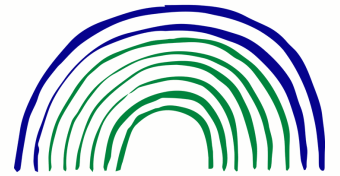


# Milestones Checklist



## Purposeful Play

- Tummy time chest to chest for baby to see your face
- Tummy time on the floor or boppy pillow with arms tucked under chest with book, faces, or toys at eye level
- Recline baby in your lap while singing, reading, talking & smiling
- Lying on side with support during play with books or rattles
- Utilize high contrast, black & white, toys

## 0-2 months

- 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
- Rounded back in supported sitting
- Head control is emerging
- Holds a rattle
- Hands close with touch
- Looks and tracks objects
- Cries when hungry
- Cries become different (pain/hunger)
- Begins to smile

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

