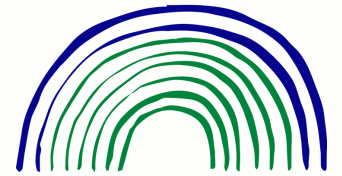


# Milestones Checklist



## Purposeful Play

- Tummy time on floor or a firm surface with toys at eye level
- Practice rolling back to tummy with help.
- Encourage rolling tummy to back by tucking elbows under chest and tracking toy.
- Place toys slightly out of reach on side for reaching.
- "Baby sit ups" with chin on chest.
- Supported sitting using arms on an elevated surface.
- Bring feet to mouth during diaper changes.

## 3-5 months

- 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 a 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

Using play to help little ones move and groove with confidence.

