

Milestones

Checklist

3-6 months



COGNITIVE DEVELOPMENT

COGNITION

- ☐ Looks at toys with interest
- ☐ Reaches out to explore things
- ☐ Watches faces and follows objects side to side
- ☐ Shows curiosity by staring, grabbing, or mouthing things



SPEECH AND LANGUAGE

- ☐ Makes more cooing and babbling sounds (like “ah,” “goo,” “ba”)
- ☐ Responds to your voice by turning head or smiling
- ☐ Starts to copy some sounds you make
- ☐ Expresses happiness or discomfort through different cries



GROSS MOTOR SKILLS

MOTOR

- ☐ Holds head steady without support
- ☐ Pushes up on elbows during tummy time
- ☐ Rolls over from tummy to back or back to tummy
- ☐ Sits with some support (like pillows or your hands)



FINE MOTOR SKILLS

- ☐ Reaches out for toys or your face
- ☐ Grasps and shakes small toys or rattles
- ☐ Brings hands together and explores them
- ☐ Begins to pass toys from one hand to the other



Milestones

Checklist

0-3 months

SOCIAL

♥ SOCIAL AND EMOTIONAL DEVELOPMENT

- ☐ Smiles easily at familiar faces
- ☐ Enjoys playing with you or caregivers
- ☐ Responds to your emotions—may cry when you're upset
- ☐ Laughs out loud and squeals with joy

Talk to your pediatrician if your baby:

- ! Doesn't smile or show interest in people by 5-6 months
- ! Can't hold head steady while sitting
- ! Doesn't reach for or grasp objects
- ! Doesn't make any sounds or cooing
- ! Seems unusually stiff or floppy
- ! Doesn't follow objects with eyes
- ! Doesn't respond to sounds or voices

These signs don't always mean something is wrong—but getting help early can really support your child's growth.



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*This is an educational tool and not a substitute for a standardized Developmental screening tool.

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