

3 - 6 MONTHS

WHAT I CAN DO...

- Copy sounds I hear
- Coo and giggle
- Make vowel and consonant sounds (ah, eh, oh, m, and b)
- Recognize familiar people and things
- Hold my head steady
- Roll in both directions
- Begin to sit with minimal or no support
- Turn my head to the left and right when I am sitting
- Show excitement by waving my arms and kicking my legs
- Respond to my name
- Show curiosity about objects and try to get things that are out of reach
- Hold my head up and begin to push up when I am on my tummy to learn how to crawl
- Clasp my hands together
- Track items with my eyes without having to turn my head also
- Show interest in my hands and enjoy looking at them
- Sometimes increase the amount I cry for a few weeks

HOW YOU CAN HELP ME...

- Set steady routines for sleeping and feeding
- Pick up and give me toys I drop so I can learn cause and effect
- Hold me and talk to me
- Smile at me
- Provide a safe environment and age-appropriate toys for me to reach for and explore
- Play on the floor with me
- Read books to me
- Place me on the floor on my back, on my tummy, and in seated positions

WHEN TO TALK TO MY DOCTOR...

- I struggle to hold my head steady
- I do not reach for and grasp toys in my hands
- I do not bring items to my mouth to chew and explore
- I do not push down with my legs when my feet are placed on a hard surface
- I am quiet and do not coo or make sounds
- I seem too stiff with tight muscles or my muscles seem too floppy and loose
- I cannot hold my head up when pushing up while on my tummy
- My head appears tilted to one side or the back of my head has a flat area
- I take longer than 30 minutes per feeding