

# Milestones of the 0 to 3-month-old

Blending developmental milestones information of [Dr. Sears' The Baby Book](#) the [American Academy of Pediatrics' Caring for Your Baby and Young Child: Birth to age 5, Touchpoints](#) by Dr. T. Berry Brazelton, and [Child Development, 2nd Ed.](#) by A. Christine Harris, the first three months is split into weeks ([zero to four weeks](#), [five to eight weeks](#), and [nine to twelve weeks](#)) to more clearly illustrate your child's accomplishments. The skill inventory is not exhaustive nor are the milestones within each subheading necessarily in the order of achievement or importance. This is also not meant as medical advice, just a general guide of development.

As you study each chart, notice that babies develop from the "top-down" and "inside-out", meaning your baby gains control of his/her head before the arms or legs (top-down) and gains control of the arms before the fingers ("inside-out"). Appreciate your baby's uniqueness and individual schedule. Your child may focus on one skill while letting the others plateau for a time. Do not get into the confusing habit of comparing your baby to others. Consult your [pediatrician](#) with your concerns for medical advice, not your neighbors and friends.

Watching the zero to four-week-old develop	Date
During your baby's first month, keep your eyes peeled for these behaviors and skills as you enjoy getting to know your baby.	
<b>Large Muscle (or Large/Gross Motor) Development:</b>	
Fetal position favored	
May attempt to lift head while on tummy	
Involuntary/reflexive muscle movements	
Vision restricted to 8-10 inches, still blurred	
Moro reflex (startles spontaneously), more common when lying on back	
Rooting reflex (whether breastfed or not), especially when something brushes against cheek	
Stares vaguely at surroundings	
<b>Small Muscle (or Fine Motor) Development:</b>	
Fists clenched	
Mostly involuntary movement	
<b>Lingual (or Verbal) Development:</b> <i>Social and lingual development often intertwine as the young child uses his/her growing lingual development to capture attention. These skills have been listed under their separate headings when appropriate, but may be listed under each when applicable.</i>	
Insistent cries (may begin to have fussy period around suppertime each day lasting to 12 weeks of age)	
<b>Social (or Irresistible Charm!) Development:</b>	
Smiles in sleep	
"Molds" body against person holding him/her	
Distinguishes parents' voices (especially Mom's) from others	

# Milestones of the 0 to 3-month-old

## **Social Development (cont'd):**

No routine to eating, sleeping, waking

## **Intellectual (or Cognitive) Development:**

Learns trust through parents' consistent, patient response to cries

Quietly alert (best time for learning and interaction, not for getting the dishes done) about one of every ten hours

## **How do I please my zero to four-week-old?**

Breastfeeding

Walking/being carried while in sling or in arms

White noise (recordings of rain, ocean waves, static-type noises)

Loud ticking clock (imitating sounds from womb)

Skin-to-skin contact/gentle baby massage

Feeding on demand/not scheduled feedings

Being sung/talked to/hearing parents' voices

Eye-to-eye contact (vision best 8-10 inches from face)

## **Various Warning Signs/Contact your pediatrician if your baby:**

Sucks poorly and has few wet diapers (should soil 6-8 disposable or 8-10 cloth diapers in 24 hours)

Shows no blinking reflex in brightly lit areas

Makes very little arm/leg movement or seems **very** stiff, **very** loose (or loses muscle tone)

**Constantly** trembles lower jaw (when not excited, cold, or crying)

Is consistently nonresponsive to loud sounds

Has more than 6-8 **exceptionally** loose, watery bowel movements (not to be confused with typically loose breastmilk stools) -- suggests dehydration along with dry mouth and decrease in wet diapers

Has two rectal temperature readings above 100 degrees F (37.8 degrees C)

# Milestones of the 0 to 3-month-old

Watching the five to eight-week-old develop:	Date
<b>Large Muscle Development:</b>	
Arms and legs begin to relax and move more fluidly as muscle twitches/reflexes lessen	
Head still wobbly but can lift it 45 degrees for a few seconds when on tummy	
<b>Small Muscle Development:</b>	
Begins to unclench hands and swipe aimlessly	
May hold (soft!) toy when placed in hand for several seconds	
<b>Lingual Development:</b>	
Fussy period may be continuing (to 12 weeks -- This, too, shall pass, Mom and Dad!)	
Coos, squeals (believed to be in response to simply feeling good, rather than external stimulation)	
<b>Social Development:</b>	
Smiles responsively! (It's not "gas" anymore!)	
Reads/responds to parents' moods	
Maintains eye contact/loves faces	
Can track moving objects with eyes	
Likes to be held/cries if put down	
Stays awake longer when interacted with	
<b>Intellectual Development:</b>	
Trust grows by making associations-- gives cues (like mouthing objects/hands), expects consistent response (feeding)	
Distressed if needs are not met	
Differentiates between people, sounds, and objects	
Watches hands when they come into view	
<b>How do I please my five to eight-week-old?</b>	
Nursing (If you had a rough start, it should be getting easier now with "experience".)	
Carry/wear in a sling as much as possible	
Gentle infant massage/stroking bare skin	
Beautiful music (classical, instrumental, new age nature-type sounds)	
Examining mobiles/toys with contrasting colors (red, white, black patterns)	
Skin-to-skin on Daddy's bare chest	
A warm bath with Mommy or Daddy	
<b>Various Warning Signs/Contact your pediatrician if your baby:</b>	
Is not responsive (does not smile) at the sound of your voice	
Does not notice his/her hands (They are still poorly controlled, but usually finds them interesting when they come into view)	
Has a rectal temperature over 101 degrees F	

# Milestones of the 0 to 3-month-old

<b>Watching the nine to twelve-week-old develop:</b>	<b>Date</b>
<b>Large Muscle Development:</b>	
Rolls from back to side	
Arms/legs move freely	
Bears weight on legs for short time	
Holds head steady and higher than bottom (for up to 10 seconds) while on tummy looking around	
Sits with support	
<b>Small Muscle Development:</b>	
Begins hand fascination -- sucks fingers, plays with hands	
Hands open as grasp reflex disappears -- will hold toy longer, grab hair/anything placed in hand	
Will swipe at toys/jungle gyms	
Explores own body with hands (especially face, mouth)	
<b>Lingual Development:</b>	
Laughter begins, may seem forced (my daughter's sounded like forced coughing!)	
Makes vowel sounds, "eee", "aaah", "oooh"	
Shrieks loudly/enjoys hearing own voice	
Fussy time usually begins to lessen now	
<b>Social Development:</b>	
Smiles easily	
Laughter begins, may seem forced	
Shrieks loudly/enjoys hearing own voice	
Varies cries to communicate needs	
<b>Intellectual Development:</b>	
Cause/effect understanding begins (touch dangling toy, it moves) but still some confusion (ex.: if he/she kicks and dog barks, may believe he/she caused dog to bark)	
Long-term memory builds as baby waits for expected response	
Stops sucking to listen	
Differentiates between speech and other sounds	
<b>How do I please my nine to twelve-week-old?</b>	
Nursing	
Walking/being carried in sling or in arms	
Chest-to-chest contact	
Swiping at toys/shaking rattles	
Would rather play propped up than lying down	
Face-to-face interaction with caregivers	
<b>Various Warning Signs/Contact your pediatrician if your baby:</b>	
Does not attempt to track (follow with the eyes) a nearby moving object	
Fails to reach for, grasp, and hold items	
Neglects to smile at people	
Does not hold up head	