

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: 2-3 years

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

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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