



YOUR CHILD'S DEVELOPMENTAL MILESTONES

Age: Up to 3 months

Motor Skills

- Begins to lift head when held on your shoulder.
- Lifts head and chest when lying on stomach.
- Begins to turn head from side to side when placed on stomach.
- Begins to smile.
- Follows a moving person or object with the eyes.
- Discovers hands and feet.
- Grasps a rattle when placed in hand.

Cognitive Skills

- Turns head toward bright colors and lights.
- Recognizes human voice sounds.
- Recognizes the bottle or breast.

Social Skills and Language

- Begins to make cooing or gurgling sounds.
- Can often be quieted down by the sound of a soothing voice or when held.
- Able to communicate hunger, fears, or discomfort through crying and facial expressions.

Red Flags

If by 3 months of age you have noticed any of the following signs, discuss them with your pediatrician or nurse practitioner. Although all infants mature at different rates, failure to reach certain milestones *could* indicate a developmental problem requiring special attention:

- Your baby doesn't seem to respond to loud noises
- Your baby hasn't "found" their hands
- Your baby doesn't follow moving objects with his eyes