



BIRTH TO 12 MONTHS

Newborn Development Milestones Tracker



Track your little one's growth, celebrate every milestone, and treasure the special moments along the way.

THIS TRACKER BELONGS TO

Baby's Name:

Date of Birth:

Parents' Names:



0-1 MONTH

DEVELOPMENTAL MILESTONES

- Lifts head briefly during tummy time
- Responds to sounds by startling or quieting
- Focuses on faces 8-12 inches away
- Brings hands near face
- Recognizes mom's voice and smell

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

2 MONTHS

DEVELOPMENTAL MILESTONES

- Smiles at people (social smile!)
- Coos and makes gurgling sounds
- Follows objects with eyes side to side
- Holds head up during tummy time
- Begins to notice own hands

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

3 MONTHS

DEVELOPMENTAL MILESTONES

- Reaches and swipes at dangling toys
- Laughs out loud for the first time
- Pushes up on arms during tummy time
- Opens and closes hands
- Turns head toward sounds

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

4 MONTHS

DEVELOPMENTAL MILESTONES

- Rolls from tummy to back
- Babbles with expression and copies sounds
- Brings hands together at midline
- Enjoys playing and may cry when play stops
- Reaches for a toy with one hand

♥ MOM NOTES

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

5 MONTHS

DEVELOPMENTAL MILESTONES

- Recognizes familiar faces at a distance
- Begins to roll in both directions
- Explores toys by putting them in mouth
- Shows curiosity about new things
- Responds when you say their name

♥ MOM NOTES

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

6 MONTHS

DEVELOPMENTAL MILESTONES

- Sits with support or briefly alone
- Passes toys from one hand to the other
- Shows readiness for solid foods
- Babbles consonant sounds (ba, da, ma)
- May show stranger anxiety

♥ MOM NOTES

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

7 MONTHS

DEVELOPMENTAL MILESTONES

- Sits without support
- Responds to tone of voice and 'no'
- Finds partially hidden objects
- Enjoys peek-a-boo games
- Uses a raking grasp to pick things up

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

8 MONTHS

DEVELOPMENTAL MILESTONES

- Crawls, scoots, or army-crawls
- Pulls up to standing on furniture
- Says 'mama' or 'dada' (not specific yet)
- Explores objects by shaking and banging
- Developing pincer grasp (thumb + finger)

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

9 MONTHS

DEVELOPMENTAL MILESTONES

- Stands holding onto furniture (cruising soon!)
- Picks up small objects with pincer grasp
- Understands 'no' and simple words
- Waves bye-bye
- Points at things they want

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

MOM NOTES

10 MONTHS

DEVELOPMENTAL MILESTONES

- Cruises along furniture confidently
- Claps hands together
- Says 1–2 words with meaning
- Imitates gestures and expressions
- Puts objects into and out of containers

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

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MOM NOTES

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11 MONTHS

DEVELOPMENTAL MILESTONES

- Stands alone for a few seconds
- Follows simple directions ('give me the ball')
- Drinks from a sippy cup
- Shows clear preferences for people and toys
- Uses gestures like shaking head for 'no'

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

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MOM NOTES

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12 MONTHS

DEVELOPMENTAL MILESTONES

- May take first steps (or is very close!)
- Says 2–3 words like 'mama,' 'dada,' 'uh-oh'
- Responds to simple requests
- Plays pat-a-cake and waves goodbye
- Shows attachment to favorite caregivers

GROWTH TRACKER

Height:

Weight:

Pediatric Visit:

SPECIAL MOMENTS

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MOM NOTES

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12-Month Overview

A look back at your baby's incredible first year



GROWTH AT A GLANCE

Month	Height	Weight	Pediatric Visit
Month 0-1	-----	-----	-----
Month 2	-----	-----	-----
Month 3	-----	-----	-----
Month 4	-----	-----	-----
Month 5	-----	-----	-----
Month 6	-----	-----	-----
Month 7	-----	-----	-----
Month 8	-----	-----	-----
Month 9	-----	-----	-----
Month 10	-----	-----	-----
Month 11	-----	-----	-----
Month 12	-----	-----	-----

FAVORITE MEMORIES

First smile: -----









First laugh: -----

First word: -----

First steps: -----

Favorite toy: -----

MONTHLY PHOTOS

 Month 1	 Month 2	 Month 3	 Month 4
 Month 5	 Month 6	 Month 7	 Month 8

Month 5

Month 6

Month 7

Month 8



Month 9



Month 10



Month 11



Month 12

A LETTER TO MY BABY

Four horizontal dashed lines for writing a letter to the baby.





Tips for New Moms

Gentle reminders for the beautiful journey ahead



Trust Your Instincts

You know your baby better than anyone. If something feels off, speak up — a mother's intuition is powerful.



Sleep When Baby Sleeps

The dishes can wait. Rest is not a luxury — it's essential for your recovery and well-being.



Accept Help

Let family and friends lend a hand. Saying yes to support doesn't make you any less of an amazing mom.



Capture the Moments

Take photos and jot down memories. The days are long, but the months fly by faster than you think.



Stay Hydrated & Nourished

Keep a water bottle nearby at all times. Simple, nutritious meals fuel you for the demands of new motherhood.



Every Baby Is Different

Don't compare milestones with other babies. Your little one will reach them at their own perfect pace.



Talk to Your Baby

Narrate your day, sing songs, read aloud. Your voice is your baby's favorite sound and builds their brain.



Take Breaks

It's okay to put baby in a safe space and step away for a few minutes. You can't pour from an empty cup.

DAILY AFFIRMATION

"I am exactly the mother my baby needs. I am doing an incredible job, even on the hard days. My love is more than enough."

MY SELF-CARE GOALS



Feeding & Sleep Schedule

Track daily routines to find your baby's rhythm



DAILY FEEDING LOG

Time	Type	Duration / Amount	Notes
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-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----

DAILY SLEEP LOG

Nap / Night	Start Time	End Time	Quality
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-----	-----	-----	-----
-----	-----	-----	-----
-----	-----	-----	-----

DIAPER CHANGES

Time	Wet / Dirty	Notes
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-----	-----	-----
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-----	-----	-----
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DAILY NOTES



♥ Mom Notes

