

WAYS YOU CAN HELP YOUR BABY

- Be sure to allow time to play on tummy when awake.
- Never leave baby unattended on a changing table, bed or other high surface as he/she may learn to roll at any time.
- Talk to your baby a lot when you are washing, dressing or feeding him/her.
- Sing songs or nursery rhymes.
- Play games like peek-a-boo.
- Face your baby when you are talking to him/her.
- Use your baby's name and use the same name all the time.
- Use a rattle that is lightweight and small enough for baby to hold.
- Respond and speak back to your baby when he/she makes sounds.
- Use a bright or black and white mobile.



AT 3 MONTHS YOUR BABY SHOULD:

- recognize caregivers
- become excited at meal times and bath times
- fix eyes on caregiver's face when feeding
- cry when uncomfortable

CONTACT YOUR PUBLIC HEALTH NURSE OR DOCTOR WHEN...

... at 3 months your baby:

- keeps hands fisted most of the time
- does not react to sound
- does not move eyes to follow a moving toy or person directly in front of him/her

CHILD DEVELOPMENT

Rehabilitation & Early Childhood Development
Western Health Authority
AND
Janeway Outreach Program,
Western Region

CHILD DEVELOPMENT

YOUR DEVELOPING BABY

0-3 MONTHS



By 3 months, many children will be doing the things listed here. It is important to remember, however, that each child develops at his or her own rate.

At the end of the pamphlet you will find ways you can help your baby learn these new things.

LEARNING TO MOVE

At 3 months your baby should:

- lift head up and look around when lying on tummy
- hold head up when sitting in your arms but may still need occasional support
- kick legs either one at a time or together

HEARING, SPEECH & LANGUAGE

At 3 months, your baby should:

- startle to loud sounds
- be soothed by calm, gentle voices
- respond to sound by blinking, crying, quieting, showing changes in breathing or startling
- make lots of noises (coos and gurgles)

SEEING & USING HANDS

At 3 months, your baby should:

- move eyes to follow a moving person and/or toy
- open and close hands
- watch and begin to play with own hands



- bring hands to mouth


- begin to reach for toys
- be fascinated by people's faces

At 3 months, your baby should:

- hold a rattle for a few

LEARNING TO THINK & PLAY

seconds

- enjoy being tickled, talked to, and played with 
- smile often and may laugh out loud
- react to the disappearance of caregiver
- show preference to a new object by looking at it longer