



# Milestone Checklist

**What do you need to do to ensure your baby is happy and healthy and ready to grow and learn?**

Take your baby to 10 check-ups during the first two years, and pay attention to these important milestones. Let your doctor know if your baby misses any important milestones.

| VISIT                                    | AGE       | BY THIS POINT, YOUR BABY SHOULD  |
|--|-----------|--|
| <input type="radio"/> <b>Check-up 1</b>  | 2-5 Days  |  |
| <input type="radio"/> <b>Check-up 2</b>  | 1 month   |  |
| <input type="radio"/> <b>Check-up 3</b>  | 2 months  |  |
| <input type="radio"/> <b>Check-up 4</b>  | 4 months  | <ul style="list-style-type: none"><li>• Look at your face</li><li>• Lift their head</li><li>• Smile</li></ul>  |
| <input type="radio"/> <b>Check-up 5</b>  | 6 months  | <ul style="list-style-type: none"><li>• Play with their hands and feet</li><li>• Bring most objects to their mouth</li><li>• Roll over</li></ul>   |
| <input type="radio"/> <b>Check-up 6</b>  | 9 months  | <ul style="list-style-type: none"><li>• Crawl</li><li>• Sit without assistance</li><li>• Babble</li></ul>  |
| <input type="radio"/> <b>Check-up 7</b>  | 12 months | <ul style="list-style-type: none"><li>• Stand up</li><li>• Use 1-3 words</li><li>• Hold a bottle</li></ul>   |
| <input type="radio"/> <b>Check-up 8</b>  | 15 months | <ul style="list-style-type: none"><li>• Walk</li><li>• Say 4-5 words</li><li>• Listen to a story</li></ul>   |
| <input type="radio"/> <b>Check-up 9</b>  | 18 months | <ul style="list-style-type: none"><li>• Walk and run (a little!)</li><li>• Use crayons on paper</li><li>• Say 7-20 words</li><li>• Drink from a cup, eat with a spoon, and partially feed themselves</li></ul> |
| <input type="radio"/> <b>Check-up 10</b> | 24 months | <ul style="list-style-type: none"><li>• Ask for items by name</li><li>• Use two words together</li><li>• Kick items</li><li>• Turn book pages</li></ul>  |