






Track your baby's important milestones

It's helpful to track your preemie baby's growth and development progress,* especially over your little one's 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
/ /	 No longer keeps hands in tight fists
/ /	 Smiles at your touch or speech
/ /	 Coos or makes other sounds
/ /	 Lifts head and chest when lying on tummy
/ /	 Holds head up steadily

DATE	MILESTONE
/ /	 Laughs while socializing; cries if play is disrupted
/ /	 Grasps object placed in hand, but drops it quickly
/ /	 Responds to textured object placed on cheek
/ /	 Follows a moving object placed in front of face
/ /	 Reaches for a hanging object

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

Baby's name: