

Healthy Child Development Checklist

A Parent's Guide to Tracking Your Child's Growth and Development

Introduction

This checklist is designed to help you track your child's development across key areas from birth to age 5. While every child develops at their own pace, this guide provides general milestones to monitor your child's progress. Always consult with your pediatrician about specific concerns.

How to Use This Checklist

- Check off milestones as your child achieves them
 - Make notes about specific observations
 - Share this information with your child's healthcare providers
 - Remember: Development isn't always linear
 - Use the notes section to track questions for your pediatrician
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Physical Development Checklist

Birth to 3 Months

- Raises head and chest when lying on stomach
- Stretches and kicks legs when lying on back
- Opens and shuts hands
- Brings hands to face
- Makes smoother movements with arms and legs

4 to 6 Months

- Rolls over in both directions
- Begins to sit without support
- Supports whole body weight on legs
- Rocks back and forth
- Pushes up with straight arms when lying on stomach

7 to 9 Months

- Stands holding on
- Can get into sitting position

- [] Sits without support
- [] Crawls forward on belly
- [] Transfers objects from hand to hand

10 to 12 Months

- [] Pulls self up to stand
- [] Walks holding on to furniture
- [] Takes a few steps without holding on
- [] May stand alone
- [] Picks up small objects with thumb and one finger

Notes: __

Social and Emotional Development

Birth to 3 Months

- [] Begins to smile at people
- [] Tries to look at parent/caregiver
- [] Coos and makes gurgling sounds
- [] Can calm down when comforted
- [] Enjoys gentle touch and being held

4 to 6 Months

- [] Knows familiar faces
- [] Likes to play with others
- [] Responds to others' emotions
- [] Likes to look at self in mirror
- [] Laughs and squeals with delight

7 to 12 Months

- [] Shows anxiety with strangers
- [] Has favorite toys/objects
- [] Makes specific sounds to express needs
- [] Plays simple games (peek-a-boo)
- [] Shows emotions like joy and anger

Notes: __

Cognitive Development

Birth to 3 Months

- [] Watches faces intently
- [] Follows moving objects

- [] Recognizes familiar objects/people
- [] Turns head toward sounds
- [] Begins to act bored if activity doesn't change

4 to 6 Months

- [] Looks around at things nearby
- [] Shows curiosity and tries to get things out of reach
- [] Begins to pass things from hand to hand
- [] Brings things to mouth
- [] Shows signs of problem-solving

7 to 12 Months

- [] Explores objects in different ways
- [] Finds hidden objects easily
- [] Looks where you point
- [] Imitates gestures
- [] Begins to use objects correctly (drinking from cup)

Notes: __

Language Development

Birth to 3 Months

- [] Makes pleasure sounds
- [] Cries differently for different needs
- [] Smiles when you talk
- [] Recognizes your voice
- [] Makes cooing sounds

4 to 6 Months

- [] Strings vowels together when babbling
- [] Responds to sounds by making sounds
- [] Uses voice to express joy and displeasure
- [] Babbles with expression
- [] Makes consonant sounds

7 to 12 Months

- [] Uses simple gestures
- [] Says "mama" and "dada"
- [] Tries to imitate words
- [] Responds to simple verbal requests
- [] Makes exclamatory sounds

Notes: __

Health and Wellness Tracking

Growth Measurements

Age	Date	Weight	Height	Head Circumference	Birth
	2mo		4mo		6mo
	12mo				9mo

Immunization Record

Vaccine	Date Given	Next Due																		

Nutrition and Feeding Milestones

First Year Feeding Guide

- Birth-4mo: Breast milk/formula only
- 4-6mo: Introduction of solid foods
- 6-8mo: Variety of pureed foods
- 8-10mo: Finger foods
- 10-12mo: More textured foods

Food Introduction Tracker

Food	Date Introduced	Reaction (if any)																		

Sleep Patterns

Sleep Log

Age	Total Hours/Day	Night Sleep	Naps																	

Questions for Healthcare Provider

1. _
 2. _
 3. _
-

Red Flags to Watch For

Contact your healthcare provider if your child: - Doesn't respond to loud sounds - Doesn't watch things as they move - Doesn't smile at people - Can't hold head steady - Doesn't bring things to mouth - Doesn't try to get things within reach

Resources

- Pediatrician's Contact: _
 - Emergency Contact: __
 - Poison Control: __
 - Local Hospital: _
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Monthly Progress Notes

Use this section to document special moments, concerns, or questions:

Month 1-3

Month 4-6

Month 7-9

Month 10-12

Disclaimer: This checklist is for general reference only and should not replace professional medical advice. Always consult with your healthcare provider about your child's specific developmental needs.