

# Developmental Milestone Check List

## Birth to Three Months

Print this list and check the activities your child can do. Share it with your child's health care professional or teacher or keep for your records.

Child's Name \_\_\_\_\_ Child's age \_\_\_\_\_

Babies at this age focus best on items 8-12 inches away.  
Adult faces become a major focal point. They'll recognize you and smile at you.

What activities might your child do?

- Knows my face
- Can turn her head to watch a toy move
- Can smile
- Makes cooing sounds (ooo, aah)
- Moves around at the sound of my voice
- Watches the person talking to him
- Can follow me with his eyes
- Can show he is happy or upset
- Can suck her fingers or fist
- Can hold on to mom's finger when nursing, or pat the bottle during feeding
- Can lift his head
- Is beginning to roll over (onto his back),
- Will hold a rattle briefly

Each activity your child is doing is typical of his or her age.

If your child isn't doing all the activities, it doesn't mean anything is wrong. Children can vary by as much as six months in some of the things they are able to do. If you do have questions about your child's development, you can call the CONNECT Helpline, a program of the State of Pennsylvania.

### CONNECT Helpline 1-800-692-7288

The child specialists on the CONNECT Helpline are there to answer questions and provide information about child development for families of children ages birth to age five.

