



# Petal & Paper

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## Baby milestone tracker



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FIRST YEAR MILESTONES

# baby milestones

## Months 1–3

First smile: \_\_\_\_ Follows with eyes: \_\_\_\_  
Startles at sounds: \_\_\_\_ Coos and vocalises: \_\_\_\_  
Holds head up briefly: \_\_\_\_ Weight: \_\_\_\_kg  
Length: \_\_\_\_cm  
Note: \_\_\_\_\_

## Months 7–9

Sits unaided: \_\_\_\_ Crawls: \_\_\_\_  
Pulls to stand: \_\_\_\_ First tooth: \_\_\_\_  
Waves bye-bye: \_\_\_\_ Says 'Mama' / 'Dada': \_\_\_\_  
First word (intentional): \_\_\_\_ Weight: \_\_\_\_kg

## Months 4–6

First laugh: \_\_\_\_ Rolls front to back: \_\_\_\_  
Sits with support: \_\_\_\_ Reaches for objects: \_\_\_\_  
First solid food: \_\_\_\_ What it was: \_\_\_\_\_  
Weight: \_\_\_\_kg Note: \_\_\_\_\_

## Months 10–12

Cruises furniture: \_\_\_\_ First steps: \_\_\_\_ Date: \_\_\_\_  
First birthday: \_\_\_\_ Words: \_\_\_\_  
Favourite toy: \_\_\_\_ Favourite food: \_\_\_\_\_  
Height: \_\_\_\_cm Weight: \_\_\_\_kg Notes: \_\_\_\_\_