

# INFANT MILESTONES

MONTHS 0-6



## GROSS MOTOR

- 1 mo: kicking feet when on back, head bobbing
- 2 mo: lifting head briefly during tummy time
- 3 mo: lifting head and pushing up with forearms
- 4 mo: lifting head and chest, straightening legs
- 5 mo: rolling from tummy to back, pull to sit
- 6 mo: briefly sitting unsupported, rolling from back to tummy

## FINE MOTOR

- Bringing hands to mouth for exploration
- Reaching forward and touching/grasping toys
- Following toys or parents with eyes
- Palmar grasp development
- Hitting at dangling objects with hands

## COMMUNICATION

- Paying attention to faces, smiling, recognizing voices
- Efficiently sucking from breast or bottle
- Taking 2-4 ounces per feed within ~20 minutes
- Cooing and vocalizing different vowel sounds
- Reacting to toys that make sound

*Milestones adapted from Children's Minnesota Hospital and the American Speech-Language-Hearing Association*



CALL US FOR MORE INFO

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