

MILESTONES WITH

Ms Rachel™

First Words Tracker

Use the below spaces to track your
littles first words and phrases.

Little One's Name: _____

The first sound I made was _____.

My first word was _____. I said this word on _____.

I said the name of my main caregivers on _____.

My first food-associated word was _____.

I said this word on _____.

I first asked for a drink on my own on _____.

I started to say yes/no on _____
(Circle One)

by gesturing/saying _____.

The first animal I named was _____.

My first animal sound was _____.

My favorite words to say are: _____, _____,
_____, _____, _____ and _____.