

PEDIATRIC MILESTONE GROWTH TRACKER

Child's Name:

Date of Birth:

Pediatrician:

AGE RANGE	DEVELOPMENTAL MILESTONES	DATE ACHIEVED	GROWTH (HT/WT)
	Pushes up when on tummy		
2 Months	Makes gurgling sounds		
	Begins to smile at people		
	Holds head steady unsupported		
4 Months	Reaches for toy with one hand		
	Uses hands/eyes together		
	Rolls over in both directions		
6 Months	Begins to sit without support		
	Responds to own name		
	Pulls to stand		
9 Months	Crawls / "Pincer" grasp		
	Understands "No"		

AGE RANGE	DEVELOPMENTAL MILESTONES	DATE ACHIEVED	GROWTH (HT/WT)
12 Months	<p>Walks holding furniture</p> <p>Says "Mama" or "Dada"</p> <p>Simple gestures (waving)</p>		
18 Months	<p>Walks alone / Climbs</p> <p>Drinks from a cup</p> <p>Says several single words</p>		

Note: Every child develops at their own pace. Consult your pediatrician for specific developmental concerns.