

## **Developmental Checklist (1-3 Months)**

### Motor Milestones

- Retains hold of object/rattle (1-2mos.)
- Brings hands towards center of body when lying on back (1-2 mos.)
- Raises head and cheek when lying on stomach (3 mos.)
- Supports upper body with arms when lying on stomach (3 mos.)
- Stretches legs out when lying on stomach or back (2-3 mos.)
- Opens and shuts hands (2-3 mos.)
- Pushes down on his legs when his feet are placed on firm surface (3 mos.)
- Occasionally rolls from stomach to back (3 mos.)

### Cognitive Milestones

- Responds to voice i.e. turn to, wiggle, reacts (0-1 mos.)
- Watches face intently (2-3 mos.)
- Follows moving objects (2 mos.)
- Recognizes familiar objects and people at a distance (3 mos.)
- Starts using hands and eyes in coordination (3 mos.)

### Language Milestones

- Makes sucking sounds (1-2 mos.)
- Smiles at the sound of voice (2-3 mos.)
- Cooing noises; vocal play (begins at 3 mos.)
- Attends to sound (1-3 mos.)
- Startles to loud noise (1-3 mos.)

### Social/Emotional Milestones

- Makes eye contact (0-1 mos.)
- Begins to develop a social smile (1-3 mos.)
- Enjoys playing with other people and may cry when playing stops (2-3 mos.)
- Becomes more communicative and expressive with face and body (2-3 mos.)