

**YOUR
THREE
MONTH
OLD**



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

- ♥ Lift head and chest when on stomach
- ♥ Follow your movements by turning his head
- ♥ Discover her hands
- ♥ Smile in response to your smile or to your talk
- ♥ Reach for objects and then grasp them
- ♥ Coo and gurgle first - then he will initiate socializing by cooing to you
- ♥ Turn sideways and then over
- ♥ "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

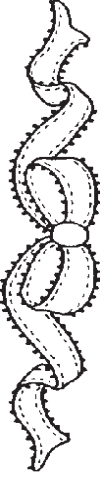
- ♥ Unbreakable mirror
- ♥ Crib mobile
- ♥ Crib gym
- ♥ Crib toys of any kind
- ♥ Your face



PARENTING HINTS

- ♥ Your baby seems wonderfully coordinated already. You can see major mental and social behavior changes. She is a real little person.
- ♥ This is the time to get to know your baby better. Spend lots of time talking and smiling with him baby 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.

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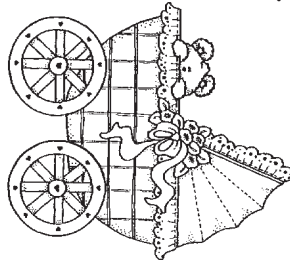
Your Baby At Three Months
is learning every minute.
Her first attachments in life are crucial in developing the ability to trust.
The smiles, reactions, words and love you provide to her are an important part of her learning to be a trusting person.

FIRST TEACHER DEVELOPMENTAL CARDS

are mailed to parents in our school district whose children have not yet entered kindergarten. 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 or school nurse.

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



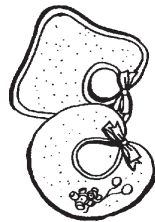
First Teacher

Parenting Matters Foundation

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