



Health, Activity,
Nutrition, Development,
Safety, Together

My Development 0-3 Months

Issue 1

January 2014

For Further Information, consult the book *Baby's Best Chance* either online or at your local Public Health Office.

Langley Early Child
Development
Committee

Inside this issue:

By three months...

Things I like...

Things we can do together

Health

Development

Nutrition

Safety

By Three months, I can...

- Look at you
- Suck well on a nipple
- Eat every 3-4 hours
- Make a variety of sounds (coos, gurgles)
- Calm down when comforted
- Startle to loud or sudden noises
- Follow movement with my eyes
- Quiet to a familiar voice
- Have different cries (i.e. tired, hungry, hurt)
- Hold an object momentarily if placed in my hand
- Lift my head slightly when on my stomach and when held at your shoulder
- Keep my hands open or loosely closed
- Smile and chuckle

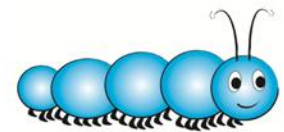


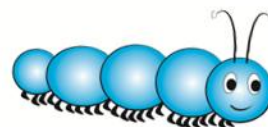
Things I like...

- Hold me, talk to me and smile at me frequently
- I like it when you sing to me and read to me
- Present high contrast objects or your face approximately 8 inches away, where I can see and hear them best. Move them from side to side to encourage me to follow them
- Change my position throughout the day so that I can play on my stomach, on my side, on my back, and while being held

Things we can do together...

- Walking and fresh air is good for both of us.
- My brain is developing and needs time with you. Sing, read and talk with me.
- This can be an emotional time for you. Seek support for your needs so that you can better meet mine.
- Please take rests when I do.
- Breastfeeding is a skill that we both need to learn.
- Gentle movement and music can soothe me.





Nutrition

- Mom, what you eat and drink will be carried in your milk to me
- Burp me upright on your shoulder or lay me across your lap and gently pat my back.
- Breastfeeding is best for me. Nurse me when I show signs that I am hungry. I will need a daily Vitamin D supplement.
- If feeding me formula, let me drink as much as I need without having to finish every bottle. Hold me and cuddle me as you feed me.
- Solid foods are best when I'm older (6 months).

Health

- Remember to wash your hands before feeding me and after changing my diapers.
- My immunization programme should start when I am 2 months old. Check with your doctor or public health.
- To reduce the risk of Sudden Infant Death Syndrome (SIDS), please put me to sleep on my back on a firm, flat surface.
- Please do not smoke around me. Second hand smoke increases my risk of health problems.
- My skin is sensitive and can not tolerate sun-screen yet. Please keep me out of the sun.

My Development...

- Many of my movements are reflexive and will become more controlled with time.
- Lay me on my stomach or side for short periods of time when I'm awake. It helps me to develop a "round" head shape and muscle strength.
- My head control will strengthen as I have opportunities to play in different positions.
- I will learn to smile and make sounds. The sound of my crying changes depending on my needs.
- As I get older, I stay awake for longer periods of time.
- I startle at loud noises.



My Safety...

- After each feeding, promptly discard any unused portions.
- By law, all of my baby equipment (car seat, crib, stroller) must meet Canadian Certified Safety Standards.* Place my car seat rear-facing; never in a seat equipped with an air bag.
- Never leave me unattended as I can easily fall from a sofa, bed or change table
- I like my bathwater warm, not hot. Keep the hot water tank turned to below 49 degrees. Do not leave me alone in the water.
- Please keep your hot drinks and food away from me.
- Never shake me. This can cause serious brain damage.
- Never lie me down with a propped bottle. I can easily choke
- Never shake me. To understand my crying, go to <http://purplecrying.info/>