Baby Growth Milestone Tracker App: How to Log Weight, Length, and Developmental Stages

Track your baby's weight, length, head circumference, and developmental milestones in one private, offline app. MimiLog is free with no account required.

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Why Tracking Baby Growth and Milestones Matters

The first year of a baby's life is a blur of firsts — first smile, first roll, first solid food, first steps. These moments pass fast, and the data surrounding them passes just as quickly. But growth measurements and developmental milestones aren't just sentimental — they're medically meaningful. A **baby growth milestone tracker app** turns scattered memories into a structured record your pediatrician can actually use.

This guide covers what to track, how often, what normal ranges look like, and how MimiLog makes it easy to maintain a complete, private growth record — with no account, no subscription, and no data sharing.

What Baby Growth Tracking Actually Includes

Growth tracking goes well beyond height and weight. A complete record includes:

- **Weight:** The most-watched number. Pediatricians plot it against WHO growth charts to check percentile trends. Sudden drops or flat growth are red flags.
- **Length/Height:** Measured lying down (recumbent length) until age 2, then standing.

Length-for-age percentiles track skeletal growth.

- **Head circumference:** Often overlooked by parents but critical for pediatricians. Brain growth drives head circumference in the first two years. Unusual readings can indicate neurological concerns.
- **Weight-for-length ratio:** A proxy for body composition. A baby can be in a high weight percentile and a low length percentile — the ratio matters more than either number alone.

Beyond physical measurements, developmental milestones add context to the numbers:

- Gross motor: Rolling, sitting, standing, walking
- Fine motor: Reaching, grasping, pincer grip, self-feeding
- Language: Cooing, babbling, first words, two-word phrases
- Social: Smiling, eye contact, separation awareness, parallel play
- Cognitive: Object permanence, cause-and-effect understanding, problem-solving

How Often Should You Measure?

The American Academy of Pediatrics recommends well-child visits at 1, 2, 4, 6, 9, 12, 15, 18, 24, and 30 months. At each visit, the pediatrician will measure weight, length, and head circumference. But you can supplement this with home measurements — especially weight — between visits.

For home tracking, a general guide:

- **Newborns:** Weight weekly for the first month (birth weight should return by 2 weeks, then gain 150-200g/week)
- **1-3 months:** Weight every 2 weeks
- **3-6 months:** Monthly weight
- **6+ months:** Monthly or at well-child visits

Home length measurements are trickier but manageable with a flat surface and a helper. Head circumference is easily measured with a soft tape measure around the widest part of the head.

Understanding Growth Percentiles

A growth percentile is not a grade. A baby in the 15th percentile for weight is not underweight — they're lighter than 85% of babies their age, which is completely normal for their genetic set point. What matters is:

- **Consistency:** A baby who is consistently in the 20th percentile is thriving. A baby who drops from the 60th to the 20th percentile across two measurements needs investigation.
- **Proportion:** Are weight and length percentiles roughly matched? Large mismatches can indicate feeding or absorption issues.
- **Trend direction:** Growth should be consistently upward. Flat or declining curves

warrant attention.

When you log measurements in MimiLog over time, you build the trend data that makes these assessments possible. A single data point is a number. A series of data points is a story.

Developmental Milestones: What to Log and When

Milestone tracking is inherently less precise than growth measurement — babies develop at their own pace, and the ranges given in milestone guides are wide. But logging when milestones occur helps you:

- Spot delays early (when intervention is most effective)
- Answer the pediatrician's questions accurately at well-child visits
- Celebrate progress in a record that lasts beyond memory
- Compare sibling development across different babies

Key milestone windows to track (all approximate):

- **2 months:** Social smile, follows objects visually, holds head briefly
- **4 months:** Rolls front-to-back, laughs, reaches for objects
- **6 months:** Sits with support, transfers objects hand-to-hand, babbles
- **9 months:** Sits unassisted, crawls (or alternate mobility), pincer grasp developing
- **12 months:** Pulls to stand, first words (mama/dada with meaning), waves bye-bye
- **15 months:** Walks independently, stacks 2 blocks, 3-5 words
- **18 months:** Runs, 10+ words, points to show interest
- **24 months:** Two-word phrases, jumps, parallel play with other children

Logging Milestones in MimiLog

MimiLog's notes and custom entries let you record milestone moments with dates. You can add a note that says "First unassisted steps — 11 months 3 days" and it becomes part of your baby's permanent private record. You can also log health observations alongside milestones: "New molar coming in — extra fussy this week" — context that makes the record richer.

The app stores everything on your device. No cloud sync means no data ever leaves your phone. When you export as CSV, you get a complete chronological record you can share with your pediatrician or keep as a family document.

Download MimiLog for iPhone or for Android to start your baby's growth record today — free, with no account required.

Red Flags to Watch For

While milestone guides are not diagnostic tools, certain patterns warrant a pediatrician call:

- No smiling or eye contact by 3 months

- Not reaching for objects by 5 months
- No babbling by 9 months
- No single words by 16 months
- Loss of previously acquired skills at any age (regression is always worth discussing)
- Growth falling across two major percentile lines between measurements
- Head circumference growing unusually fast or not at all

Your logged data from MimiLog gives you the specific dates and measurements to bring to these conversations — not just a vague sense that something seems off.

The Case for a Single, Private Growth Record

Many parents track growth in multiple places — the pediatrician's printed chart, a paper notebook, a photo in a messaging app, a note in their phone. The information exists but it's fragmented. A dedicated **baby growth milestone tracker app** consolidates everything into one timeline.

MimiLog is designed for exactly this: a single, complete, private record of your baby's development. Free, offline, no account, no ads. Everything stays on your device until you choose to export it.

Start your baby's growth record today — available free on iOS and Android.

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