



As a parent, you will get excited about your child's major milestones such as those *first words* or those *first steps*. Your child's milestones are important because they are good indicators of language, motor skills, social/emotional, and cognitive development.

***You can Make the First Five Count***  
for your child by tracking these 5 Areas of Development



Build strong relationships with your kids to make them feel safe to develop trust, explore, and learn. Healthy social and emotional development lets children cope with emotions and frustrations and navigate peer relationships.



Smile, talk, read and listen to your kids every chance you can to encourage language and reading development.



Allow kids opportunities to explore and problem solve from an early age so they can begin to understand the world around them.



Act silly, play and interact with your kids. These experiences help guide social, emotional, language, physical and intellectual maturity.



Encourage kids to move. Movements both big and small are important for physical growth.

Access *THE AGES & STAGES QUESTIONNAIRES®*,  
a free online screening tool to monitor  
your child's development at

[www.MakeTheFirstFiveCount.org](http://www.MakeTheFirstFiveCount.org)



# Track your child's developmental milestones

## You can help your child's development at

### 2 Months\*

- Cuddle, talk, and play with your baby during feeding, dressing, and bathing
- Act excited and smile when your baby makes sounds
- Play peek-a-boo

### 4 Months\*

- Set steady routines for sleeping and feeding
- Give age-appropriate toys to play with, such as rattles or colorful pictures
- Provide safe opportunities for your baby to explore

### 6 Months\*

- Play on the floor with your baby everyday
- Read colorful books to your baby
- Put your baby on his/her tummy or back and put toys just out of reach. Encourage him/her to roll over to reach the toys.

### 9 Months\*

- Play games with "my turn, your turn"
- Describe what you baby is looking at; for example "red, round ball."
- Put your baby close to things that he/she can pull up on safely.

### 1 Year\*

- Talk to your child about what you are doing. For example, "Mommy is washing your hands with a washcloth."
- Play with blocks, shape sorters, and other toys that encourage your child to use his/her hands.
- Give your child push toys like a wagon or kiddie push car

### 18 Months\*

- Encourage pretend play
- Use simple, clear phrases
- Blow bubbles and let your child pop them

### 2 Years\*

- Encourage your child to help with simple chores at home, like sweeping. Praise your child for being a good helper.
- Teach your child to identify and say body parts, animals, and other common things.
- Encourage your child to say a word instead of pointing.

## Milestones

### Birth to 5 years

## Date

First smile	_____
Holds head up	_____
Begins to babble	_____
Reaches for toy	_____
Rolls over	_____
Responds to name	_____
Sits without support	_____
Plays peek-a-boo	_____
Crawls	_____
Pulls to stand	_____
Takes first step	_____
Waves bye-bye	_____
Says first word	_____
Drinks from a cup	_____
Points to things when named	_____
Kicks a ball	_____
Dresses self	_____
Says name and age	_____
Pedals a tricycle	_____
Counts to 10	_____
Knows address	_____

\*Recommended by the CDC

*Each child is unique and may reach developmental milestones slightly earlier or later than his or her peers.*

*If you suspect your child may have a problem, don't delay.  
Contact your family doctor or local intermediate unit.*