

3-5 months

MILESTONES CHECKLIST

Purposeful Play Tips

For Tummy Time:

- Do on firm surface with toys at eye level.
- Roll into TT from back to tummy.
- Encourage rolling out of TT by tucking elbows under chest and tracking a toy.

Help baby to bring hands to feet, same sides and opposite, after diaper changes to learn about their body.

Place toys slightly out of reach to encourage movement.



- Props self on elbows
- Holds head up 45 degrees on tummy
- Rolls back to side, both directions
- Rolls tummy to back, both directions
- Begins to sit with support
- Head control with pull to sit present
- Begins to reach for toys on tummy
- Begins to push up on straight arms
- Holds toys purposefully, shakes rattle
- Looks at toys when holding them
- Responds to sounds and noises
- Begins to babble
- Brings hands to mouth
- Reaches for toys with both arms

