

3 MONTH MILESTONES

Gross Motor

1. In supine lies with head in midline.
2. Movements smoother.
3. Waves arm sync.
4. Hands loosely open.
5. Kicks alternating.
6. Pulled to sit - little head lag.
7. Held sitting fairly straight back.
8. Hold head erect and steady for few seconds.
9. Vertical suspension head held up and hips and shoulders suspended.
10. In prone can lift head and upper chest using forearms.
11. Sags at knees when held standing.

Vision and Fine Motor

1. Visually alert particularly for human face.
2. Move head deliberately to look.
3. Follows adults movements within visual field.
4. Follows dangling ball at 6-12 inches from face.
5. Watches own hands, beginning to clasp and unclasp hands.
6. Recognises bottle and makes eager welcoming movements as it approaches face.
7. Regards small object for a second.
8. Converges eyes as dangling ball is moved towards face.
9. Defensive blink.
10. Holds rattle when placed in hand.

Hearing and Speech

1. Sudden loud noises distress baby.
2. Definite quieting to mother's voice before she touches him.
3. Vocalises when spoken to.
4. Cries when uncomfortable or annoyed.
5. Quietens to sound of rattle or bell.
6. May turn to sound.
7. Shows excitement at sounds.

Social Behaviour and Play

1. Fixes eyes on mum's face when feeding.
2. Beginning to react to familiar situations by smiles and coos.
3. Enjoys bath and caring routines.
4. Responds with pleasure to friendly handling, playful tickling and vocal sounds.
5. Mother support at shoulders when dressing and bathing.