

Baby's First Year — Milestone Tracker

A gentle record of your child's first smiles, steps and words.

Child's name	Date of birth	Parent / caregiver

How to use

Note the month your child reaches each milestone in the "Date" column. Every child grows at their own pace — these are typical windows, not deadlines. If something feels off, talk to your pediatrician. This sheet is a keepsake, not a test.

Motor

Milestone	Typical age	Date reached	Notes
Lifts head during tummy time	2 mo		
Rolls over	4-6 mo		
Sits without support	6-8 mo		
Crawls or scoots	8-10 mo		
Pulls to stand	9-12 mo		
First independent steps	12-15 mo		

Language

Milestone	Typical age	Date reached	Notes
Coos and makes vowel sounds	2 mo		
Babbles consonants (ba, da)	6 mo		
Responds to own name	7-9 mo		
Says first meaningful word	11-14 mo		
Follows simple instructions	12 mo		

Cognitive

Milestone	Typical age	Date reached	Notes
Tracks moving object with eyes	2 mo		
Reaches for toys	4 mo		
Looks for hidden object	8 mo		
Uses pincer grasp (finger & thumb)	9-10 mo		
Bangs two objects together	9 mo		

Social & Emotional

Milestone	Typical age	Date reached	Notes
Social smile	2 mo		
Laughs aloud	4 mo		
Stranger awareness	7-9 mo		
Waves goodbye	10-12 mo		
Shows preference for you	6 mo		

This tracker reflects typical developmental windows adapted from pediatric guidance (CDC & AAP) for Indian families. It is a loving record, not medical advice.

Framable on a wall. Revisited with love. — Ujjval Panth