# INFANT DEVELOPMENT

## IN THE FIRST 3 MONTHS by Matrescence OCCUPATIONAL THERAPY

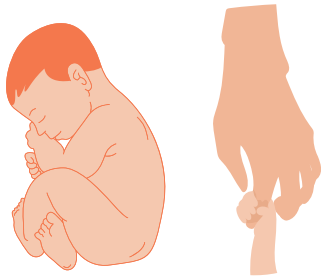
Treehouse Pediatrics

## BIRTH TO 1 MONTH

**Communication:**
- Interested in faces
- Calms in response to voices and touch
- Responds to familiar voices*
- Has different cries for different needs

**Motor:**
- Grasps finger when placed in hand
- Opens hands to explore
- Brings hands to mouth*
- Kicks feet
- Head begins to turn in response to sound*

**Cognition:**
- Sensitive to light
- Can see objects 8-12 inches away.
- Drawn to high-contrast patterns



## 1 TO 2 MONTHS

**Communication:**
- Makes eye contact*
- Begins to smile
- Recognizes familiar faces and voices
- Imitates facial expressions
- Reacts to noise*

**Motor:**
- Begins to hold head up*
- Turns head evenly from side to side
- Can hold objects for short periods of time
- Turns easily toward sounds
- Bats at hanging objects with fists
- Mouths hands*

**Cognition:**
- Sensitive to light
- Can see objects 8-12 inches away.
- Drawn to high-contrast patterns



## 2 TO 3 MONTHS

**Communication:**
- Begins to coo and experiment with their voice
- Smiles* at familiar faces and may start to laugh
- May mimic sounds or “talk back”

**Motor:**
- Can hold their heads up and steady* while on their tummies or held upright.
- clumsily reaches for toys and objects
- kicks legs energetically
- Pushes down with legs when stood*
- Will hold onto a toy*

**Cognition:**
- Tracks moving objects with their eyes* and follows things from side to side and up and down
- Has more attention for favorite faces and objects
- shows curiosity about their surroundings.
- Plays with hands and fingers



***If you do not see your baby doing this, talk to your pediatrician.**

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