



Health, Activity,
Nutrition, Development,
Safety, Together

My Development 3-6 Months

Issue 2

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

Langley Early Child
Development
Committee

Inside this issue:

By six months...

Things I like...

Things we can do together

Health

Development

Nutrition

Safety

By Six months, I can...

- reach for and hold baby toys
- turn my head to look at you when you talk to me
- make many kinds of sounds
- see you from farther away and my eyes will follow you as you move
- stay awake longer and be more active in my play
- roll over
- sit with your help

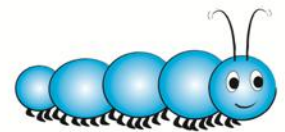


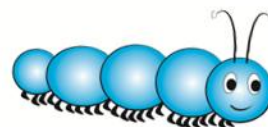
Things I like...

- I like it when you talk to me about the pictures in my books.
- I like toys that make sounds; a few toys will do.
- I like to look around and see new things when I am in your arms or with you on the floor.
- I like baby toys that I can hold.
- There may be a special toy or blanket that comforts me.
- I like to be out with you getting fresh air.

Things we can do together...

- I like to be with you and may act differently with people I don't know.
- If I cry please pick me up, you won't spoil me, only calm me.
- I like to watch you.
- I like to listen to you read, sing nursery rhymes and play games like peek-a-boo.
- I can be comforted by the sound of your voice, your touch and by seeing you.
- You know me best. Stay informed and follow your instincts.
- Remember to take time for yourself; it is good for both of us.





Nutrition

- I need breast milk or 32 – 40 oz./ 1000 to 1250 ml. of formula daily for my brain to develop.
- I am not ready for other milks until I am one year old.
- If I am close to six months and can hold my head up when sitting, open my mouth for the spoon, and do not push the food out with my tongue, I am ready to try infant cereal.
- I can start with 5ml/1 tsp. of iron-fortified, single grain, infant cereal in addition to my breast milk or formula.

Health

- Please keep me out of the sun with my arms and legs covered and a hat on my head.
- Cover my head, fingers, and toes when it is cold.
- A first aid course will help you to help me in emergencies.
- I am due for my four and six month immunization shots.
- Clean and massage my gums daily with a clean baby washcloth as it may help my sore gums.

My Development...

- I am strong enough to hold my head up and sit with some help.
- I need lots of opportunity to stretch and move my body.
- I am learning to roll; give me a clean safe place on the floor to practice.
- I can hold objects and bring them to my mouth.
- I have different sounds, cries, and body movements.
- I turn my head towards voices and other sounds.
- I still need tummy time every day.

My Safety...

- I need to be safe. Learn about Canadian safety standards.
- I still need my car seat.
- Never leave me alone in a car, even for a moment.
- Always keep a hand on me when I am on the sofa, bed, change table and in my bath.
- Use safety straps in shopping carts, baby seats, strollers and highchairs.
- I may choke on small objects. Keep them out of my reach.
- The sides of my crib/playpen must be up securely. Never leave me on a pillow or water-bed; I could smother.
- Tossing me in the air and rough play is dangerous for my neck and head.

