THINK 3 AT 3 MONTHS

CONVERSATION GUIDE FOR PARENTS AND CAREGIVERS

This conversation guide offers prompts and important things to remember when discussing your baby's development with a healthcare professional.

All babies develop at different rates so there may be nothing to worry about.[1] However, if you do feel something isn't quite right with your baby's movements, it is important to discuss any concerns with your GP.

Movements to expect by 3 months of age:[2,3]

1

Raising their head when lying on their tummy

2

Kicking their legs and waving their arms when on their back

3

Reaching for things

THINGS TO TALK ABOUT WHEN SEEING YOUR GP:

1. **The movements I am concerned about are...**
   It is important to explain what it is about your baby's movements that is concerning you, for example is your baby moving less than you would expect? Have movements decreased recently?

2. **I first noticed something unusual about my baby's movements...**
   Telling the healthcare professional how long ago you first noticed something that did not seem right about your baby's movements is important for them to understand how long this has been a concern.

3. **My baby's control of their head and neck is...**
   Head control is an acquired strength that a baby usually develops in the first few months. When you pick your baby up can they support their head? How long can they support their head for?

4. **When lying on their tummy, my baby...**
   During tummy time, babies learn how to hold their head and shoulders up off the ground. Strengthening of the muscles can take time, but as they get stronger, they can also begin to reach out for things. Does your baby hold their head up off the ground? Does your baby push off the floor using their arms?

5. **When I encourage my baby to play with a toy, they...**
   Telling your GP how your baby interacts with toys is important as it is a good indication of where your baby's development is at. As a baby develops, they begin to follow toys with their eyes, move their head to see objects out of sight, and reach out their arms to grasp toys. Does your baby reach out for toys and objects?

6. **When lying on their back, my baby...**
   Has your baby found their feet? Does your baby kick, stretch and move their legs and arms?

7. **When my baby is feeding...**
   Are you happy with how your baby is feeding? Do they have any trouble latching or do they sometimes cough or choke when swallowing?

Voice any other concerns

You may find it helpful to take this guide with you when talking to your GP or write down your own list of concerns or questions. This will ensure you do not forget any of your concerns and your GP can fully understand everything that is happening with your baby. This will also ensure they can give you the correct advice or point you in the right direction to someone who can.

References: 1. NCT. Your baby's development: physical stages. Available at: https://www.nct.org.uk/information/baby-toddler/baby-and-toddler-development/your-babys-development-physical-stages. Date accessed: July 2025. **2.** Hadders-Algra M. *Neuroscience and Biobehavioral Reviews.* 2018(90):411-427. **3.** Cambridgeshire Community Services NHS Trust. Child Development milestones. Available at: https://cambspborochildrenshealth.nhs.uk/child-development-and-growing-up/milestones/2-months. Date accessed: July 2025.

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