

# 0 - 3 MONTHS

## WHAT I CAN DO...

- Smile at you
- Look at faces
- Make cooing and babbling sounds
- Explore my hands and toys with my mouth
- Turn my head to sounds and listen to voices
- Follow a person or toy with my head and eyes
- Hold a rattle
- Stop crying when you pick me up
- Cry differently for different needs
- Wiggle my arms and kick my legs
- Enjoy lying on my tummy for brief periods of time, gradually increasing each week
- Hold my head steady when my back and neck are supported
- Feed with a coordinated suck-swallow-breathe sequence

## HOW YOU CAN HELP ME...

- Look at books and pictures with me, talk about what I am looking at
- Place me on my tummy when I'm awake and place toys in front of and beside me
- Place me on my tummy several different times per day for short periods of time and lie down with me
- Copy the sounds I make back to me
- Listen to my different cries and respond to my needs
- Hold me when I am upset
- Smile at me and play peek-a-boo
- Talk and sing to me
- Provide big, soft, and safe toys for me to explore with my mouth
- Cuddle and hold me often
- Do not let me spend too much time in a car seat, bouncy seat, or other baby equipment

## WHEN TO TALK TO MY DOCTOR...

- I do not respond to loud sounds
- I am unable to watch/track things as they move
- I do not smile at people
- I keep my hands at my side and do not bring them to my mouth
- I show signs of discomfort after feeding or do not latch well during feeding
- I do not hold my head up by 8 weeks old