

Milestones Checklist

1 MONTH

- Focuses on close-up faces
- Reacts to sounds
- Moves head side to side during tummy time

2 MONTHS

- Begins to smile socially
- Tracks objects with eyes
- Holds head up for short periods

3 MONTHS

- Recognizes familiar faces
- Coos and makes gurling sounds
- Holds head steady

4 MONTHS

- Laughs out loud
- Can weight on legs
- Rolls from tummy to back

5 MONTHS

- Distinguishes between bold colors
- Begins to reach for objects
- Makes vowel sounds: "ah," "eh," "oh"

6 MONTHS

- Sits without support
- Passes objects from one hand to the other
- Recognizes own name

7 MONTHS

- Begins to crawl
- Responds to other people's emotions
- Explores objects with mouth

8 MONTHS

- Stands with support
- Says consonant sounds like "m" and "b"
- Begins to understand common words

9 MONTHS

- Pulls to stand
- Plays peek-a-boo
- Points at objects

10 MONTHS

- Crawls well
- Waves goodbye
- Can pick up tiny objects

11 MONTHS

- Stands alone momentarily
- Says simple words like "mama" or "dada"
- Follows simple directions

12 MONTHS

- Takes first steps
- Uses simple gestures, like shaking head "no"
- Imitates words and actions

