

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: 3-4 years

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

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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