

TWO- TO THREE- MONTH TYPICAL DEVELOPMENT CHECKLIST (©Diane Bahr)

Place a check mark next to the characteristics you see in your two- to three-month-old baby

| Typical 2- to 3- Month-Old Baby | YES | NO |
|---|-----|----|
| FEEDING/MOUTH DEVELOPMENT | | |
| Begins to control suckling reflex (non-nutritive, front-back tongue movement, approximately 2 per second) | | |
| Moves tongue with increasing skill in the mouth | | |
| Sucks longer without a pause over time (different on bottle than breast) | | |
| Brings hands together & to mouth when on stomach (by 2 months) & on back (by 3 months) | | |
| Mouth, nose, & throat areas are growing/changing with easy nose breathing & mouth experiences | | |
| Closes mouth during sleep & when mouth is inactive (nothing in mouth, not feeding, mouthing hands, or making vocal sounds) | | |
| Rests tongue in the roof of the mouth to help maintain the broad palate shape | | |
| Is free of tongue, lip, & cheek ties | | |
| Follows parent's or care provider's movement with eyes | | |
| Vocalizes in response to speech | | |
| BODY DEVELOPMENT (Typical 2- to 3- Month-Old Baby) | | |
| When Held Upright (Typical 2-Month-Old) | | |
| Holds head up steadily in line with body for a few minutes (1 to 2 months) | | |
| When on the Stomach (Typical 2-Month-Old) | | |
| Turns head to each side resting on the ear | | |
| Lifts head for approximately 5 seconds (1 to 2 months) | | |
| Lifts head briefly to a 45-degree angle while leaning on the upper chest & bending hips | | |
| Lifts head in slight rotation, in the middle (midline), and/or with bobbing | | |
| Uses vision along with head control | | |
| Brings head/mouth to hand for calming | | |
| Begins pushing body upward with arms | | |
| When Turning Head & Body to Each Side (Typical-2-Month-Old) | | |
| Turns body with full head turn to side when lying on back (log roll) | | |
| Turns from side to back from each side (1 to 2 months) | | |
| When on the Stomach (Typical 3-Month-Old) | | |
| Rests arms symmetrically around the head | | |
| Lifts the head in the middle (midline) at 45- to 90- degree angles without bobbing | | |
| Shifts body weight from side-to-side as head moves to left or right (may roll to the side if body weight is adequately transferred) | | |
| Visually tracks an object horizontally across 180 degrees while looking upward | | |
| Props & bears weight on the forearms with elbows in line with or in front of the shoulders (crucial for shoulder development) | | |

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| Lifts the chest & lower the hips | | |
| May make finger scratching movements or swimming motion with body & legs when seeing a toy | | |
| Lowers head & shoulders when raising the hips (weight is shifted forward, minimal kicking occurs) | | |
| When on the Back (Typical-2-Month-Old) | | |
| Begins gaining control over moro/startle reflex | | |
| Turns head to each side & lifts chin | | |
| May assume fencing posture with head turning (arm reaching outward on face side, elbow bent on skull side – asymmetric tonic neck reflex/response) | | |
| May swipe at toys on the side where head is turned | | |
| May briefly hold an object placed in the hand but not attend to it | | |
| Seldom has head in the middle (midline) | | |
| May visually follow a preferred object from midline to each side & from each side to midline while beginning to use binocular vision | | |
| Head control & vision work together | | |
| Moves arms vigorously (1 to 2 months) | | |
| May rest legs in a several positions (e.g., frog-legged position) | | |
| Uses movement variations when kicking | | |
| When on the Back (Typical 3-Month-Old) | | |
| Moro/Startle reflex begins to disappear (become integrated by the brain) between 3 & 6 months | | |
| Has head close to or in midline (middle of body), & begins to tuck chin toward chest & look downward | | |
| Rotates head from side-to-side while lengthening back of neck (may turn body onto side) | | |
| Looks at a toy in midline with increasing attention, & may swipe at it | | |
| Visually follows a toy/face horizontally from side-to-side | | |
| Typically has hands open with wrists & fingers spread | | |
| Shows increase in hands & eyes working together (eye-hand coordination) | | |
| Demonstrates increase in moving just enough for an activity (grading) & moving one body part separate from another (dissociation) | | |
| Brings hands to the body in an increasingly coordinated manner, & begins to gain control over palmer grasp reflex/response | | |
| Uses hands with increasing intention to explore mouth, body, clothing, & care-providers (body awareness & touch/tactile experience) | | |
| Often has feet together for body awareness/touch experience (frog-legged position) | | |
| Stretches hip, leg, knee, & ankle muscles when moving legs | | |

Primary References

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