

Developmental checklist from Newborn till 3 months of age

This is not a diagnostic tool.

It is a guide to help you follow your
child's development.

If you have any concerns, please
contact a medical professional.

Newborn -the first 4 weeks of life

- On belly: keeps her head to one side, hips and bum raised, knees drawn up
- Keeps her fisted hands near her face
- Clenches your finger when feels it in her palm = Grasp reflex
- Responds with a startle or smile to sound of bell or rattle
- Stops crying or quiets when you pick her up

1-month old

- On belly: lifts her head up and holds it a few short seconds.
- On belly: makes crawling movements
- Held sitting: her head will fall forward; her back will be rounded but she will lift her head briefly
- When you hold her on your shoulder, she will lift her head up briefly
- Laying on her back: when she holds her head to one side her arm and leg will be straight on the same side, but her arm and leg will be bent on the opposite side = asymmetrical tonic neck

reflex

- Laying on her back and belly: she will turn her head side to side
- She will make small throaty noises
- She will show interest in your voice and will become quiet if she sees your face or hears your voice
- She will follow a rattle or your face with her eyes when you move it in front of her face

2-months' old

- On belly: she will lift her head, and her chin will sometimes be lifted off the bed
- Laying on her back: she will straighten her legs sometimes
- Laying on her side, she will turn to her back
- She will hold her hands together
- She will hold a rattle placed in her hands for 15-20 seconds before dropping it
- Grasp reflex will be disappearing

- She will make sounds of vowels
- She will recognize happenings and will show anticipatory excitement
- She will respond to you with excitement, smiles, and moving her arms and legs and with sounds
- She will start to smile at others as well: father, siblings, grandparents
- She will start to respond differently to people. For example, she will cry when the mother leaves, even when other people are present.

3-months old

- Held by her chest up high: she will keep her head high above her body
- On belly: she will push up onto her forearms to help herself raise head and chest off the bed
- She will reach for toys with both hands but will miss most of the time
- Grasp reflex will be disappearing more; her fingers will be loosely closed instead of clenched
- She will explore objects, like a rattle when you place it into her

hands

- She will be more interested in you, your face than a toy
- She will start to chuckle
- She will begin to look around at her surroundings
- She will start to babble or coo when you talk to her
- She will look at your face and eyes when you talk to her