

Your Baby's Development: Birth-3 Months

The first 3 months are all about babies learning to feel comfortable, safe, and secure in the world. By responding to their signals and providing lots of love and comfort, you help them form a trusting bond with you. How are you helping your baby learn to feel safe and secure?

What Your Baby Can Do	What You Can Do
<p>I am getting to know you and the other people who love and care for me.</p> <ul style="list-style-type: none"> • I recognize your faces, voices, and smells. • I respond to your smile and touch with pleasure. 	<ul style="list-style-type: none"> • Talk and sing to your baby. This makes him feel loved and helps him bond with you. • Hold your baby. Enjoy some skin-to-skin cuddle time with your little one.
<p>I am learning how to “tell” you what I need.</p> <ul style="list-style-type: none"> • I can use my sounds, facial expressions, and body movements to tell you how I’m feeling—sleepy, hungry, happy, or uncomfortable. • I can show you when I want to play and when I need a break. 	<ul style="list-style-type: none"> • Watch your baby to learn her signals. Does she have a “hunger” cry? Does she rub her eyes or look away from you when she is tired? Smiles are easy to figure out. • Respond to your baby’s signals. When her eyes are bright and she is awake and alert, it is time to play. Slow things down when she cries, turns away, or arches her back.
<p>I am beginning to use my body to make things happen.</p> <ul style="list-style-type: none"> • I can grip your finger or a toy you put in my hand. • When I am hungry, I might move my head toward my mother’s breast or the bottle. 	<ul style="list-style-type: none"> • Give your baby something to reach for and hold onto—a finger or toy. Let him touch objects with different textures and shapes. Hold a toy within your child’s reach so he can swat it with his hands or feet. • Watch to see how your baby is “discovering” his body. Does he look at his hands, suck on his feet, or try to roll?
<p>We are becoming closer and closer every day.</p> <ul style="list-style-type: none"> • I am learning to trust that you will read and respond to my signals. • I rely on you to comfort me. This helps me learn to comfort myself. 	<ul style="list-style-type: none"> • Comfort your baby whenever she cries. You can’t spoil a baby. Soothing makes her feel safe, secure, and loved. Help your baby calm herself by guiding her fingers to her mouth, giving her a pacifier, or offering her a blanket or soft object that is special to her.

For more information on parenting and child development, go to: www.zerotothree.org.

