



Every child blooms at their own pace

# Milestone Tracker: 1 Year

## Movement/Physical Development Milestones

- Can pull up to stand  
 Yes  Not Yet  In Progress
- Can walk holding on furniture  
 Yes  Not Yet  In Progress
- Can drink from a cup without a lid if helped  
 Yes  Not Yet  In Progress
- Can pick up small objects using thumb and forefinger  
 Yes  Not Yet  In Progress

## Language/Communication Milestones

- Can say 'mama' or 'dada'  
 Yes  Not Yet  In Progress
- Can understand no  
 Yes  Not Yet  In Progress
- Can wave bye  
 Yes  Not Yet  In Progress

## Cognitive Milestones (learning, thinking, problem-solving)

- Can put something in a container  
 Yes  Not Yet  In Progress
- Can find things you hide for example a toy under the blanket  
 Yes  Not Yet  In Progress

## Social/Emotional Milestones

- Can play games with you  
 Yes  Not Yet  In Progress

## Parent Reflection Section

My Observations & Notes:

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My Child's Brightest Moments This Month:

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This developmental milestone tracker is intended for general informational and educational purposes only. It is not a substitute for a validated screening or diagnostic tool, nor does it replace professional medical advice, diagnosis, or treatment. Every child develops at their own pace, and variations can be normal. If you have any concerns about your child's development, please consult your pediatrician or a qualified healthcare provider.

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