

3 Months: Typical Movements

In Supine, Prone, Side Lying, Sitting, and Standing

Supine



- Head in midline. Can turn side to side to visually follow objects vertically and horizontally to both sides.
- Trunk symmetrical and active allowing for stability and mobility. Can lift hips off and bring hands to midline.
- Arms move from out wide to sides posture and hands together in midline.
- Legs still flexed and rotated out but will kick off surface.

Prone



- Head lifts 45-90 degrees in midline. Turns head side to side.
- Trunk gaining strength with lifting depending on position of arms and legs. Trunk lifts less the wider they're apart. Head movement causes side to side weight shifts of trunk.
- Shoulders flexed with elbows flexed and in line with shoulders.
- Legs are symmetrical. Hips flexed and rotate out, decreases with weight bearing over hips; feet are close or touching.

Side Lying



- Head in midline. Head lifting in response to weight shifting and may roll to side lying from stomach or back.
- Trunk strong enough to allow baby to maintain this position with minimal support.
- Arms begin to swipe at objects near body. Will bring hands to mouth.
- Legs may kick and top leg lifts and moves away from bottom leg.

Sitting



- Holds head up in line with body for 4-5 seconds and looks side to side.
- Baby sits upright on sit bones. Able to lift and align trunk/head upright when inclined forward 0-45 degrees.
- Arms and hands move against gravity when support provided at rib cage. May bring hands together or to mouth.
- Legs are turned out and flexed at hips and knees. May bring feet together.

Standing



- Head actively held aligned over trunk and baby will turn it to look to either side.
- Trunk is inclined with buttocks behind shoulders and stability assisted by upper extremities.
- Arms used for postural control by stabilizing arms against trunk. Elbows may flex or extend.
- Weight bearing with feet flat on surface increases knee extension; hips gently flexed. Toe curling frequently occurs.

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