

# Newborn First 3 Months: Milestone Tracker & Care Guide

## 1 Month Milestones Checklist

- ■ Lifts head briefly during tummy time
- ■ Moves arms and legs actively
- ■ Focuses on faces
- ■ Recognizes parent's voice
- ■ Starts making small sounds

## 2 Month Milestones Checklist

- ■ Smiles responsively (social smile)
- ■ Coos and makes gurgling sounds
- ■ Follows objects with eyes
- ■ Holds head up for short periods
- ■ Begins to calm down when comforted

## 3 Month Milestones Checklist

- ■ Holds head steady without support
- ■ Pushes up on arms during tummy time
- ■ Grasps toys briefly
- ■ Laughs or squeals
- ■ Recognizes familiar faces at a distance

## Daily Care Reminders

- ■ Feed every 2-3 hours or on demand
- ■ Ensure 14-17 hours of sleep daily
- ■ Practice tummy time 2-3 times a day
- ■ Track wet diapers (6-8 per day)
- ■ Attend scheduled pediatric check-ups