

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: 4-5 years

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

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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