

Developmental Milestone Checklist

0-3 Months Old

by: [Help My Baby Learn](#)



helpmybabylearn™

Cognitive/Social

- Draws attention to self when upset
- Establishes eye contact
- Quiets from being upset when picked up
- Responds with eyes when hears your voice
- Visually explores environment

Fine Motor

- Visually tracks from side to midline
- Visually tracks in downward direction

Gross Motor

- Lifts head up off of the floor while lying on stomach
- Lifts head and chest up off the floor while lying on stomach
- Turns head to both sides with control while lying on back

Language/Communication

- Cries begin to vary depending on the cause
- Cries when hungry, uncomfortable
- Produces comfort sounds when soothed

Self-Care

- Eats every 2 hours
- Sleeps most of the day (0-2 months old)
- Stays awake for longer periods of time during the day (2-3 months old)

Additional Notes: