



# Baby Milestone Tracker

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# Please read this first

Thank you so much for downloading this baby tracker from Sensory Explorers, LLC.

Life with baby tends to fly by fast! This printable was created so you can have an easy way to keep track of the many amazing developments that will take place with your baby. It's nice to have everything in one spot so you can refer back to it easily.

This printable is for fun and information only. You should always speak with your doctor for any questions about your or your child's health and wellness. You can use this tracker as a way to help you share information with your healthcare providers!

If you enjoy this printable and want to share it with your friends, I'd appreciate it if you would send them to my website to download their own copy:

[www.sensoryexplorers.com/resources](http://www.sensoryexplorers.com/resources)

Happy tracking,

*Sarah*

Sarah Selznick,  
Owner, Sensory Explorers, LLC  
@sensoryexplorers  
info@sensoryexplorers.com

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# BABY MILESTONE AND DEVELOPMENT TRACKER

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*Baby's Name*

# Postpartum Resources

*The Postpartum period can be a joyful time filled with lots of new experiences. It can also be an isolating time when extra support is needed. Maternal physical and mental health needs to be taken seriously - speak with your doctor right away if you have any concerns. Here are some resources that may help you in addition to speaking with your doctor.*

*For an emergency call 911.*

## **NATIONAL SUICIDE PREVENTION HOTLINE AND WEBSITE**

1-800-273-8255

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

## **POSTPARTUM SUPPORT INTERNATIONAL**

For basic information, support, and more resources on postpartum mental health

Call the PSI HelpLine at 1-800-944-4773(4PPD)

Text Support: send a message to their Helpline at 503-894-9453

## **BREASTFEEDING SUPPORT**

Le Lechce League helps women who want to breastfeed by providing information, support, encouragement and community. You can visit their website for more information.

<https://www.llli.org/>

## **POSTPARTUM DOULA**

A postpartum doula can help families adjust to life with their new baby. They can help support your family with information, physical help, emotional support and more.

Contact DONA: <https://www.dona.org/what-is-a-doula/benefits-of-a-doula/>

## **PELVIC FLOOR THERAPIST (OT OR PT)**

A pelvic floor therapist can help you regain optimal function in your pelvic floor. Childbirth may have impacted urinary or bowel continence, pain upon insertion, prolapse, pain when walking, diastasis recti and more. Speak with your healthcare provider. You can search for pelvic floor therapists here: <https://pelvicrehab.com/>

# Baby Basics

BABY'S NAME

DATE OF BIRTH

EARLY

ON TIME

LATE

PLACE OF BIRTH

TIME OF BIRTH

AM PM

WEIGHT

LBS

OZ

LENGTH

WHO DELIVERED BABY?

DETAILS:

# Contacts

**PEDIATRICIAN**

**EMERGENCY CONTACT**

**PHARMACY**







# Baby's Firsts

first word

first food

first playdate

first smile

first trip

first steps

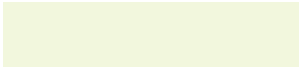
first -----

# Movement Milestones

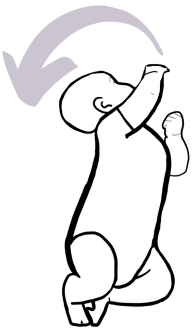
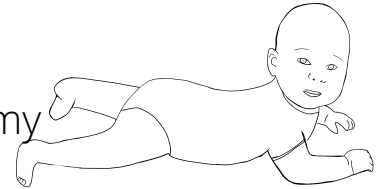
Here are some of the many movement milestones that occur during the first year. Talk to your doctor about appropriate ages for these skills based on your child's unique development. Milestones can vary greatly for each child and there are many "micro milestones" in between these steps that are not included in this list.



Lifts hands and feet when on their back



Lifts head when on their tummy



Rolls tummy to back :

*Left to right*

*Right to left*



Rolls back to tummy

*Left to right*

*Right to left*



Sits on their own



crawls



Pulls to stand



Stands on their own

First Steps





# Notes