

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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