

Fine motor skills: Newborn to 3 months

These are skills to expect for this age

1 month old



Making eye contact

- Arms randomly move when you show toys
- Infant makes eye contact with others
- Uses eyes to follow a moving face while lying on their back



Moving arms

2 months old



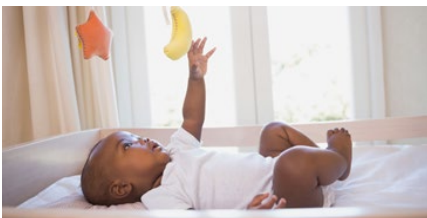
Holding toys

- Follows a moving toy with eyes moving side to side
- Brings hands to mouth
- Drops toys involuntarily



Bringing hands to mouth

3 months old



Reaching for objects

- Holds rattle briefly
- Follows faces and toys with eyes moving side to side in supported sitting
- Tries to reach for objects, but cannot grasp yet



Holds rattle briefly

Helping your baby

- Spend lots of time holding and cuddling your baby. Babies need lots of touch and physical contact. Look into their eyes, smile, and talk to them.
- Place rattles into your baby's hands. Support their hand and gently shake the rattle.
- Show your baby toys with highly contrasting colors, such as black, white, and red. These are the only colors they see until 5 months.
- Supervised tummy time will give your child sensory input through their tummy and work on arm and neck muscles. Start with 10-15 minutes per day as a newborn. Around 2-3 months of age, tuck your baby's elbows directly under their shoulders to strengthen their arm and shoulder muscles.
- Place your baby on their back under a highly contrasted mobile to help your baby reach for and kick at toys.

Helpful toys to use

- Highly contrasted toys in black, white, and red
- Rattles
- Tummy time mirrors
- Mobiles
- Hand-held light up toys
- Baby wrist and foot rattles



Rehabilitation Services and NEST Clinic

These instructions are only general guidelines. Your healthcare provider may give you special instructions. If you have questions or concerns, please call your healthcare provider.