



Every child blooms at their own pace

Milestone Tracker: 18 Months

Movement/Physical Development Milestones

- Can drink from a cup without a lid and may spill sometimes
 Yes Not Yet In Progress
- Tries to use a spoon
 Yes Not Yet In Progress
- Climbs on and off a chair without help
 Yes Not Yet In Progress
- Can feed herself with her fingers
 Yes Not Yet In Progress
- Can scribble
 Yes Not Yet In Progress
- Walks without holding on to anyone or anything
 Yes Not Yet In Progress

Cognitive Milestones (learning, thinking, problem-solving)

- Copies you doing chores like sweeping with a broom
 Yes Not Yet In Progress
- Plays with toys in a simple way, like pushing a toy car
 Yes Not Yet In Progress

Language/Communication Milestones

- Tries to say three or more words besides “mama” or “dada”
 Yes Not Yet In Progress
- Follows one-step direction without any gestures like giving you the toy when you say “Give it to me”.
 Yes Not Yet In Progress

Social/Emotional Milestones

- Puts hands out for you to wash them
 Yes Not Yet In Progress
- Moves away from you but looks to make sure you are close by
 Yes Not Yet In Progress
- Looks at a few pages in a book with you
 Yes Not Yet In Progress
- Help you dress him by pushing arm in a sleeve or lifting up foot
 Yes Not Yet In Progress
- Points to show you something interesting
 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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