



TAYLOR
PHYSICAL THERAPY

0-3 Month Milestones Checklist

Yes

No

Motor

While lying on tummy, pushes up on arms

While lying on tummy, lifts and holds head up

Able to move fists from closed to open

Able to bring hands to mouth

Moves arms and legs off of surface when excited

Sensory

While lying on back, visually tracks a moving toy from side to side

While lying on back, attempts to reach for toy held above their chest

While lying on back, keeps head centered to watch faces or toys

Able to calm with rocking , touching or gentle sounds

Enjoys a variety of movements

Communication

Makes eye contact

Cries differently for different needs (hungry vs. tired)

Coos and smiles

Turns head toward sound or noise

Quiets or smiles in response to sound or voice

Shows interest in faces

Feeding

Latches onto nipple or bottle

Tongue moves forward and back to suck

Demonstrates coordinated suck, swallow, breath pattern when drinking

Put hands and toys in mouth to suck