

Child Development Milestone Tracker (0-5 Years)

Developmental Milestones: 0-24 Months

Child's Name: _____ Date of Birth: _____

0-6 Months

Physical

- Holds head up
- Rolls over both ways
- Reaches for objects

Cognitive

- Follows moving objects
- Recognizes familiar faces
- Explores with hands and mouth

Language

- Coos and babbles
- Turns toward sounds
- Responds to own name

Social-Emotional

- Smiles at people
- Enjoys playing with others
- Responds to emotions

6-12 Months

Physical

- Sits without support
- Crawls
- Pulls to stand

Cognitive

- Finds hidden objects
- Explores objects in new ways
- Points at things

Language

- Says "mama" and "dada"
- Understands "no"
- Tries to copy words

Social-Emotional

- Plays peek-a-boo
- Shows stranger anxiety
- Has favorite toys

12-18 Months

Physical

- Walks alone
- Stacks 2-3 blocks
- Scribbles with crayon

Cognitive

- Follows simple directions
- Points to show interest
- Uses objects correctly

Language

- Says several single words
- Points to body parts
- Says "no" and shakes head

Social-Emotional

- Hands you a book to read
- Shows affection
- Plays simple pretend

18-24 Months

Physical

- Runs
- Kicks a ball
- Walks up stairs with help

Cognitive

- Sorts shapes and colors
- Completes simple puzzles
- Follows 2-step instructions

Language

- Uses 2-word phrases
- Names familiar objects
- Repeats words overheard

Social-Emotional

- Shows defiant behavior
- Plays alongside others
- Copies others, especially adults

Notes:

Child Development Milestone Tracker (0-5 Years)

Developmental Milestones: 2-5 Years

Child's Name: _____ Date of Birth: _____

2-3 Years

Physical

- Climbs well
- Pedals a tricycle
- Turns pages one at a time

Cognitive

- Plays make-believe
- Sorts by shape/color
- Completes 3-4 piece puzzles

Language

- Uses 2-3 word sentences
- Names most familiar things
- Understands "in/on/under"

Social-Emotional

- Takes turns in games
- Shows concern for crying friend
- Shows wide range of emotions

3-4 Years

Physical

- Hops and stands on one foot
- Catches a bounced ball
- Uses scissors

Cognitive

- Names some colors and numbers
- Understands counting
- Draws a person (2-4 parts)

Language

- Tells stories
- Speaks clearly enough for strangers
- Understands "same" and "different"

Social-Emotional

- Cooperates with other children
- Prefers playing with others
- Talks about interests

4-5 Years

Physical

- Stands on one foot 10+ sec
- Hops and may skip
- Can use fork and spoon well

Cognitive

- Counts 10+ objects
- Draws a person (6+ parts)
- Prints some letters

Language

- Uses future tense
- Tells a longer story
- Says name and address

Social-Emotional

- Wants to please friends
- Shows concern and sympathy
- Understands rules in games

Notes:
