

Baby's Milestones

During the first 3 months, your baby is learning to trust and know that dependable, loving care is always there. They are also forming a secure attachment to you and their other caregivers.

Social Milestones

- Can smile intentionally by 2 months.
- Recognizes and prefers family and familiar faces.
- Recognizes family and familiar voices.



Physical Milestones

- Kicking, grasping, sucking (based on reflexes).
- Head-turning begins as a reflex and becomes purposeful as they gain control of their head and strengthen their neck muscles.
- Feeding and sleeping are unpredictable. Sleep patterns become more predictable over time.
- Discovers their hands and can bring them to their mouth.

Emotional Milestones

- Cries to signal they have a need.
- Crying typically increases at 2 weeks old and peaks around 2 months. Typically begins to decrease around 3-4 months old.
- Being comforted typically quiets crying. There may be times when they can't stop crying.
- Dependent on parents to cope with emotions.



Cognitive (Learning & Thinking)

- Begins learning at birth.
- Startled by loud noises.
- Makes coos and goos (pleasure sounds)
- Prefers people's faces and voices to toys.



Every baby is different and develops at their own pace. If you have concerns about your baby's development, reach out to their doctor.