

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.

Child's name

Milestones: 12-24 months

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

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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