

DEVELOPMENTAL CHECKLIST - 1 TO 3 MONTHS

CHILD'S NAME: _____

DATE OF BIRTH: _____

PARENT OR GUARDIAN: _____

MILESTONES

*DATE
OBSERVED*

MOTOR

- ✓ Retains hold of object/rattle (1-2mos.) _____
- ✓ Brings hands towards center of body when lying on back (1-2 mos.) _____
- ✓ Raises head and cheek when lying on stomach (3 mos.) _____
- ✓ Supports upper body with arms when lying on stomach (3 mos.) _____
- ✓ Stretches legs out when lying on stomach or back (2-3 mos.) _____
- ✓ Opens and shuts hands (2-3 mos.) _____
- ✓ Pushes down on his legs when his feet are placed on firm surface (3 mos.) _____
- ✓ Occasionally rolls from stomach to back (3 mos.) _____

COGNITIVE

- ✓ Responds to voice i.e. turn to, wiggle, reacts (0-1 mos.) _____
- ✓ Watches face intently (2-3 mos.) _____
- ✓ Follows moving objects (2 mos.) _____
- ✓ Recognizes familiar objects and people at a distance (3 mos.) _____
- ✓ Starts using hands and eyes in coordination (3 mos.) _____

LANGUAGE

- ✓ Makes sucking sounds (1-2 mos.) _____
- ✓ Smiles at the sound of voice (2-3 mos.) _____
- ✓ Cooing noises; vocal play (begins at 3 mos.) _____
- ✓ Attends to sound (1-3 mos.) _____
- ✓ Startles to loud noise (1-3 mos.) _____

SOCIAL/EMOTIONAL

- ✓ Makes eye contact (0-1 mos.) _____
- ✓ Begins to develop a social smile (1-3 mos.) _____
- ✓ Enjoys playing with other people and may cry when playing stops (2-3 mos.) _____
- ✓ Becomes more communicative and expressive with face and body (2-3 mos.) _____

DEVELOPMENTAL RED FLAGS (1 TO 3 MONTHS)

- Doesn't seem to respond to loud noises
- Doesn't follow moving objects with eyes by 2 to 3 months
- Doesn't smile at the sound of your voice by 2 months
- Doesn't grasp and hold objects by 3 months
- Doesn't smile at people by 3 months
- Cannot support head well at 3 months
- Doesn't reach for and grasp toys by 3 to 4 months
- Doesn't bring objects to mouth by 4 months
- Doesn't push down with legs when feet are placed on a firm surface by 4 months
- Has trouble moving one or both eyes in all directions
- Crosses eyes most of the time (occasional crossing of the eyes is normal in these first months)

COMMENTS:
