

# My Baby's Milestones

Keep a record of how old your baby was when he or she first did these things.

My Baby's Name \_\_\_\_\_

Baby's first time ...

**Smiling**

Age \_\_\_\_\_

Date \_\_\_\_\_



**Cooing or Babbling**

Age \_\_\_\_\_

Date \_\_\_\_\_

**Opening Hands**

Age \_\_\_\_\_

Date \_\_\_\_\_



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### Lifting Head

Age \_\_\_\_\_

Date \_\_\_\_\_



### Rolling Over

Age \_\_\_\_\_

Date \_\_\_\_\_



### Discovering Fingers

Age \_\_\_\_\_

Date \_\_\_\_\_



### Holding a Toy

Age \_\_\_\_\_

Date \_\_\_\_\_



### Following an Object with Eyes

Age \_\_\_\_\_

Date \_\_\_\_\_



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## Recognizing Mommy or Daddy

Age \_\_\_\_\_

Date \_\_\_\_\_



## Reaching for an Object

Age \_\_\_\_\_

Date \_\_\_\_\_

Here are a few more important milestones.

The first book I read to you was \_\_\_\_\_

when you were \_\_\_\_\_ old.

Your first word was \_\_\_\_\_

when you were \_\_\_\_\_ old.

