

Developmental Milestones Tracker

Developmental milestones tell you how most children move, play, talk, and interact at specific ages. All children develop at their own pace, but milestones can help you know if your child is on track for his or her age. Use this map to keep track of what your child learns in their first months and years.

BY 3 MONTHS

- Lifts and holds head up
- Attempts to reach for toys
- Shows interest in faces
- Coos and smiles

BY 6 MONTHS

- Begins to sit up without support
- Brings hands and objects to mouth
- Responds to their own name
- Uses babbling to get attention

BY 9 MONTHS

- Likes to look at self in a mirror
- Curious about things and try to get things that are out of reach
- Passes things between their hands
- Has favorite toys

BY 18 MONTHS

- Says several single words
- Walks by themselves
- Identifies common household items, like spoons, pillows, books

BY 2 YEARS

- Says short sentences with two to four words
- Kicks a ball
- Points to objects or pictures when things are mentioned

BY 3 YEARS

- Copies adults and friends
- Carries on a conversation using 2-3 sentences
- Climbs well
- Plays make believe

BY 4 YEARS

- Hops or stand on one foot for 2 seconds
- Tells stories
- Draws people with 2 to 4 different body parts

*Children don't stop growing at age 4!
First 5 San Francisco can help you find
the right support at any age.*

Did you know?

There are three important resources in San Francisco that can help your family during the baby, toddler, and preschool years:

Help Me Grow SF

If you have any questions or concerns about your child and these milestones, contact Help Me Grow for a free developmental screening and support.
www.first5sf.org/helpmego
info@helpmego.org

Family Resource Centers

Find a family resource center near you for parenting resources, support for your family, and connections to other San Francisco parents.
www.first5sf.org/familyresourcecenters

Quality Connections

Interested in learning more about San Francisco's child care programs and practices? Visit Quality Connections.
qualityconnections.first5sf.org/families

Welcoming a new baby is a wonderful and challenging time of life.

There is so much to learn when you have a new baby. Every day is different! The good news is, you are not alone.

At First 5 San Francisco, we create early experiences that encourage health and well-being by connecting families to local programs and resources.



**Save this tracker so
you know what to
look for as your baby
grows up!**

Need a helping hand or have a question? There is no wrong door to find support as a parent in San Francisco.



First 5 San Francisco and our partners are here to offer help when you need it, support when you want it, and community right where you expect it.

Visit our website or call for more information.

www.first5sf.org
628.652.7000



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Congratulations!

As a new parent, you are beginning an exciting adventure! Your child will learn and grow so much.



Open to see what to expect as your baby gets older!

www.first5sf.org