

YOUR THREE MONTH OLD



Now and in the next few months, your child will:

- ♥ Lift his head and chest when on his stomach
- ♥ Follow your movements by turning his head
- ♥ Discover her hands
- ♥ Turn sideways and then over
- ♥ Smile in response to your smile or to your voice
- ♥ Reach for objects and then grasp them
- ♥ Coo and gurgle first - then he will initiate socializing by cooing to you
- ♥ "Bat" objects with her hands
- ♥ Cry less as he finds other ways to respond to the world
- ♥ Kick and exercise her feet when on her back
- ♥ Enjoy watching visually interesting objects (bed mobile)
- ♥ Examine his face in a mirror



TOYS OF INTEREST

- ♥ Unbreakable mirror
- ♥ Crib mobile
- ♥ Crib gym
- ♥ Soft toys
- ♥ Your face

PARENTING HINTS



- ♥ Your baby seems wonderfully coordinated already. You can see major mental and social behavior changes.
- ♥ This is the time to get to know your baby better. Spend lots of time talking and smiling with him face-to-face. Imitate his sounds. He is learning to talk and to be social by imitating you, and learning to trust by being loved and cared for by you.
- ♥ When she is angry and you see her expressing her rage, it usually is a sign of discomfort. Remember, from birth she is developing language skills and crying is one of them.
- ♥ This is the last period where your child will spend time closed in and on his back. His growing ability to get around, puts him in danger of falls. It is a time to be cautious with him. But, to protect him, continue to have him sleep on his back.
- ♥ Prop her up or put her in an infant seat to give her a change of scenery. She depends on you to keep her from getting bored. Give her toys she can look at and listen to. She likes the feel and sounds of toys. But the only toys she gets are what you give her so give her a variety.
- ♥ Your baby is more responsive than at birth. Dad needs to be involved with the baby and to bond with him.
- ♥ Your baby's brain is developing even now. The time you spend with her helps her learn and helps her brain develop.
- ♥ Talking and spending time together is also critical for you and your partner. A baby is a big adjustment for everyone.

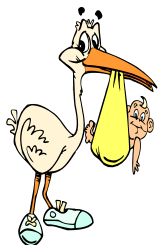
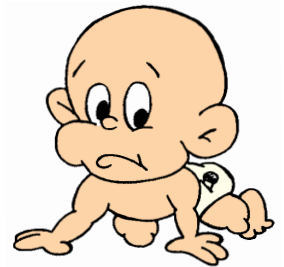


Your Baby At Three Months

is learning every minute.
 Her first attachments in life are crucial in developing the ability to trust.
 The smiles, reactions, words and love you provide to her are an important part of her learning to be a trusting person.



We believe that as a parent you are your child's first and most important teacher. You have much to teach her and it begins now.



FIRST TEACHER DEVELOPMENTAL CARDS

We want you to know some general guidelines about your child's development. Each child is different and develops at her own pace. You may use these cards to record dates when your child has acquired these new abilities. If you have any concerns or questions about your child's development, call your doctor.