

Growth and development - infants: 3 months to 6 months

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Babies learn and grow very rapidly during the first year of life. Your baby will achieve many growing steps - physically, emotionally, and socially.

Children experience life through the adults who make up their world. It is the repeated expression of your love: smiling, touching, rocking, dancing, cooing, talking and singing - that affect how your infant will learn and grow. By being caring, you help guide the way your child will think and behave for the rest of his or her life.

Infants are not able to understand discipline and cannot be spoiled. Babies need to feel safe and secure and will cry to communicate with you. When a baby cries, she is not trying to make you angry. A quick 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.

Developmental milestones

Motor	Language	Cognitive	Social/Emotional
<ul style="list-style-type: none">♥ Reaches with one hand for toys.♥ Rolls from back to stomach.♥ Can move toys from one hand to the other.	<ul style="list-style-type: none">♥ Makes lots of babbling noises.♥ Can recognize own name.♥ Uses voice to express self.	<ul style="list-style-type: none">♥ Explores hands.♥ Places everything in mouth.♥ Reaches for objects out of reach.	<ul style="list-style-type: none">♥ Responds to caregiver's emotions.♥ Very interested in mirrors.♥ Enjoys social play.

What parents can do to encourage growth and development

- ♥ Read to your baby every day.
- ♥ Place a mobile above your baby's crib.
- ♥ Place the baby in different places each day so she can look at new things.
- ♥ Place your baby in front of a mirror. Babies love to look at themselves.
- ♥ Never place a baby on furniture or other high surfaces because they can easily roll off.
- ♥ Talk to your baby frequently. This will help him learn to speak and he may begin to babble back.
- ♥ Play peek-a-boo with your baby.
- ♥ Hold your baby often. This will give her a sense of security.
- ♥ Routinely see a pediatrician for immunizations and to ensure the health and wellness of your baby.

