

Developmental Milestone Checklist

3-6 Months Old

by: [Help My Baby Learn](#)



helpmybabylearn™

Cognitive

- Begins to play with rattles
- Playing with hands and feet
- Recognizes parents visually
- Turns head toward hidden sound
- Uses hands and mouth to explore objects

Fine Motor

- Clasps hands together at midline
- Purposefully grasps a toy
- Reaches toward toys using two hands
- Visually tracks from side to side 180 degrees
- Visually tracks in upward direction

Gross Motor

- Rise up onto extended arms on stomach
- Reaches while playing on stomach
- Rolls from stomach to back (3-4 months)
- Rolls from back to stomach (6 months)
- Pivots in a circle while on stomach
- Sits while using hands for support (3-5 months)
- Sits without using hands for support (6 months)
- Bears weight through legs in standing - feet flat

Language/Communication

- Coos open vowel sounds “ahh”, “ooo”, “ee”
- Vocalizes feelings and attitudes
- Squeals when excited
- Laughs
- Babbles consonant-vowel sounds (6 months)

Social

- Enjoys face to face play
- Becomes aware of new situations
- May begin to recognize parents visually
- Realizes difference between familiar people and strangers

Self-Care

- Brings hands to the bottle
- Eats pureed foods
- Sleeps 10-12 hours at night, waking for night feedings
- Naps 2-3x/day

Additional Notes: