ Shows empathy | usually 18-24 months | Date |

Cognitive

- | | | |
|--|----------------------|------------|
| ☐ Stacks small objects | usually 12-15 months | Date |
| ☐ Copies chores and simple pretend play | usually 15-18 months | Date |
| ☐ Operates simple mechanisms | usually 18-24 months | Date |

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Milestones: 2-3 years

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Physical

☐	Jumps with both feet	usually 2-2½ years	Date
☐	Twists and turns things	usually 2-2½ years	Date
☐	Turns book pages one at a time	usually 2-2½ years	Date
☐	Takes some clothes off by themselves	usually 2-2½ years	Date
☐	Uses a fork	usually 2½-3 years	Date
☐	Pedals a tricycle	usually 2½-3 years	Date
☐	Strings large beads or macaroni together	usually 2½-3 years	Date
☐	Puts on some clothes by themselves	usually 2½-3 years	Date

Communication

☐	Names familiar objects	usually 2-2½ years	Date
☐	Talks in back-and-forth conversation	usually 2½-3 years	Date
☐	Asks “why” questions	usually 2½-3 years	Date
☐	Says first name when asked	usually 2½-3 years	Date
☐	Talks clearly enough for others to understand, most of the time	usually 2½-3 years	Date

Social

☐	Parallel play with peers	usually 2-2½ years	Date
☐	Joins other children in play	usually 2½-3 years	Date

Cognitive

☐	Shows simple problem-solving	usually 2-2½ years	Date
☐	Shows they know at least one colour	usually 2-2½ years	Date
☐	Draws a circle when shown how	usually 2½-3 years	Date
☐	Avoids known hazards	usually 2½-3 years	Date

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Child's name

Milestones: 3-4 years

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Physical

- | | | |
|--|-------------------|------------|
| ☐ Catches a large ball most of the time | usually 3-4 years | Date |
| ☐ Serves food or pours water (with supervision) | usually 3-4 years | Date |
| ☐ Unbuttons some buttons | usually 3-4 years | Date |
| ☐ Holds a crayon or pencil between fingers and thumb (not a fist) | usually 3-4 years | Date |

Communication

- | | | |
|--|-------------------|------------|
| ☐ Says sentences with four or more words | usually 3-4 years | Date |
| ☐ Says some words from a song, story, or nursery rhyme | usually 3-4 years | Date |
| ☐ Talks about at least one thing that happened during the day | usually 3-4 years | Date |
| ☐ Answers simple "what is this for?" questions | usually 3-4 years | Date |

Social

- | | | |
|---|-------------------|------------|
| ☐ Pretends to be someone else during play | usually 3-4 years | Date |
| ☐ Asks to go play with other children | usually 3-4 years | Date |
| ☐ Comforts others who are hurt or sad | usually 3-4 years | Date |
| ☐ Avoids danger (e.g. not jumping from tall heights) | usually 3-4 years | Date |
| ☐ Likes to be a "helper" | usually 3-4 years | Date |
| ☐ Changes behaviour based on where they are | usually 3-4 years | Date |

Cognitive

- | | | |
|---|-------------------|------------|
| ☐ Names a few colours | usually 3-4 years | Date |
| ☐ Tells what comes next in a well-known story | usually 3-4 years | Date |
| ☐ Draws a person with three or more body parts | usually 3-4 years | Date |

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Child's name

Milestones: 4-5 years

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Physical

☐ Buttons some buttons usually 4-5 years Date

☐ Hops on one foot usually 4-5 years Date

Communication

☐ Tells a story with at least two events usually 4-5 years Date

☐ Answers simple questions about a book after you read it usually 4-5 years Date

☐ Keeps a conversation going with more than three turns usually 4-5 years Date

☐ Uses or recognises simple rhymes usually 4-5 years Date

Social

☐ Follows rules or takes turns in games usually 4-5 years Date

☐ Sings, dances, or acts for you usually 4-5 years Date

☐ Does simple chores at home usually 4-5 years Date

Cognitive

☐ Counts to 10 usually 4-5 years Date

☐ Names some numbers 1-5 when you point to them usually 4-5 years Date

☐ Uses words about time (yesterday, tomorrow, morning, night) usually 4-5 years Date

☐ Pays attention for 5-10 minutes (story or making something; screens don't count) usually 4-5 years Date

☐ Writes some letters in their name usually 4-5 years Date

☐ Names some letters when you point to them usually 4-5 years Date

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