

Milestones

All babies are unique and develop at their own pace, however the milestones listed below are usually experienced between 3 and 6 months of age.

At 3 months old, babies begin to:

- Push up on chest when on tummy
- Turn head toward sound
- Bring hands to mouth
- Watch faces and objects
- Move body actively in response to voices
- Soothe with cuddling
- Smile
- Kick feet and move hands

At 4 months old, babies begin to:

- Roll from side to side
- Grasp for objects
- Chew on anything he can put in his mouth
- Kick his feet in the air when lying on his back
- Laugh or coo when caregiver talks to him
- Splash with her hands and feet in the bathtub



At 5 months old, babies begin to:

- Sit with support
- Repeat enjoyable acts like shaking a rattle
- Pull self from sitting to standing while holding onto someone's fingers
- Recognize and smile when called by name
- Recognize people by their voices

At 6 months old, babies begin to:

- Roll from tummy to back
- Have good head control
- Laugh while playing
- Move object from hand to hand
- Babble more than two sounds
- Attempt to crawl

Indicators for Concern

If your infant shows any of the following developmental indicators for concern, you should consult with your pediatrician for referral, screening, or evaluation.

- Does not watch moving objects
- Is not startled by loud sound
- Unable to roll over
- Difficulty lifting head
- Does not turn head to direction of sound

How You Can Help

During this stage of a baby's life, it is important that the caregiver reinforces his learning. Here are some tips on things you can do to help:

- Continue to carry her as much as possible.
- Make conversation whenever you have the chance, and give her plenty of time to respond.
- Sing or chant nursery rhymes. She will enjoy the pattern and rhythm of the sounds.
- Try to have a little face to face chat every day, so she can see your face and tune in to you.
- Read baby books together. She will love the sound of your voice as well as looking at the bright colors and shapes.

For help and information contact:

The Children's Trust Helpline
211 or 305-631-4211



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What to Expect: Your Baby from 3 to 6 Months

During the first year of life your baby responds best to a warm, loving environment. Between the ages of 3 and 6 months, you will notice rapid changes in your child's growth. Watching your baby achieve different milestones can be an exciting and rewarding experience. As your baby continues to grow, he or she will develop curiosity in their surroundings, a desire to move around, and will attempt to communicate by making sounds.



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It is important to understand the different phases in a baby's development. Knowing what to expect as your child grows can help you to build a loving relationship with your child, improve your parenting skills, learn patience, and relax and spend time getting to know your baby.

Breastfeeding from 3 to 6 Months

Exclusive breastfeeding for baby's first 6 months is referred to as "the gold standard" of



infant nutrition. Breast milk is the only food a baby needs in the first 6 months of life and provides protection from germs and infections. Many nursing mothers choose to pump their milk so they can continue to breastfeed after returning

to work or school. If you are able to pump twice a day, you should have enough milk to leave with your baby.

Some women are unable or choose not to pump at work and allow the caretaker to offer formula during the day, while continuing to breastfeed when they are home. If you will not be pumping during the day, start dropping one feeding in the late morning (between 10 and 11 a.m.) about 2 weeks before you will return to work or school. Have the caretaker or another family member offer a bottle instead. Wait 2 or 3 days then drop the early afternoon feeding (about 2 p.m.). This slow change will help your body adjust to the new schedule.

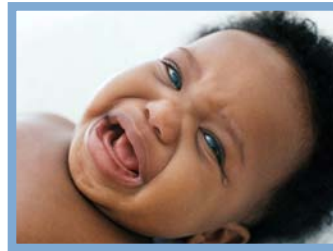
Changing Sleep Habits

By 3 months, a more predictable sleep pattern begins to emerge. Most babies in this age range sleep about 14 to 16 hours a day, several of which are during the day time.

To decrease your baby's risk of Sudden Infant Death Syndrome (SIDS), always place your baby on his back to sleep for nighttime and naptime. The rule is the same for all infants: Never place a baby on his tummy for sleep.

Coping with Crying

Taking care of your baby can be fun and enjoyable, but when your baby won't stop crying, it can be very stressful. It is normal for your baby to cry, but check with your doctor if you think your baby is crying too much. The most important thing to remember is to never take your frustration out on the baby and never, ever, shake a baby!



Ways to calm a crying baby include:

- Feeding
- Burping
- Diaper change
- Adjust baby's clothing to make sure that he is not too hot or cold
- Hold baby against your chest and massage, walk or gently rock the baby
- Hum, sing or talk to the baby

Helping Your Baby Grow and Learn

Playtime is essential to a baby's growth. It contributes to the mental, physical, emotional, and social development of a child. Playing games also offers additional opportunities to bond with your child. Here are some examples of games that can help your child grow and learn:



- When baby is awake, place baby on his or her stomach, side or back and let your baby move her arms and legs in different positions.
- Place baby facing you so she can watch you as you change facial expressions. Give her a turn to make faces, then mimic the faces she makes.
- Play voice games. Talk with a high or low voice. Click your tongue. Whisper. Take turns with your baby and repeat any sounds she makes. Place baby face to face so she can watch you make sounds.
- Play "peek-a-boo" with your baby using your hands or a cloth. Put over your face first, remove and say "Boo!" Then, cover your baby's head and do the same. Help your baby when needed.
- With baby cuddled on your lap facing front, hold a book with simple, colorful pictures so both of you can see. Talk to her about the book as you point to the pictures.