

Baby's Milestones and Important Dates

Date and time of birth	_____
Location of birth	_____
Weight	_____
Height	_____
Apgar scores	_____
First day home	_____
First outing	_____
First doctor's visit	_____
First bath	_____
First haircut	_____
First holiday	_____
First playmate	_____

Baby's Firsts:

Smiles	_____	Waves bye-bye	_____
Lifts head	_____	Plays peek-a-boo	_____
Laughs out loud	_____	Blows a kiss	_____
Tracks a moving object	_____	Claps hands	_____
Discovers hands	_____	Rolls a ball	_____
Bats at a toy	_____	Cuts a tooth	_____
Favorite toy	_____	Crawls	_____
Reaches for an object	_____	Climbs stairs	_____
Sleeps through the night	_____	Walks assisted	_____
Eats solid food	_____	Stands alone	_____
Favorite food	_____	Takes a step	_____
Says "ma" or "ga"	_____	Says "dada"	_____
Sits supported	_____	Says "mama"	_____
Rolls over	_____	Uses a spoon	_____
Shakes a rattle	_____	Feeds self	_____
Discovers feet	_____	Walks alone	_____
Holds a bottle	_____	First trip	_____
Drinks from a cup	_____	First babysitter	_____
Sits alone	_____	First night away from home	_____
Stands with support	_____		