



DEVELOPMENTAL MILESTONES



Birth – 3 Months

Emerging Skills

- Pushes up on arms and lifts head when positioned on tummy
- Brings both hands to mouth
- Moves legs and arms off of surface when positioned on tummy or back
- Grasps objects but without purposeful control over release

Red Flags

- Flattening of the back or side of head
- Preferring to turn head to one side only

Everyday Play Ideas

- Tummy time
- Carrying in different positions
- Music with rocking or swaying
- Looking at/grasping rattles and other simple toys
- Bath and lotion

Best Toys For This Age Group

- Gym mat with arches and toys that dangle
- Small, simple rattles
- Balls that are easy to grasp

Next Emerging Skills To Look For

- Rocking on hands and knees
- Rolling

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