



Three Months

At three months old, infants gain control over their head movements. They begin to hit toys with their fists and bring their hands together while working on coordination in their arms, core, and extremities. Tummy time is essential for three-month-old babies as it helps to strengthen their neck and back muscles.

With increased awareness of their surroundings, infants at three months start interacting more with the objects and toys around them. They may start reaching out and grasping objects, bringing them to their mouths to explore. At this stage, parents may also notice their babies beginning to babble, and make more vocalizations as they develop their communication skills.

Drug-Free Pregnancy

When pregnant, the use of substances can have severe consequences for both you and your baby. These effects may even last a lifetime. However, having a child can be a positive incentive to make healthy changes in your life.

The Risks to Your Baby

Even if used in small amounts, drugs, tobacco, and alcohol, during pregnancy can seriously danger your baby's health. It greatly increases the likelihood of stillbirth or infant mortality within the first few months of life. These risks are difficult to fathom, but they are genuine consequences of substance use during pregnancy. Additionally, your baby is at higher risk for:

- premature birth
- low birth weight
- respiratory and feeding difficulties
- susceptibility to infections

