

Milestone Tracker for Children (Birth to 5 Years)

Here's a detailed and customizable milestone tracker for children from birth to 5 years old. This tracker is designed to cover various developmental areas, including physical, cognitive, social, and emotional milestones. You can adapt and personalize this template based on your child's individual development and family needs. Feel free to adapt and personalize the tracker to make it a cherished part of your parenting journey. Tranquil parenting!

- This tracker serves as a guide and may need adjustments based on your child's individual pace of development.
- Regularly consult with a pediatrician or child development specialist to discuss your child's progress and any concerns.

Instructions

- **Milestone Columns:** Record the date your child reaches each milestone.
- **Notes:** Use this section to add any observations or specific details about your child's development.
- **Customize:** Add or modify milestones to reflect your child's unique development path.



Child's Name Chart

0-6 Months Milestones

Development	Milestone	Date Achieved	Notes
Physical	Lifts head while on tummy		
	Rolls from tummy to back		
	Begins to sit with support		
Cognitive	Follows moving objects with eyes		
	Responds to sound		
	Recognizes familiar faces		
Social/Emotional	Smiles at people		
	Enjoys playing with others		

6-12 Months Milestones

Development	Milestone	Date Achieved	Notes
Physical	Sits without support		
	Crawls on hands and knees		
	Stands with support		
Cognitive	Looks for hidden objects		
	Uses simple gestures (e.g., waving)		
	Understands "no"		
Social/Emotional	Shows anxiety with strangers		
	Enjoys social games (e.g., peekaboo)		

12-18 Months Milestones

Development	Milestone	Date Achieved	Notes
Physical	Walks independently		
	Throws a ball		

	Climbs on furniture		
Cognitive	Points to objects or pictures		
	Begins to use simple words		
	Follows simple directions		
Social/Emotional	Shows affection to familiar people		
	Plays simple pretend games		

18-24 Months Milestones

Development	Milestone	Date Achieved	Notes
Physical	Runs		
	Walks up and down stairs with help		
	Kicks a ball		
Cognitive	Begins sorting shapes and colors		
	Names everyday objects		
	Starts to show defiant behavior		
Social/Emotional	Plays beside other children		
	Shows a wide range of emotions		

2-3 Years Milestones

Development	Milestone	Date Achieved	Notes
Physical	Jumps with both feet		
	Stands on tiptoes		
	Begins to ride a tricycle		
Cognitive	Completes puzzles		
	Uses sentences of 2-3 words		
	Follows 2-3 step instructions		
Social/Emotional	Shows independence		
	Plays make-believe		

3-4 Years Milestones

Development	Milestone	Date Achieved	Notes
Physical	Catches a ball		
	Hops on one foot		
	Begins to use scissors		
Cognitive	Understands time concepts		
	Recognizes familiar signs/logos		
	Knows basic colors and shapes		
Social/Emotional	Plays cooperatively with others		

	Expresses emotions verbally		
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4-5 Years Milestones

Development	Milestone	Date Achieved	Notes
Physical	Skips and gallops		
	Balances on one foot for 10 seconds		
	Draws a person with 2-4 body parts		
Cognitive	Counts to 10 or more		
	Understands basic grammar		
	Begins to write letters/numbers		
Social/Emotional	Understands the concept of "same" and "different"		
	Wants to be like friends		

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