

BIRTH TO 3 MONTHS

EMERGING SKILLS DURING AGE RANGE

- Startles at loud sounds
- Recognizes caregiver's voice and is soothed
- Smiles at others
- Makes cooing or gurgling sounds
- Communicates hunger, fear, discomfort through crying or facial expressions
- Eyes can fix on toys or objects
- Closes hand around your finger with a tight grasp
- Relies on sucking to calm
- Held in a curled position
- Equal movements on right and left sides of their body
- Turns their head while on their tummy
- Eyes follow objects moved toward the middle of baby's body
- Will grasp and hold rattle for a short period of time
- Briefly lifts head while on tummy
- Moves head in and out of midline while on their tummy
- Starts to find and notice their own hands
- Visually tracks or looks past midline
- Lifts head 30-45 degrees while on their tummy
- Body starts to straighten out

Developmental Toys & Activities

- Black and white image or design cards for baby to look at
- Soft toys that crinkle
- Talk softly to your baby when feeding or changing their diaper. He or she may not understand, but they will know your voice and be comforted by it.
- Participate in chest to chest tummy time during the first month
- Use a rolled up small towel or blanket under your baby's arms to provide extra support during tummy time
- Respond to your baby—look at them, talk to them, and imitate them
- Rattle mittens that can be placed on your baby's hands or feet
- Sing and read to your baby—repetition helps your baby to learn and listen
- Place a shatter-proof mirror close to your baby during tummy time to provide visual stimulation
- Hold a bright colored toy or stuffed animal above your baby's head while they are laying on their back to see if your baby watches it while you move it back and forth slowly
- Gently shake a rattle or toy that makes noise—see if your baby can locate the sound, then give it to your baby to hold
- Have a conversation with your baby back and forth while they are cooing
- Use an exercise ball during tummy time and adjust angle to encourage further participation during tummy time