

To help your baby learn

- Comfort your baby by holding him close, smiling and talking gently. Don't be afraid of spoiling him.
- Show your baby pictures and interesting objects. She prefers looking at patterns instead of solid colors. A mobile over her crib or pictures placed where she can see them can be fun for baby to look at.
- Sing, even if you "can't carry a tune". Your baby likes the sound of your voice.
- Talk gently to your baby, describing what you are doing as you care for him. He can begin to hear the sounds of language.
- Sucking fingers or a pacifier may quiet your baby. The need to suck is probably strongest during the first 4 months. At birth, your baby will suck, then stop and look around. By the end of the 3rd month, she will be able to look and suck at the same time.
- Play soft music and rock your baby gently.
- When your baby "oohs" and "ahs" make the same sounds back to her.

For more information call your county health department.



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Your new baby birth - 3 months old


Your baby's early learning is centered on the task of developing feelings of safety, security, and trust in parents and other caretakers. When a baby cries to express a need, and her parent responds, she learns to trust. One of the most important parts of feeding is the warmth and pleasure baby feels while being held and fed.

Remember to hold and cuddle your baby often




What is it like to be 0-3 months old?

1 Month


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- I wobble my head if you don't hold me.
 - I turn my head sideways when I'm on my side.
 - I roll partway from my back to my side.
 - I root around and try to suck, even when I'm not feeding.
 - I'm beginning to make some throaty sounds.
 - I cry when I'm hungry, wet, or tired, or when I want to be held.
 - I make eye contact with you.
 - I stare at things, but I don't grab for them yet.
 - I don't show much expression on my face, but I will soon.
 - I may smile when I see or hear you.
 - I get scared by loud noises, bright lights, or rough handling.
 - I know that I'm going to be fed at certain times.

2 Months

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- I still wobble my head a little when I am propped up.
 - I hold my head up for a few minutes when I'm on my stomach.
 - I hold onto things for a little while.
 - I stay awake for as long as a total of 10 hours a day.
 - I gurgle, laugh, and smile when I'm happy.
 - I like to try out cooing sounds.
 - I cry to let you know when I want something.
 - I blink at shadows made by my own hands.
 - I follow you with my eyes when you move around.
 - I move my arms and legs and "bicycle" with my feet when I get excited.
 - I like to stare at people and things.
 - I smile at others besides my mother.

- I quiet down when I suck my fingers, a bottle, or a pacifier.
- I perform just to get your attention.
- I recognize different voices and people.
- I recognize a few objects, such as my bottle.

3 Months

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- I hold my head and back pretty straight when you support my body.
 - I lift my head, lean on my elbows, arch my back, and rock when I'm on my stomach.
 - I move my arms and legs a lot. I touch my face with my hands.
 - I push with my arms and legs when I am held.
 - I grab at things, but sometimes I miss.
 - I coo simple sounds, like oo, ah, ae.
 - I react with my whole body to familiar faces.
 - I get excited when I see people I know, or when I see my bottle.
 - I stop sucking to hear sounds. Then I look and suck at the same time.
 - I follow sounds with my eyes.
 - I like listening--talk to me in simple sentences. I don't like being left alone.
 - I'm beginning to show that I have a memory.
 - I recognize different family members.
 - I'm beginning to find out that I am a person.

This flier describes a "typical" child at this age. Children are different and perfectly normal children may do things earlier or later than this description. If you have questions about your child's development, call your county health department. Also, in the interest of fairness, the gender of the child described in these fliers will alternate throughout the series.

Adapted from "Parent Express", University of California Cooperative Extension Service.