

Developmental Milestone Tracker

(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



Red flags to watch out for!

- ✗ The size of head is too large or too small
- ✗ 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
- ✗ Any delay or failure to reach normal milestones

As a parent, you know your child best. If your child is not 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 and share your concerns.

Taking action early can make a real difference!

Scan the QR code for the full list of developmental milestones

