

# INFANT MILESTONE TRACKER

Name:

Birth Date:

AGE	TYPICAL MILESTONES	DATE	NOTES
<b>2 Months</b>	Begins to smile at people; pushes up when lying on tummy.		
<b>4 Months</b>	Holds head steady unsupported; reaches for toys.		
<b>6 Months</b>	Rolls over in both directions; begins to sit without support.		
<b>9 Months</b>	May crawl; pulls to stand; understands "no".		
<b>12 Months</b>	First steps; simple gestures like waving; says "mama/dada".		