



GCAPP PARENT TOOLKIT:

Your Baby's Development: 3 to 6 Months

Developmental Milestones at 3 to 6 Months

Most babies begin to:

► SOCIAL AND EMOTIONAL

- Recognize familiar people
- Enjoy looking in the mirror
- Laugh out loud

► LANGUAGE AND COMMUNICATION

- Take turns making sounds with you
- Blow "raspberries"
- Squeal with excitement

► COGNITIVE (LEARNING AND THINKING)

- Put objects in their mouth to explore
- Reach for toys they want
- Close lips to show they don't want more food

► MOTOR (PHYSICAL DEVELOPMENT)

- Roll from tummy to back
- Push up with straight arms during tummy time
- Lean on hands while sitting for support

The Four Types of Milestones

- **Social and Emotional:** How your baby shows feelings and connects with others.
- **Language and Communication:** How your baby makes sounds and uses gestures.
- **Cognitive:** How your baby learns and explores the world.
- **Motor:** How your baby moves and builds physical skills.

CITATION:

- <https://www.cdc.gov/act-early/milestones/6-months.html>

RESOURCE:

- <https://www.zerotothree.org/>
- <https://my.clevelandclinic.org/health/articles/22063-baby-development-milestones-safety>
- <https://www.betterhealth.vic.gov.au/health/healthyliving/child-development-2-three-to-six-months#bhc-content>
- <https://youtu.be/hNZs8D5Eo34?si=ib2VJlMtGohmHg5g>



GEORGIA CAMPAIGN FOR
ADOLESCENT POWER & POTENTIAL
Education • Prevention • Action
For Adolescent Health



GCAPP PARENT TOOLKIT:

Your Baby's Development: 3 to 6 Months

This stage is about bonding with your baby and discovering their personality. Most babies begin eating and sleeping on a more regular schedule and respond more actively to parents and caregivers. You'll notice what your baby likes and dislikes, and how they prefer to eat, sleep, and play.

What Your Baby Can Do and How You Can Help

LEARNING TO CONTROL THEIR BODY

What your baby might do:

- Push up to see people or objects.
- Roll over to get closer to toys.
- Sit with support and hold their head steady.
- Rock back and forth on hands and knees as they prepare to crawl.



How you can help:

- Give your baby time on both their back and tummy.
- Place them in different positions to encourage movement.
- Support them in a sitting position so they can explore.
- Always place your baby on their back to sleep.

EXPLORING WITH HANDS AND FINGERS

What your baby might do:

- Reach for and grasp objects.
- Explore toys with their hands, fingers, and mouth.



How you can help:

- Offer toys with different shapes, textures, sizes, and sounds.
- Show them how to shake, bang, push, or drop objects.

COMMUNICATING WITH SOUNDS AND ACTIONS

What your baby might do:

- Smile, kick, or wave arms when they want to keep playing.
- Make sounds like babbles, coos, and gurgles in response to you.



How you can help:

- Watch and respond to your baby's signals.
- Have "conversations" with their babbles and coos.
- Play simple games like peek-a-boo or rattles to encourage interaction.

ADJUSTING TO ROUTINES

What your baby might do:

- Begin to follow regular eating and sleeping patterns.
- Recognize cues, like dimmed lights, as signals for bedtime.



How you can help:

- Create a consistent bedtime routine such as bath, story, feeding, and lullaby.
- Use a special song before feeding so your baby learns what to expect.
- Provide calming cues to help them settle into sleep.

GCAPP



GEORGIA CAMPAIGN FOR
ADOLESCENT POWER & POTENTIAL
Education • Prevention • Action
For Adolescent Health