

3 MONTHS TO 6 MONTHS

EMERGING SKILLS DURING AGE RANGE

- Grasps and holds a rattle for a long period of time
- Coos and babbles when playing
- Begins vocal play, for example: pa, ba, mi
- Recognizes familiar faces
- Makes noise when they are happy or upset
- Mouths objects
- Lifts head 45-90 degrees while on tummy
- Both eyes are working together to focus
- Kicks a lot throughout the day
- Hands come together at midline of body
- Rolls from their back to their sides
- Sits supported with a steady head
- Hands come to mouth
- Lifts head to 90 degrees while on tummy
- Puts hands to knees while on their back
- Begins to reach for toys with both arms
- Looks for a dropped toy
- Rolls from their stomach to their back
- Grabs their feet with their hands
- Props themselves up on hands with their arms straight while on their tummy

Developmental Toys & Activities

- Offer teething toy or large interlocking rings that baby can hold with both hands and bring to mouth
- Tummy time or floor time play
- Support baby while sitting and have sound or light up toy to one side of your baby and see if they can locate it. Then move it to the other side.
- Talk to them about what's going on around you, for example: at the grocery store, park, driving
- Cause and effect games, for example: bubbles or peek-a-boo
- Copy their noises and sounds
- Read simple books to your baby
- While on the floor, put a motivating toy away from your baby to see if he or she will try to roll to it
- Gently play with baby's toes and say nursery rhyme "This Little Piggy"
- Provide support while in sitting position on the floor with motivating toy that lights up or makes sound
- Plastic blocks or shape sorter blocks for child to hold and manipulate
- Stacking rings toy—provide hand over hand to put them on the stacker
- Little maracas or shakers that have different noises like bells—give one to each hand to shake both