

BABY MOTOR SKILLS TRACKER

Baby's Name:

Birth Date:

Pediatrician:

MILESTONE	TYPICAL AGE	DATE MET	NOTES
GROSS MOTOR SKILLS			
Lifts head during tummy time	2-3 Months		
Rolls from tummy to back	4-5 Months		
Sits without support	6-8 Months		
Crawls on hands and knees	8-10 Months		
Pulls to a standing position	9-11 Months		

MILESTONE**TYPICAL
AGE****DATE
MET****NOTES**

Takes first independent steps

11-14
Months**FINE MOTOR SKILLS**

Brings hands to mouth

2-3
Months

Reaches for and grabs toys

4-6
Months

Passes objects hand-to-hand

6-7
Months

Uses Pincer Grasp (thumb & finger)

9-10
Months

Puts objects into a container

11-12
Months

Observations & Progress Notes