

MILESTONE CHECKLIST

0-2 months

In partnership with: **MOMCOZY**

Social and Emotional Development

- Shows interest in faces
- First smile in response to others

Sensory Development

- Focuses on close objects
- Recognizes and calms to familiar voices
- Startles less at loud sounds
- Responds to gentle touch

Physical Development

- Lifts head briefly during tummy time
- Displays grasping reflex and startle reflex (Moro reflex)
- Cries real tears

Tips for Parents

- Engagement:** Talk to your baby, maintain eye contact, and smile!
- Environment:** Provide a safe and calm environment with minimal loud noises
- Routine:** Try to get your little one into a soothing bedtime routine with gentle rocking and lullabies
- Feeding:** Watch for hunger cues to establish a feeding routine