THINK 3 AT 3 MONTHS

MOVEMENT MILESTONES

Tracking your baby's movements is an important way to check their health and development. Remember, children develop at different rates, so there may be nothing to worry about. However, if you have any concerns about your baby's movements, see your GP.

1 Month old

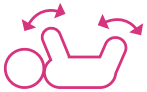
When lying on their front, baby can briefly lift their head

Can move hands to their face and mouth

Startle reflex – when baby is startled, such as a loud noise, they throw out their arms out and spread their fingers

2 Months old

When lying on their front, baby can lift their head and move it side to side – may also use arms to push off of the ground

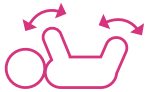


When lying on their back, baby can move and wriggle their arms and legs. As development continues these movements will become smoother

Can briefly hold a toy that is placed in their hands

3 Months old

When lying on their front, baby can lift their head and chest



When lying on their back, baby waves their arms and kicks their legs

Beginning to reach out for toys and deliberately grasps and holds items

Every baby is unique. This table illustrates typical development patterns and the exact age a baby may show these skills might differ.

Figure adapted from data in: Hadders-Algra, M. 2018, Cambs NHS, NCT, Healthy Children and Help Me Grow.[1–5]

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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. Date accessed: July 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: July 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: July 2025. **5.** Help me grow MM. Motor Developmental Milestones. Available at: https://helpmegrowmn.org/HMG/DevelopMilestone/MotorMilestones/index.html. Date accessed: July 2025.

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