

motor development

at 3 months, most children:

- ▶ Lift their chins;
- ▶ Lift their heads while lying on their stomach;
- ▶ Turn toward sounds;
- ▶ Push arms or feet against your body when held;
- ▶ May begin trying to roll over;
- ▶ Grasp objects in their hands;
- ▶ Bring hands to mouth.

to support these developing skills, at Gretchen's House we:

- ▶ Hold infants upright on our chests, facing in or out as they prefer, with their head supported;
- ▶ Give infants tummy time when they are awake to strengthen back and stomach muscles;
- ▶ Place infants under dangling, shiny, or noisy toys;
- ▶ Give soft baby massages;
- ▶ Place infants in front carriers for walks or activity time;
- ▶ Dance while holding infants;
- ▶ Rock infants on laps or in swings;
- ▶ Allow infants to lie close to each other during play time, for contact and stimulation.

guidance

at Gretchen's House we:

- ▶ Have consistent routines and caregiving styles to provide a secure environment;
- ▶ Follow infants' own sleep, wake, and feeding cycles while helping them move towards routines when they begin to develop patterns;
- ▶ Respond immediately to cries so infants learn to trust that their caregivers will meet their needs;
- ▶ Distract frustrated babies by talking, singing, or changing their setting;
- ▶ Modulate our tone of voice to help infants understand the difference between quiet and active times;
- ▶ Provide a safe and secure physical environment and teacher "anchors" from which infants can begin to explore their world.

easy ways to make a 3-month-old feel powerful:

- ▶ Respond quickly to their cries;
- ▶ Give them plenty of physical contact;
- ▶ Let them observe the world from safe perches: a front pack, a lap, a cozy swing or chair;
- ▶ Let them eat and sleep on demand. This is the best way to support development of a natural daily routine.
- ▶ Provide a comfortable and secure environment. Don't allow them to be overwhelmed by noise or activity.

To order reprints, contact
Gretchen's House at 734.761.2576

Active Learning at Gretchen's House



your child at
3 months:

-sleeper-
-listener-
-snuggler-



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cognitive development

at 3 months, most children:

- ▶ Stare at or track things with their eyes;
- ▶ React to changes in lighting, sound, or texture;
- ▶ Study patterns like shapes or faces
- ▶ Begin to associate objects with events, such as identifying a bottle with feeding or a blanket with sleep;
- ▶ Begin to anticipate motion in things like dangling toys.

to support these developing skills, at Gretchen's House we:

- ▶ Decorate infant spaces with dangling, shiny, or other interesting objects and patterns;
- ▶ Keep lighting and music at comfortable levels, varying them with infants' activity levels;
- ▶ Provide dangling toys they can swat;
- ▶ Do lots of rocking to help babies organize their nervous systems;
- ▶ Balance active and quiet times to avoid over-stimulating babies;
- ▶ Read to babies and sing with them;
- ▶ Narrate our behavior: "You are hungry, let's get a bottle," to soothe and help babies anticipate things;
- ▶ Provide consistent routines for feeding and sleep.

language development

at 3 months, most children:

- ▶ Cry when they need something: change of position, food, sleep, contact, or a fresh diaper;
- ▶ Respond to sound by blinking, turning, or stopping sucking;
- ▶ Begin to babble and coo on their own;
- ▶ Respond to adult talk by cooing, wiggling, or making eye contact;
- ▶ Develop sounds (other than crying) which indicate needs or wants;
- ▶ Recognize familiar voices and are soothed by sound alone.

to support these developing skills, at Gretchen's House we:

- ▶ Narrate our actions with the children, to soothe and help them anticipate things;
- ▶ Get down to the babies' level to speak and interact with them;
- ▶ Modulate our voices to create interest;
- ▶ Read to babies and sing to them throughout the day;
- ▶ Provide soothing and stimulating background music at appropriate times;
- ▶ Play lullaby tapes in the sleeping room;
- ▶ Hold them on our laps during older children's story time;
- ▶ Respond immediately to baby's cries;
- ▶ Read body language to anticipate needs before babies cry.

social-emotional development

at 3 months, most children:

- ▶ Are soothed by familiar faces or routines;
- ▶ Begin to develop daily routines;
- ▶ Express displeasure at delays or unwanted attention;
- ▶ Begin to show self-soothing behaviors: thumb or pacifier sucking, snuggling blankets or stuffed animals;
- ▶ Enjoy watching other children at play;
- ▶ Prefer to be close to adults when awake.

to support these developing skills, at Gretchen's House we:

- ▶ Use kangaroo care—keep infants close to caregivers in front packs or slings;
- ▶ Encourage parents to leave duplicates of favorite blankets, etc. at the center;
- ▶ Converse with babies throughout the day;
- ▶ Respond quickly to cries or expressions of displeasure;
- ▶ Encourage self-soothing behaviors as they emerge;
- ▶ Balance active and quiet times to establish a sense of security and comfort;
- ▶ Give infants their own spaces at the center: cribs and bouncy seats or chairs;
- ▶ Give plenty of affectionate contact, especially during routine tasks such as diaper changes.