

GROSS MOTOR DEVELOPMENTAL MILESTONES 0-3 MONTHS

By 3 months, does your baby:

- lift their head up in centre to look around when playing on tummy
- place weight through hands and forearms when playing on tummy
- try to roll from tummy to back
- kick their legs off the surface
- bring their hands to the middle

*Your baby will still need full support to sit, and their head will bob occasionally

If you are noticing any of the following and would like to have your baby seen by one of our physiotherapists please call 519-354-0520 and request an assessment:

- flattening of the back of the head
- developing a preference to keep the face turned to one side
- baby cannot lift their head off the surface when on tummy (by 3 months)
- fistled hands with little to no arm movement away from the surface
- stiff legs that do not move or move very little off the surface
- frequently arches or pushes back with head

*There is no cost for assessments or therapy sessions

Babies like to explore their world. Here are some play ideas for you and your baby!

Starting from *day one* your baby should be provided with daily supervised tummy time when they are awake and alert.

In the beginning your baby may not like being on tummy. Baby lying on your chest is a great way to start!

Babies love looking at faces at this age. Hold your baby close so they can focus on your face.