

NEWBORN HEALTH MILESTONE TRACKER

Name: _____

Birth Weight: _____

Birth Date: _____

Pediatrician: _____

AGE RANGE	DEVELOPMENTAL MILESTONES	DATE ACHIEVED
1 Month	Brief eye contact Reacts to loud sounds Lifts head during tummy time	
2 Months	First social smile Cooing / Gurgling sounds Follows objects with eyes	
4 Months	Reaches for toys Holds head steady unsupported Pushes up on elbows	
6 Months	Rolls from tummy to back Responds to own name Starts sitting without support	

Note: Every child develops at their own pace. Consult your pediatrician for clinical advice.