



Child Development Milestones – 3 months

The majority of children will achieve these milestones by the time they turn 3 months. All children develop at different rates. Some children are slower than others (developmentally delayed) but catch up with time. Other children, however, may have an underlying problem that causes their delayed development, and they may not catch up. It is important for these children to get as much treatment (early intervention) as possible. So if you are concerned about any aspect of your child's development, see your child health nurse or doctor for help without delay. If in doubt, it is better to have your concerns checked than to 'wait and see'.

✓ An average child can...	✓ Signs of possible problems include...
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Gross motor

<input type="checkbox"/> Lift head when lying on tummy	<input type="checkbox"/> Any differences between right and left sides of body (in strength, movement or muscle tone)
<input type="checkbox"/> Lift head when pulled to sitting position	<input type="checkbox"/> Head falls back when pulled to sitting position
<input type="checkbox"/> Kick vigorously	
<input type="checkbox"/> Hold back firm when held in sitting position	

Fine motor

<input type="checkbox"/> Follow objects from side to side with eyes	<input type="checkbox"/> Doesn't follow objects with eyes
<input type="checkbox"/> Hold object briefly in hand	<input type="checkbox"/> Persistent fisting of hands (doesn't let go of objects)
<input type="checkbox"/> Look at own hand	

Talking and understanding

<input type="checkbox"/> Cry	<input type="checkbox"/> No turn-taking or variety in sounds
<input type="checkbox"/> Take turns in vocalising (making voice sounds)	
<input type="checkbox"/> Make two or more speech sounds	
<input type="checkbox"/> Laugh	
<input type="checkbox"/> Respond to sound	<input type="checkbox"/> Poor or no response to sound
<input type="checkbox"/> Search for sound with eyes	
<input type="checkbox"/> Respond to mother's voice	

Social

<input type="checkbox"/> Enjoy being touched or picked up	<input type="checkbox"/> No preference of mother or other people
<input type="checkbox"/> Smile	<input type="checkbox"/> Doesn't look directly at people's eyes
<input type="checkbox"/> Recognise mother	

Intellectual

<input type="checkbox"/> Make active movements	<input type="checkbox"/> Inactive, detached (limited display of emotion)
<input type="checkbox"/> Put hands to mouth	
<input type="checkbox"/> Show an active, visual interest in the world and people	
<input type="checkbox"/> Have times of being alert	

If you have any concerns about your child's development, see your child health nurse or GP.

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