

Developmental Milestones Checklist

Basic Information		
Baby's Name	Baby's Gender	Baby's Date of Birth
Parent Name #1	Parent Name #2	
2 Months		
Date	Baby's Age	
Social/Emotional Milestones ☐ Calms down when spoken to or picked up ☐ Looks at your face ☐ Seems happy to see you when you walk up to them ☐ Smiles when you talk to or smile at them Cognitive Milestones (learning, thinking, problem-solving) ☐ Watches you as you move ☐ Looks at a toy for several seconds Language/Communication Milestones ☐ Makes sounds other than crying ☐ Reacts to loud sounds Movement/Physical Development Milestones ☐ Holds head up when on tummy ☐ Moves both arms and both legs ☐ Opens hands briefly		
4 Months		
Date	Baby's Age	
Social/Emotional Milestones ☐ Smiles on their own to get your attention ☐ Chuckles (not yet a full laugh) when you try to make them laugh ☐ Looks at you, moves, or makes sounds to get or keep your attention Cognitive Milestones (learning, thinking, problem-solving) ☐ If hungry, opens mouth when they see breast or bottle ☐ Looks at their hands with interest Language/Communication Milestones ☐ Makes sounds like "oooo", "aahh" (cooing) ☐ Makes sounds back when you talk to them ☐ Turns head towards the sound of your voice Movement/Physical Development Milestones ☐ Holds head steady without support when you are holding them ☐ Holds a toy when you put it in their hand ☐ Uses their arm to swing at toys ☐ Brings hands to mouth ☐ Pushes up onto elbows/forearms when on tummy		
6 Months		
Date	Baby's Age	
Social/Emotional Milestones ☐ Knows familiar people ☐ Likes to look at themselves in a mirror ☐ Laughs Cognitive Milestones (learning, thinking, problem-solving) ☐ Puts things in their mouth to explore them ☐ Reaches to grab a toy they want ☐ Closes lips to show they don't want more food		

Basic Information		
Baby's Name	Baby's Gender	Baby's Date of Birth
6 Months (Continued)		
Language/Communication Milestones ☐ Takes turns making sounds with you ☐ Blows "raspberries" (sticks tongue out and blows) ☐ Makes squealing noises		Movement/Physical Development Milestones ☐ Rolls from tummy to back ☐ Pushes up with straight arms when on tummy ☐ Leans on hands to support themselves when sitting
9 Months		
Date	Baby's Age	
Social/Emotional Milestones ☐ Is shy, clingy, or fearful around strangers ☐ Shows several facial expressions, like happy, sad, angry, and surprised ☐ Looks when you call their name ☐ Reacts when you leave (looks, reaches for you, or cries) ☐ Smiles or laughs when you play peek-a-boo		Cognitive Milestones (learning, thinking, problem-solving) ☐ Looks for objects when dropped out of sight (like their spoon or toy) ☐ Bangs two things together
Language/Communication Milestones ☐ Makes different sounds like "mamamama" and "babababa" ☐ Lifts arms up to be picked up		Movement/Physical Development Milestones ☐ Gets to a sitting position by themselves ☐ Moves things from one hand to their other hand ☐ Uses fingers to "rake" food towards themselves ☐ Sits without support
12 Months		
Date	Baby's Age	
Social/Emotional Milestones ☐ Plays games with you, like pat-a-cake		Cognitive Milestones (learning, thinking, problem-solving) ☐ Puts something in a container, like a block in a cup ☐ Looks for things they sees you hide, like a toy under a blanket
Language/Communication Milestones ☐ Waves "bye-bye" ☐ Calls a parent "mama" or "dada" or another special name ☐ Understands "no" (pauses briefly or stops when you say it)		Movement/Physical Development Milestones ☐ Pulls up to stand ☐ Walks, holding on to furniture ☐ Drinks from a cup without a lid, as you hold it ☐ Picks things up between thumb and pointer finger, like small bits of food
*This template is based on CDC Development Milestone Checklist		