(0 - 5 Years Old) With this Milestone Tracker, you will be able to keep track of your child's developmental progress based on his/her age. The milestones are categorised into four different

developmental aspects, each with a corresponding colour as shown below. To read more about other developmental milestones for a specific age, scan the QR code below.

Colour Guide (Developmental Aspects)

Social

Cognitive

Language/Speech

Motor skills



Keep track as your child grows

Parenting

Toolkit



- Begins to smile responsively Fixates on faces or objects,
- e.g. mum's face



- Turns head to sound
- Looks at own hand



- Turns and responds to his own name
- Makes a variety of different babbling sounds e.g. "mamama", "gagaga", "dadada" Looks for objects when they fall out of sight,
- e.g. a spoon or toy
- Sits without support



Makes eye contact, moves, or makes sounds to gain your attention

- Monosyllabic babble, e.g. "baa", "maa"
- Rolls over from lying on tummy to back and from lying on back to tummy





Shares interest with you (by bringing or pointing at things) to enjoy together

- Says more than 2 meaningful words
- Uses objects like how it is meant to be used, e.g. pretending to use a phone



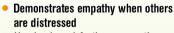
Waves "bye-bye"

- Walks while holding on to something with one hand
- Points to request for something or show something of interest

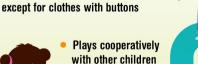


- Says more than 6 meaningful words
- Points to 2-3 body parts
- Walks independently

- Plays alongside another child
- Uses 2-3-word phrases
- Runs steadily, avoiding obstacles



- Has back-and-forth conversations using longer s
- Dresses and undresses independently,



Tells a story for at least 5-10 minutes



Begins to share toys or objects

Interactive play with other children

Asks "who," "what," "where," or "why" questions,

e.g. "Where is mommy?"







with other children in games with rules, e.g. musical chairs

Pays attention during activities



Red flags to watch out for!

- imes The size of head is too large or too small
- x Lack of back-and-forth vocalisations and responsive smiles by 8-9 months
- Not walking by 18 months
 No clear spoken words by 18 months
- No two-word sentences by 2 years
 Lack of interactive play with peers by 3 years
 Congenital anomalies, odd facial features linked
- to certain conditions \times Any delay or failure to reach normal milestones

meeting the milestones for his or her age, or if you think there could be a problem with the way your child plays, learns, speaks, acts, and moves, talk to your child's doctor

Taking action early can make a real difference!





YEARS