

DEVELOPMENTAL MILESTONES

Babies are fun. They make dramatic changes very quickly. Knowing what to expect is useful in selecting activities and toys that are appropriate to your child's developmental age. Remember, a preemie's age must be corrected to when the child should have been born. There is a lot of room for individual variation, so relax and enjoy! Here are some guidelines for the average baby.

Age range: 2 – 4 months

Language:

Observation: Baby is beginning to “talk”. You will hear strings of gurgles, noises and laughs.

Activity: Stimulate language by imitating sounds, expanding on them, making faces to encourage gurgling and laughing.

Social Skills:

Observation: Baby will interact with the environment for longer periods of time. Baby at birth was alert about 30 minutes of every four hours and now is alert three times as long.

Activity: Encourage vocal and facial imitation.

Fine Motor:

Observation: Hands are open more. Baby can reach and let go. Clumsy reaching begins.

Activity: Encourage the baby to reach for an object by placing it just a bit further than they can easily grasp. Placing the object to the side will probably result in more success in reaching than placing it in the midline.

Gross Motor:

Observation: Movements are smoother and the head is held more firmly erect. The baby may begin to roll over toward the end of this age period.

Page 2- Developmental Milestones 2-4months

Activity: Put the baby in prone position and place the objects just out of reach to encourage the baby to get up, free the head, and reach for the object. Hanging toys that the baby can “bat at”, such as mobiles and bright colored balls on strings, is useful.

Perfectly normal babies often advance at different rates in different areas of development. Don’t worry about minor variations.

Your pediatrician will be providing your baby with follow up care for routine care. For our very small or very sick NICU graduates, we offer developmental follow up care. A visit is recommended in _____ months. Please call the office to arrange an appointment.