




















Milestone Tracker

BABY'S NAME:

Track your baby's important milestones

It's helpful to track your preemie baby's growth and development progress,* especially over his or her first few months at home. Print this card to chart your baby's milestones. You may also want to take it with you to visits with your baby's healthcare professional.

DATE	MILESTONE	DATE	MILESTONE
	 No longer keeps hands in tight fists		 Laughs while socializing; cries if play is disrupted
	 Smiles at your touch or speech		 Grasps object placed in hand, but drops it quickly
	 Coos or makes other sounds		 Responds to textured object placed on cheek
	 Lifts head and chest when lying on tummy		 Follows a moving object placed in front of face
	 Holds head up steadily		 Reaches for a hanging object

* Every baby develops differently. If you have concerns about your baby's growth, speak with your healthcare professional.