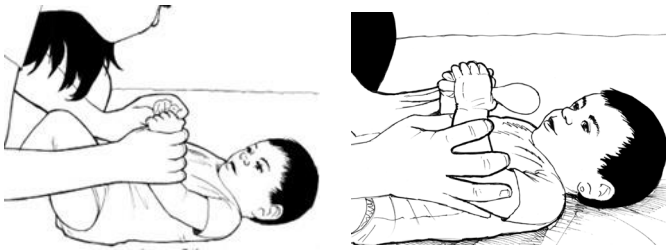


Developmental Activities 0-3 Months

The following activities will encourage your baby's development.



Hands to midline: Help your baby bring their hands together in the middle to encourage bringing them to their mouth and body.



Supported side lying: This will change your baby's position for play and help bring their hands to the middle.



Prone at shoulder (baby's tummy on your chest or shoulder): This position will help your baby get used to tummy time and more easily begin lifting their head. Skin-to-skin holding can also be done in this position and is great for bonding!



Hands to legs: This activity helps your baby's tummy get stronger and learn about their body.



Visual presentation: Have your baby look at your face and follow it as you move slowly to each side.



Tummy Time: It is very important for your baby to be on their tummy while they are awake to build strength in the neck, shoulder, trunk, and hips.

The following is general information on a baby's development from birth to three months.

Developmental Skills: These are abilities to encourage your baby as they grow.

Gross Motor skills: The ability to use large muscles or move your whole body like rolling, sitting, or standing.

- Your baby is just getting used to being out in the world. Some things you may see them start to do while on their back are:



- Moving their arms and legs actively
- Bringing their hands to their mouth
- Trying to bring their head in line with the middle of their body

- As they get older, they may start to hold their head up when sitting or when on their tummy. Your baby might startle when falling asleep, so they may sleep better if you keep them swaddled.
- It is very important to hold your baby in different positions and allow your baby to have time to move freely, such as on a play mat. It is best for your baby not to spend too much time in positioning devices (products where they cannot move around). This includes car seats, bouncers, and swings.
- If your baby seems to **prefer one side**, there are several things you can do to help them turn to the opposite side:

- When you lay your baby down on their **back to sleep**, be sure their head is turned to a different side each time.
- Put toys and mirror to the side they turn to less.
- Switch their head position when lying on their back or when in a positioning device (such as a car seat, swing, or bouncy chair).
- Switch the side you stand on for diaper changes so your baby needs to turn to the opposite side to interact with you.
- Switch the arm you hold and carry your baby with.
- Switch the arm you hold your baby to bottle feed.

- “Tummy time” is when you put your baby on their tummy. It is highly recommended to be done several times a day when your baby is awake and being watched.

Fine Motor skills: The ability to use the small muscles in our hands to coordinate movement such as picking up little objects with our fingers.

- Your baby may hold onto your finger if you place it in their hand. As they get older you may see them:
 - Start to swipe at things around them
 - Hold onto their clothes
 - Scratch the surface they are laying on



Social/Interactive

- Your baby's vision is developing:
 - At birth, they see black white, red and shades of gray
 - By one week, they see red, orange, yellow and green
 - They may cross their eyes as they try to focus
 - They see best between 8-12 inches away from their face
 - Enjoy looking at your face the most
- You can support their social development by:
 - Placing a mobile over your baby's crib for them to look at
 - Holding and carrying your baby in different positions so they can look at the world around them better
 - Holding and rocking your baby gently to comfort them
- The American Academy of Pediatrics recommends that children under the age of 18 months should only use screens (tablets, phones, TVs, etc.) for video calls. For children 18-24 months, you may use screens to show educational programs for up to 1 hour.

Speech

- Your baby loves the sound of your voice. Talk to them and sing to them as much as possible. They recognize your voice and soon may start to coo (make soft baby sounds). They may startle (become shocked) to loud sounds and increase or decrease sucking behavior in response to sound.
- Most importantly, enjoy the time you spend with your baby! Holding them, playing with them, and providing them with different experiences are the best things for them.

How to reach help:

- If you have questions or concerns, please contact _____
- Department: (323) 361-2226
- Voice Mail: _____

Referral Information:

Regional Center: _____

CCS: _____

***References available upon request.**