

FAMILYDECODE · FREE PRINTABLE

Toddler Milestone Tracker

A gentle keepsake of the big moments — every child at their own pace.

- By age: 12-18m, 2yr, 3yr
- Movement, words, social, self-help
- Note the date each one happens

Milestones · 12-18 months

Tick and date each one when you see it. Typical ranges, not a test.

Movement

☐ Stands and takes first steps

☐ Walks well, begins to climb

Words

☐ Says first words (mama, dada)

☐ Uses 3-6 words, points to ask

Social

☐ Waves bye-bye

☐ Plays peek-a-boo and simple games

Self-help

☐ Holds a cup

☐ Tries to use a spoon

Milestones · 2 years

Tick and date each one when you see it. Typical ranges, not a test.

Movement

☐ Runs and kicks a ball

☐ Walks up stairs with help

Words

☐ Uses 2-word phrases

☐ Follows simple instructions

Social

☐ Copies others

☐ Shows more independence

Self-help

☐ Takes off simple clothing

☐ Starts showing potty interest

Milestones · 3 years

Tick and date each one when you see it. Typical ranges, not a test.

Movement

- ☐ Pedals a tricycle
- ☐ Jumps with both feet

Words

- ☐ Speaks in short sentences
- ☐ Says their name and age

Social

- ☐ Takes turns with help
- ☐ Shows a wide range of emotions

Self-help

- ☐ Dresses with little help
- ☐ Using the potty more reliably

FAMILYDECODE

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