



0-3 month Milestones Checklist

	Yes	No
Motor		
While lying on tummy, pushes up on arms		
While lying on tummy, lifts and holds head up		
Able to move fists from closed to open		
Able to bring hands to mouth		
Moves arms and legs off of surface when excited		
Sensory		
While lying on back, visually tracks a moving toy from side to side		
While lying on back, attempts to reach for toy held above their chest		
While lying on back, keeps head centered to watch faces or toys		
Able to calm with rocking, touching or gentle sounds		
Enjoys a variety of movements		
Communication		
Makes eye contact		
Cries differently for different needs (hungry vs. tired)		
Coos and smiles		
Turns head toward sound or noise		
Quiets or smiles in response to sound or voice		
Shows interest in faces		
Feeding		
Latches onto nipple or bottle		
Tongue moves forward and back to suck		
Demonstrates coordinated suck, swallow, breath pattern when drinking		
Puts hands and toys in mouth to suck		