THINK 3 AT 3 MONTHS

THINK 3 AT 3 MONTHS

TODAY I AM...

1 MONTH

...AND I CAN BRIEFLY LIFT MY HEAD WHEN LYING ON MY FRONT

Every baby is unique. These cards illustrate typical development patterns and the exact age to show these skills for individual babies may differ.

Designed and funded by Novartis Pharmaceuticals in partnership with key experts.

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THINK 3 AT 3 MONTHS

TODAY I AM...

2 MONTHS

...AND I CAN MOVE MY HEAD SIDE TO SIDE WHEN LYING ON MY FRONT

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THINK 3 AT 3 MONTHS

TODAY I AM...

3 MONTHS

...AND I CAN LIFT MY HEAD AND CHEST WHEN LYING ON MY FRONT

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References: 1. Hadders-Algra M. *Neuroscience and Beiobehavioral Reviews*. 2018(90):411-427. **2.** Cambridgeshire Community Services NHS Trust. Child Development milestones. Available at: https://cambspborochildrenshealth.nhs.uk/child-development-and-growing-up/milestones/2-months. Date accessed: August 2025. **3.** 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: August 2025. **4.** Healthy Children, American Academy of Pediatrics. Is your baby's physical development on track? Available at: https://www.healthychildren.org/English/ages-stages/baby/Pages/Is-Your-Babys-Physical-Development-on-Track.aspx. Date accessed: August 2025. **5.** Help me grow MM. Motor Developmental Milestones. Available at: https://helpmegrowmn.org/HMG/DevelopMilestone/MotorMilestones/index.html. Date accessed: August 2025.

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THINK 3 AT 3 MONTHS

THINK 3 AT 3 MONTHS

TODAY I AM...

1 MONTH

...AND I CAN MOVE MY HAND TO MY MOUTH

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THINK 3 AT 3 MONTHS

TODAY I AM...

2 MONTHS

...AND I CAN WRIGGLE MY ARMS AND LEGS WHEN LYING ON MY BACK

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THINK 3 AT 3 MONTHS

TODAY I AM...

3 MONTHS

...AND I CAN WAVE MY ARMS AND KICK MY LEGS

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THINK 3 AT 3 MONTHS

THINK 3 AT 3 MONTHS

TODAY I AM...

1 MONTH

...AND I THROW OUT MY ARMS AND SPREAD MY FINGERS WHEN STARTLED

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THINK 3 AT 3 MONTHS

TODAY I AM...

2 MONTHS

...AND I CAN BRIEFLY HOLD A TOY THAT IS PLACED IN MY HAND

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THINK 3 AT 3 MONTHS

TODAY I AM...

3 MONTHS

...AND I AM BEGINNING TO REACH OUT FOR TOYS AND GRASPING THEM TO HOLD

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