

0-2 months

MILESTONES CHECKLIST

Purposeful Play Tips

For Tummy Time:

- Do chest to chest so baby sees your face.
- Tuck baby's arms under their chest with books, toys, or faces at their eye level.

Recline baby in lap while singing, reading, talking, and laughing.

Lay baby on their side, with support, during play with books or rattles.

- Lifts head briefly in tummy time
- Turns head side to side on tummy
- Turns head side to side on back
- Bicycle kicks legs and arms on back
- Rolls from side to back, both sides
- When held, bears weight on feet
- Rounds back in supported sitting
- Head control is emerging
- Holds a rattle
- Hands close with touch
- Looks and tracks objects briefly
- Cries when hungry
- Cries become different (pain/hunger)
- Begins to smile

