

Developmental Milestones by the End of 3 Months

What is child development?

Child development refers to how a child becomes able to do more complex things as they get older. Development is different than growth. *Growth* only refers to the child getting bigger in size. If you are concerned about your child's development, please talk to your child's doctor or call Help Me Grow of Knox County toll free at 1-800-755-GROW (4769). If you are eligible, free services can be provided to develop skills and help your child catch up with their peers.

When we talk about normal development, we are talking about developing skills like:

- **Gross motor:** using large groups of muscles to sit, stand, walk, run, etc., keeping balance, and changing positions.
- **Fine motor:** using hands to be able to eat, draw, dress, play, write, and do many other things.
- **Language:** speaking, using body language and gestures, communicating, and understanding what others say.
- **Cognitive:** Thinking skills: including learning, understanding, problem-solving, reasoning, and remembering.
- **Social:** Interacting with others, having relationships with family, friends, and teachers, cooperating, and responding to the feelings of others.

What are developmental milestones?

Developmental milestones are a set of functional skills or age-specific tasks that most children can do at a certain age range. Your pediatrician uses milestones to help check how your child is developing. Although each milestone has an age level, the actual age when a normally developing child reaches that milestone can vary quite a bit. Every child is unique!

Movement

- Raises head and chest when lying on stomach
- Supports upper body with arms when lying on stomach
- Stretches legs out and kicks when lying on stomach or back
- Opens and shuts hands
- Pushes down on legs when feet are placed on a firm surface
- Brings hand to mouth
- Takes swipes at dangling objects with hands
- Grasps and shakes hand toys

Visual

- Watches faces intently
- Follows moving objects
- Recognizes familiar objects and people at a distance
- Starts using hands and eyes in coordination

Hearing and Speech

- Smiles at the sound of your voice
- Begins to babble
- Begins to imitate some sounds
- Turns head toward direction of sound

Social/Emotional

- Begins to develop a social smile
- Enjoys playing with other people, and may cry when playing stops
- Becomes more communicative and expressive with face and body
- Imitates some movements and facial expressions
- Responds to other people's expressions of emotion

Developmental Health Watch

Because each baby develops in his own particular manner, it's impossible to tell exactly when or how your child will perfect a given skill. The developmental milestones will give you a general idea of the changes you can expect, but don't be alarmed if your own baby's development takes a slightly different course. Alert your pediatrician; however, if your baby displays any of the following signs of possible developmental delay for this age range.

- Doesn't seem to respond to loud sounds
- Doesn't notice his/her hands by 2 months
- Doesn't smile at the sound of your voice by 2 months
- Doesn't follow moving objects with her eyes by 2 to 3 months
- Doesn't grasp and hold objects by 3 months
- Doesn't smile at people by 3 months
- Cannot support his/her head well at 3 months
- Doesn't reach for and grasp toys by 3 to 4 months
- Doesn't babble by 3 to 4 months
- Doesn't bring objects to his/her mouth by 4 months
- Begins babbling, but doesn't try to imitate any of your sounds 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 his/her eyes most of the time. (Occasional crossing of the eyes is normal in these first months.)
- Doesn't pay attention to new faces, or seems very frightened by new faces or surroundings

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