

## Your amazing baby 0-3 month milestones

### During 1st month

- no arm or leg control
- can lift and turn head but needs support for head
- hands are fists or slightly open
- eyes follow a slowly moving object 8-12" away
- looks at human faces or black and white patterns
- listens closely to sounds and voices
- is startled by loud noises
- reacts to pain and discomfort, cries for help
- whole body twitches when crying
- is comforted by the human face, voice or music
- often stops crying when picked up or swaddled
- has sucking reflex and a rooting reflex
- enjoys a bath
- will turn towards or away from a person
- doesn't like clothes pulled over head
- will sleep anywhere from 11 to 23 hours a day; (babies will sleep as much as they need to)

### During 2nd month

- begins to control head a little better when lying on tummy and can turn head when lying on back
- moves arms and legs more smoothly
- grasps objects with a reflex movement
- drops an object after a few seconds
- uses improved vision to look at things more closely and for a longer time
- likes to be cradled and fed by caregiver
- makes some different sounds but mainly is crying
- shows some interest in sounds, especially to you (baby will stop sucking and listen)

*More on back*



Hold me, love me, praise me so,  
teach me, hug me, watch me grow

- shows distress, excitement and delight
- can quiet self by sucking
- starts to perform to get attention: kicking, waving, arms and smiling

### During 3rd month

- can move arms and legs at the same time
- turns head vigorously
- lifts head for several minutes
- can sit briefly, with support
- is able to suck and look at the same time
- discovers feet, waves and watches own hands
- searches with eyes for sounds
- begins new sounds, like "ooh, ah, aw"
- is learning to wimper for food and coo when content
- responds to a familiar face with whole body
- tries to get his caregiver's attention

### Help your baby sleep

To help your new baby fall asleep, try to re-create life in the womb. Provide a routine of comfort such as wrapping him snugly in a blanket and helping him\* find his thumb or fist. Rock him gently, your warm hand stroking his back, while talking or singing quietly. Put baby on his back to sleep.

Very young babies sleep best in a cozy space rather than a large crib. So, during the day, wear an infant carrier or use an infant seat, stroller or padded basket or bassinet. Move it around with you to keep your baby nearby. Help your baby separate night sleeping from day by changing the comfort routine. At night, help him stay asleep longer periods by limiting light, sound and movement. Dress him in pajamas (with easy access to diaper for quick night-time changes) and put him down to sleep in the room where he will be all night. Stick to a routine.

### Crying

Respond to your baby's crying. Show your baby love by holding, smiling, touching and talking to him. By learning to trust you, your baby learns to trust the world around him. Give your baby special attention and play time when he's quiet and alert.

***You can't spoil a baby with love!***

*\* All tips apply to both boys and girls.*

Children learn at their own pace, though most move through similar developmental stages. If you have concerns about your child's progress, contact your child's health care provider or look for an "Early Intervention" program in your community.