

Baby BEHEALTHY



TRACK YOUR BABY'S WELL VISITS AND MILESTONES

Regular well visits with your baby's primary care provider (PCP) are your chance to get expert health advice for all stages of their growth. Track when your baby is due for their next well-visit with their PCP.

Baby well visits for the first 3 years — make sure you attend every visit!										
1 month	2 months	4 months	6 months	months (1	1 year 12 months)	15 mont	1 ½ yea (18 mon			3 years (36 months)
Attended					Attended	Attende				Attended
Visit	Visit	Visit	Visit	Visit	Visit	Visit	Visit	Visit	Visit	Visit
Date	Date	l Date	 Date	Date	Date	Date	Date	Date	Date	Date
Dutc	Dutc	Dute	Date	Date	Date	Date	Date	Date	Date	Date
Track and shock off your haby's milestones from high to 2 years!										
Track and check off your baby's milestones from birth to 3 years!										
2 months	4 months	6 months	9 months	1 year (12 mont		onths	1½ years (18 months)	2 years (24 months)	2 ½ years (30 months)	3 years (36 months)
Smiles when you talk to or smile at them	Makes sounds back when you talk to them	Puts things in mouth to explore them	Sits without support	Looks for items the see you he (toy und blanke	ney to to them der fo	fingers feed sselves ood	Tries to say three or more words besides "mama" or "dada"	Points to things in books when asked, like "where is bear?"	Plays next to, and sometimes with, other children	Draws a circle when you show them how
						⊐				
Baby did it!	Baby did it!	Baby did it!	Baby did it!	Baby did	l it! Baby	did it!	Baby did it!	Baby did it!	Baby did it!	Baby did it!
Date	Date	Date	Date	Date	D	ate	Date	Date	Date	Date

CHECKING YOUR BABY'S DEVELOPMENT

Your baby's developmental milestones (like smiling for the first time or taking their first steps) are important moments in their life. They give important clues about how your child is growing. At each of your baby's well-visits, talk to your baby's primary care provider (PCP) about milestones and any questions or concerns you have.

On the other side of the page, there are some milestones that you can track for your baby starting at 2 months old. The Centers for Disease Control and Prevention (CDC) has tools to help you track all of your little one's milestones, including:

