

# Your Baby's Development: 3–6 Months

This time is all about parents and babies falling in love. Most babies are eating and sleeping more regularly. They are also responding more actively to parents and caregivers. Over the next few months, you will begin learning about your baby's preferences—what he likes and dislikes, how she prefers to sleep, eat and play. What are you learning about your little one?

What Your Baby Can Do	What You Can Do
<p><b>I am learning to control my body.</b></p> <ul style="list-style-type: none"> <li>• I push myself up to see the people I love and the things that interest me. I roll to try to get closer to you or to an interesting toy or object.</li> <li>• I can sit with help and hold my head steady.</li> <li>• I may start to rock back and forth on my hands and knees to get ready to crawl so I can get moving and explore.</li> </ul>	<p><b>Place your baby in different positions to help her develop new skills like rolling, creeping, and crawling.</b></p> <ul style="list-style-type: none"> <li>• Make sure she gets time to play on both her back and stomach.</li> <li>• Help her sit with support. This allows her to explore in new ways.</li> <li>• Be sure she is always put to sleep on her back.</li> </ul>
<p><b>I use my hands and fingers to explore.</b></p> <ul style="list-style-type: none"> <li>• I reach for and grasp objects and toys.</li> <li>• I explore them with my fingers, hands, and mouth to figure out what they can do.</li> </ul>	<p><b>Offer your baby toys to explore that have different shapes, sizes, textures, and sounds.</b></p> <ul style="list-style-type: none"> <li>• Show him ways to use these objects by shaking, banging, pushing, and dropping.</li> </ul>
<p><b>I communicate by using sounds, actions, and facial expressions.</b></p> <ul style="list-style-type: none"> <li>• When you shake my rattle, I may smile and move my arms and legs to let you know I want to keep playing.</li> <li>• I can make a few different sounds in response to your sounds—babbling, coos, and gurgles.</li> </ul>	<p><b>Watch and respond to your baby's signals.</b></p> <ul style="list-style-type: none"> <li>• You are smiling—I think you like looking in the mirror. Do you want to look at yourself again?</li> <li>• Have back-and-forth “conversations” with your baby. When you reply to her babbles, she knows you care about what she is saying. This helps her learn to talk.</li> </ul>
<p><b>I am getting used to the world around me.</b></p> <ul style="list-style-type: none"> <li>• I may be starting to develop a more regular eating and sleeping schedule.</li> <li>• I am beginning to notice daily routines. When you turn the lights down, I am learning it is time for sleep.</li> </ul>	<p><b>Create routines for your baby.</b></p> <ul style="list-style-type: none"> <li>• Help him learn it's time for sleep by doing the same things in the same order each night, such as bath, books, feeding, and then a lullaby.</li> <li>• Make up a song that you sing as you are getting ready to feed your baby. Each time he hears it, he'll know milk is coming. This may calm him and also help him learn to wait.</li> </ul>

For more information on parenting and child development, go to: [www.zerotothree.org](http://www.zerotothree.org).

