



3 MONTH MILESTONES

- * Follows movement by turning head
- * Lifts head and chest when lying on stomach
- * Moves arms and legs easily
- * Startles at loud noises
- * Cries, smiles, coos
- * Quiets to familiar voice or touch

For more information on three-month milestones, please visit HelpMeGrowMN.org



3 months: The first
The first three months growth. In addition to his or her first motor familiar faces and Help Me Grow begins when a child is 3 child care providers progress at this age. rate, the following typical for 3 months, progress:

Follows
Lifts head and
Moves arms
Startles at loud
Cries, smiles,
Quiets to familiar voice or touch

developmental milestones for a child
of a child's life are a time of amazing weight and height, the baby is gaining skills and beginning to recognize voices.
using developmental milestones starting months old, and suggests that parents, and caregivers begin to track a child's While each child grows at his or her own developmental milestones are considered and can be used to measure a baby's

movement by turning head
chest when lying on stomach
and legs easily
noises
coos

Parents should share the information they gather with their baby's health care provider during check-ups and well visits. Informing the provider of a baby's progress helps create a baseline of knowledge, which can be used to understand the child's unique development.

Parents, child care providers and caregivers can also keep track of how they are doing to encourage a baby's development. For a 3-month-old, adults can:

- Provide interesting things to look at, such as a moving rattle or colorful toy
- Talk, sing and read to the baby
- Put the baby to sleep on their back
- Cuddle the baby and touch the baby gently
- Respond to the baby's cries and coos
- Hold the baby when feeding
- Put the baby on his or her tummy on a blanket on the floor for short periods of time, to encourage to baby lifting and turning his or her head

To request developmental resources or a developmental wheel, which includes milestones and actions to encourage a child's progress, contact Kathy McKay at (651) 728-0400 or kathy.mckay@metroecsu.org. For more information, visit helpmegrowmn.org.