

## Arturo Quintanilla, MD

Board Certified Pediatrician

### Post-graduate training:

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## • DEVELOPMENTAL MILESTONES: 1 - 3 Months.

### Fine & Gross motor:

- Opens and shuts hands (1-2 months)
- Brings hands to mouth (2-3 months)
- Raises head and chest while lying on his stomach (2-3 months)
- Voluntary control of head and neck (3 months)
- Grasps and shakes hand toys (3 months)
- Takes swipes at dangling objects with hands (3 months)
- Pushes down on his legs when feet are placed on a firm surface (3 months)

### Visual/Hearing::

- Follows moving objects 180° (2-3 months)
- Watches and fixes gaze intently (2-3 months)
- Starts using hands and eyes in coordination (3 months)
- Recognizes familiar people at a distance
- Startles with sudden noise or unfamiliar sounds

### Social/Language:

- Social smile invariably present (2 months)
- Becomes more expressive with face and body, laughing aloud or pouting
- Starts cooing, such as "ah-goo" (2 months)

### Appropriate toys and activities for this age:

- Images or books with high contrast patterns
- Bright mobile
- Unbreakable mirror attached to side of crib
- Rattles
- Singing to the baby
- Playing soft music from music boxes, records and tapes.