



*“Help your infant
develop a sense of
trust by responding
to his cries.”*

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Growth and development: Infants birth to 3 months

Infants birth to 3 months

Babies learn and grow very rapidly during the first year of life. Your baby will achieve many developmental milestones—physically, emotionally, socially, intellectually and cognitively.

Infants do not have the capacity to understand discipline and cannot be spoiled through positive interaction. Babies need to feel safe and secure and will cry to communicate with you. When a

baby cries, she is not trying to irritate you. A quick and reassuring response to a baby's cry helps her form a strong attachment with the caregiver. No matter how frustrating a crying child may be, never shake, hit or jerk an infant or toddler.

You can help your baby grow and develop certain skills, even at such a young age, but let your child set the pace.

Developmental milestones

Motor

- Raises head when lying on stomach.
- Watches moving objects.
- Brings hands to mouth and will grab and grasp toys.

Language

- Begins to babble.
- Recognizes voices.
- Hearing is fully mature.

Cognitive

- Prefers black and white or high contrast patterns, but also enjoys looking at the human face.

- Begins to use hand/eye coordination.
- Eyes wander and the baby will recognize familiar people and objects from a distance.

Social/Emotional

- Begins to develop a social smile.
- Prefers soft sensations.
- Enjoys peek-a-boo games.
- Loves to be cuddled and touched.
- Cries to communicate.

What parents can do to encourage growth and development

- Help your baby learn communication skills by talking often to your baby during feeding, diaper changing, cuddling and play.
- Teach your baby to smile by smiling often at your baby.
- Help your infant develop a sense of trust and security by responding to his cries.
- Develop a routine for your baby and try to stick to it.
- Expose your child to bright contrasting colors and different objects.
- Read books with big pictures and high contrast colors to your infant.
- Place your baby in different places and positions and let her look at new things.
- Routinely see a pediatrician for immunizations and to ensure the health and wellness of your baby.