MILESTONE TRACKER

MILESTONE	DATE ACHIEVED	NOTES
Social & Emotional		
Smiles responsively		
Begins to laugh		
Shows preference for caregivers		
Language & Communication		
Coos and makes gurgling sounds		
Babbles consonant sounds (e.g., "ba," "da")		
Says "mama"		
Says "dada"		
Understands simple commands		
Physical Development		
Holds head up steadily		
Rolls over (front to back & back to front)		
Sits without support		
Crawls		
Stands with support		
Takes first independent steps		
Cognitive Development		
Explores objects with hands and mouth		
Begins to understand object permanence		
Engages in pretend play		
Follows multi-step instructions		