



3 months: The first developmental milestones for baby

The first three months of a child's life are a time of amazing growth. In addition to weight and height, the baby is gaining his or her first motor skills and beginning to recognize familiar faces and voices.

Help Me Grow begins using developmental milestones starting when a child is 3 months old, and suggests that parents, child care providers and caregivers begin to track a child's progress at this age. While each child grows at his or her own rate, the following milestones are considered typical for 3 months, and can be used to measure a baby's progress:

- 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

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 help to understand a 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



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

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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.