

# 0-3 MONTHS



## MILESTONES *By end of 3 months*

- ✧ Can briefly calm self
- ✧ Follows things with eyes
- ✧ Smiles
- ✧ Acts bored (cries, fusses) if activity doesn't change
- ✧ Focuses on faces
- ✧ Holds head up
- ✧ Coos
- ✧ May begin to push up when lying on tummy
- ✧ Turns toward sounds

**Children begin learning even before birth. Children learn through experiences with their world. Interaction is at the heart of learning and, all children benefit from spending time with adults who are close to them. From birth, infants take in their world through their developing senses. The senses of hearing, touch and smell are the most developed during the first three months of life. Sight develops significantly during these first few months, but babies in this age range focus best on items 8-12 inches away. Adult faces become a major focal point.**




It may take your newborn several seconds to respond to you or he or she may not respond much at all. Be patient — you may need to keep trying or wait a while for your baby to enter an alert, responsive state.

**(Parentese: the sing-songy tone of voice favored by many babies.)**




## INTERNET RESOURCES

**Pennsylvania Department of Public Welfare** [www.dpw.state.pa.us](http://www.dpw.state.pa.us)  
Connect with the various programs within the Department of Public Welfare to get the answers you need. Our goal is to be a quality human services provider and to respond to questions in a timely manner.

## Let's EAT!


-  Describe your baby's signs of hunger. Describe what you are doing as you prepare for feeding, as well as during the actual feeding process. For example: "I hear you crying. That sounds like a hungry cry. Let's get ready to eat."
-  Use names for those who are interacting with and feeding your baby. For example: Daddy's feeding you today.
-  During feeding time, if your baby is alert, make "music" while making eye contact with him/her. Click your tongue, make kissing noises, whistle, hum a tune, or sing a favorite tune.


## Let's GET CLEAN!


-  While changing a diaper or getting ready for a bath, gently play with your baby's toes and feet, doing light tickles. Add "This Little Piggy Went to Market" (see song list), touching a different toe per verse.
-  After bath time, give your baby's tummy a sampling of different textures. Collect an assortment of soft, touchable household objects. One at a time, brush each item ever so gently across your baby's skin, describing the sensation as you go. For example: "Feel the silky scarf? It's very slippery."
-  After bath time, warm a dime-sized squirt of baby massage oil or plain vegetable oil by rubbing it between your palms. Then gently massage it into your baby's skin. Name your baby's body parts as you gently massage each part.

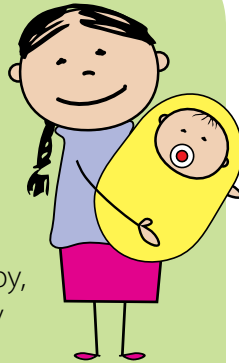


## Let's GO!


 Take a walk outside. Describe the things you are seeing and feeling. Stop and have a picnic.


 Tie or tape some ribbons, fabric, or other interesting streamers onto a wooden spoon. While walking or while riding in the back seat of the car with your baby, pull out the wooden spoon and dangle them gently over and in front of your baby's face.


 Place your baby on his/her back, holding your baby's ankles, gently rotate your baby's legs as you say, "Row, Row, Row, Your Boat." (see song list)




## Let's SHARE WORDS and STORIES!


 Lie your baby down on a soft flat surface. Gently tap or rub your baby's hands and fingers while singing "Pat A Cake." (see song list)


 Place your baby on his/her tummy (younger babies may only be able to handle a minute or two on their tummy but it is important to provide some tummy time to infants everyday). Place cardboard books or black and white pictures in front of your baby. Describe the pictures.

 Read aloud to your baby in a calming tone. At this age it does not matter what you are reading as long you read with expression using parentese (see above) and make frequent eye contact with your baby.


## Let's SAY HELLO - GOODBYE!



 Play "Now you see it, Now you don't." Show your baby a toy. Cover the toy with a cloth, asking "Where is it?" Remove the cloth with a "Here it is."



 Hold your baby closely or lie your baby down on a soft flat surface. Be sure to be close enough (8-12 inches) so your baby can see you. Start with small movements, like sticking out your tongue or opening your mouth in a wide grin. If you are patient, your baby may try to imitate you.

 Begin to establish predictable routines for diapering, bath time, bedtime, etc. Routines and rituals provide a sense of safety that is the foundation for later exploration.


## Let's REST!

 Create black and white images either by drawing simple patterns such as diagonals, bull's eye, checkerboard, and simple faces with a black marker onto white paper or by printing out black and white images from the computer. Place these images where your baby can see them, ideally 8-12 inches from their face, in places where your baby has downtime.

 Play "Goodnight Moon" as part of your bedtime routine. Carry your baby around the room or the house and say "goodnight" to favorite toys, people, and objects. 

 Play a favorite CD or tape of lullabies or other soothing music while you settle your baby, and then leave it on at a low volume after you leave. 

## KEY LEARNING AREAS

 Approaches to Learning

 Creative Arts

 Language and Literacy

 Social Studies

 Mathematics

 Physical Health and Wellness

 Science

 Social and Emotional

# 3-6 MONTHS

## MILESTONES *By end of 6 months*

- ✧ Recognizes familiar faces
- ✧ Responds to other's emotions, often seems happy
- ✧ Likes to look at self in the mirror
- ✧ Rolls over in both directions
- ✧ May react to strangers
- ✧ Strings vowels together when babbling (ah, eh, oh)
- ✧ Responds to own name
- ✧ Begins to sit without support
- ✧ Passes items from one hand to another

## Let's EAT!

- ✋ While cuddling before feeding time, try the following finger play:  
'Round and round the garden, went the teddy bear.  
One step, two steps  
Tickle under there

(Walk your fingers around your baby's palm. Take steps with your fingers up their arm, and then tickle their armpit, chin, or feet).

- 🔊 Hang a wind chime close to where you feed your baby. You can make a home-made one by hanging aluminum pie plates close together. Your baby will enjoy watching and listening to the sound during feeding.

- 😊 When your baby can sit upright in a highchair or while holding your baby in your lap, allow your baby to hold and explore spoons. When your baby begins to eat solids, he/she will enjoy holding a spoon while being fed.



**Three to six month olds begin to pay more attention to the world around them. Positive interactions, filled with language and sensory exploration, are beneficial to your baby's learning. If your baby is interested and involved in an activity—and having fun—he/she is learning! It isn't necessary to "teach" very young children. Treasure these early days of playing and cuddling with your little one—it is exactly what he/she needs to grow and learn.**

## INTERNET RESOURCES

PA Early Learning Keys to Quality [www.pakeys.org](http://www.pakeys.org)




*A quality improvement system in which all early learning programs and practitioners are encouraged and supported to improve child outcomes.*






## Let's GET CLEAN!

- ▲ After changing your baby's diaper, hold onto your baby's hands and wrists and count, "one, two, three, up!" GENTLY pull your baby to a sitting position. Smile and lower your baby to repeat.
- 🧼 After diapering, a bath or while getting dressed, recite "Hickory, Dickory, Dock" with accompanying movements (see song list)
- 😊 Play "What's that Toy?" by placing a textured toy under your baby's shirt during diapering or while getting dressed. Talk about what the toy feels like and where it is hidden.

## Let's GO!




-  Play Airplane Baby! Rest your baby, tummy down, on your arm with your hand on the chest (similar to football hold). Use your other hand to secure your baby (supporting head and neck). Gently swing your baby back and forth. Walk your baby around the room making airplane noises.
-  Hang safe toys that make music or different sounds when they are touched from your baby's car seat. As your baby discovers them, he/she will begin to experiment with cause and effect. Be sure to point out and recognize your baby's efforts.
-  Weather permitting; take your baby on a nature adventure by taking a walk outside. Collect natural items along the way, such as leaves, grass, sticks, acorns, etc. When you get home, place the items in clear plastic bottles and secure the lids very tightly (you can use glue or tape, as well). Let your baby explore the items inside the bottles. You can punch small holes in bottles containing items which smell.

## Let's SHARE WORDS and STORIES!

-  While holding your baby on your lap or while your baby practices sitting up (with support), read a simple story. Board books made of thick cardboard are best. Allow your baby to explore the book (most babies will attempt to place the book in their mouths). Point out pictures.
-  Place interesting photos and pictures around the house in areas where your baby will notice them (on the floor where your baby has tummy time, on ceiling above diaper area). Talk to your baby about these pictures when he/she notices them. Photos of family members engaged in various activities will interest your baby the most!
-  Have conversations with your baby. Listen for your baby's babbling. When he/she stops babbling, repeat what you heard, then wait. Your baby will most likely respond and you can repeat this back and forth conversation.






## Let's SAY HELLO - GOODBYE!



-  Show your baby a ball then cover it under one of three plastic cups. Make sure your baby sees which cup you hid the ball under. Next, encourage your baby to grab or tap the cup with the hidden ball with a "You found it!"
-  After spending time away from your baby, tell your baby about your day.
-  A favorite toy, stuffed friend, blanket, or other item helps your baby feel comfortable moving from one place to another. Pictures of family members work great too!






## Let's REST!



-  As you cuddle with your baby before nap or bedtime, pull out a flashlight, turn it on, and say "Look at the light!" Slowly move the light around the darkened room, focusing on various objects. Talk about the objects.
-  Place an unbreakable mirror on the floor in front of your baby. Your baby will enjoy seeing his/her reflection moving and smiling back.
-  Have an open space for your baby to practice rolling and resting. Add small cushions or pillows (with close supervision) for an added challenge.

## KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
-  Physical Health and Wellness

-  Science
-  Social and Emotional

# 6-9 MONTHS

## MILESTONES *By end of 9 months*

- ✧ Responds to own name
- ✧ Finds partially hidden objects
- ✧ Sits alone
- ✧ Rolls over from back to stomach and stomach to back
- ✧ Babbles words like 'mama' or 'dada'
- ✧ Stands while holding on
- ✧ Passes toys or objects from one hand to the other
- ✧ Laughs and squeals



*Six to nine month olds are explorers. They like to try things to find out what happens (cause and effect). They are beginning to move with some skill, sitting up, crawling and even beginning to stand. Babies of this age are interested in new things and people but, at the same time, often are afraid of strangers. They enjoy watching and responding to the things going on around them and like to repeat sounds and actions.*

## INTERNET RESOURCES

PA Promise for Children [www.paprom.convio.net](http://www.paprom.convio.net)  
Pennsylvania's Promise for Children is a campaign to raise awareness about the importance of providing Pennsylvania's young children with access to quality early learning opportunities.

## Let's EAT!





- 🍏 Bring your baby to the table while your family is eating. Give your baby finger foods like banana slices or cheerios that allow your baby to practice picking up small items.
- 🍏 Introduce new foods, slowly. When the doctor tells you to start soft, solid foods like rice cereal, give one food several times to allow your baby to get used to the taste. If your baby appears not to like it, try again a few days later.
- 😊 Help your baby discover why or how things happen. When your baby drops a spoon or bottle, pick it up, describing what happened. "You dropped the spoon and it made a loud noise." Babies learn by doing the same thing over and over again.

## Let's GET CLEAN!

- 😊 Peek-a-boo! After changing your baby's diaper, put a soft blanket or clothing item over a part of his/her face saying "Where's baby?" Then, pull it off gently, saying "Peek-a-boo!" Repeat with your baby's arm or leg, describing the covered body part as you play.
- 🔍 Give your baby a rattle or small toy to splash while being bathed.
- 👤 While undressing your baby, gently run your fingers from stomach up to the chin, saying, "Creepy, creepy mousy, from the barn (tummy) to the housy (chin)." Tickle your baby's chin when your fingers arrive there.
- 👤 Hold your baby up to the mirror while dressing. Describe your baby's face. Let your baby touch the mirror to discover that what is being seen is not "the real thing."







## Let's GO!




-  Safety proof your house; crawl around with your baby to make sure there are no small items under the couch or dresser that your baby could put in his/her mouths.
-  Put a toy just out of reach and encourage your baby to crawl or move to get it. Shake it or move it to catch your baby's attention.
-  Talk about the wonderful colors and smells of the grocery store as you walk through with your baby. Use your shopping trip to talk about foods that are good to eat.
-  Hold your baby on your lap and bounce, saying, "Humpty Dumpty sat on the wall. Humpty Dumpty had a great... pause and while holding your baby securely, bounce him/her between your legs as if to drop, saying with enthusiasm, "had a great fall."






## Let's SHARE WORDS and STORIES!

-  Describe objects and activities as they happen. "I'm putting on your socks," "look at that big ball," "that feels really soft."
-  Play word games by repeating the sounds your baby makes... "Dada, Dada." Then, wait to see if your baby says them again. Change the sound a bit... "Mama, Mama" and wait to see if your baby tries a different sound.
-  Make up songs by describing your baby's actions, clothing, etc. This teaches new words. "Pretty, pretty Polly is wearing a green shirt."
-  Share the book Baby Faces (see book list) with your baby. Talk about each pictured face.

## Let's SAY HELLO - GOODBYE!



-  Hold your baby's hand up to wave good-bye when a familiar person leaves, saying "Good-bye." Make sure your baby sees favorite people leave so he/she won't worry about people disappearing.
-  Help your baby know how to respond to visitors or new people by showing (or modeling) the ways you say hello or greet someone. Your baby will learn how to react in similar ways. Don't be surprised if your baby is fearful of new situations or adults; help your baby feel comfortable in strange situations, allowing time to warm up slowly.
-  Sing the "Where is Thumbkin?" (see song list). This action song will help your baby learn that objects do not disappear when they go away.



## Let's REST!

-  Your baby may wake in the middle of the night and cry. This could be a sign of separation anxiety. Gently pat your baby's back and reassure him/her that you are nearby.
-  Start your baby's day with a bonding experience. When your baby wakes up, sing "Good Morning Song" (see song list).
-  Read Baby Can't Sleep (see book list) before bedtime. Pretend that five cotton balls are sheep. Count the "sheep" as you jump them over your baby's head.





## KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
-  Physical Health and Wellness

-  Science
-  Social and Emotional

# 9-12 MONTHS

## MILESTONES *By end of 12 months*

- ✧ Pulls off socks or hat
- ✧ Claps hands together
- ✧ Says at least one word
- ✧ Puts objects in containers and takes them out
- ✧ Enjoys imitating people
- ✧ Understands "no"
- ✧ Identifies self in mirror
- ✧ Uses pincher grip to pick up small objects
- ✧ Stands for 1-2 minutes without support

## Let's EAT!

- 🍏 Babies try new foods more willingly if they are allowed to feed themselves. Put small pieces of a new food on the tray and give your baby time to investigate it. Be prepared for the mess as your baby becomes better at getting foods into his/her mouth. Take a picture of your messy baby for the baby book!
- 🔍 Bring out the plastic food storage containers for stacking. Show your baby how to put one on top of the other and then give your baby time to try it.
- 🎵 Put on some lively music while cooking dinner. Encourage your baby to bounce or move to the music. Music is a great way to gain control over body movements.



**Babies at this age watch others and then repeat the actions they see. They like to explore objects and actions and do things over and over again to understand how things work. Older babies also are beginning to remember things they've seen before and may copy something they've seen. They are starting to say basic words and understand many things they hear.**

## INTERNET RESOURCES

Center on the Social and Emotional Foundations for Early Learning

<http://www.vanderbilt.edu/csefel/index.html>




*The Center on the Social and Emotional Foundations for Early Learning (CSEFEL) is focused on promoting the social emotional development and school readiness of young children birth to age 5.*






## Let's GET CLEAN!

- 🔍 Play "Name the Body Part" while bathing or dressing. Ask "Show me your nose" or "Where are your hands?"
- 🍏 Help your baby get excited about bath time! Put a favorite toy or rattle just out of your baby's reach and encourage your baby to reach for it. Keep moving it closer and closer to wherever you bathe your baby.
- 😊 Dip a kitchen spatula or spoon with holes into bubble solution (dish detergent works great!) and blow bubbles for your baby to watch. Encourage your baby to try to catch them.
- 🎨 Introduce art and painting to your baby by painting in the bathtub. Give your baby a clean paintbrush and encourage him/her to paint the walls with the water.




## Let's GO!

-  Keep your baby's attention while driving in the car by chanting your baby's name or other familiar words. Then add words that rhyme even if they are nonsense words. "car, car, far, far, har, har, har." "Beep, cheep, heap, sleep."
-  Make a ramp by putting a toilet paper or paper towel roll under a large book or flat object. Then, roll a small ball or object down the ramp and watch what happens! Repeat over and over and clap when the ball reaches the bottom.
-  Make a texture book by putting different objects on sheets of paper and fasten the sheets together. Make a page with cotton, another page with sandpaper, and another with felt or ridged cardboard. Help your baby feel each page and talk about the way the materials feel. Put this book in your diaper bag for touching and reading while you wait at the doctor's office.




## Let's SHARE WORDS and STORIES!

-  Take pictures of family members and paste each one on cardboard to make a family album. Read the book, talk about each family member. "There's Grandma. She has a big smile in this picture." Read this book every day before bed or before leaving for child care.
-  Tape down a large piece of sticky paper or Velcro on the floor. Put objects on top of the sticky paper and then, with your baby, try to pull them off. Use words that describe what's happening. "That sticks!" "The ball is hard to pull off."
-  Give your baby a piece of paper and a thick, non-toxic crayon or marker. Show your baby how to make marks on the paper and let him/her scribble away. Beginning writing starts with scribbles!



## Let's SAY HELLO - GOODBYE!



-  Give your baby a chance to be part of the hello-good-bye routine by letting her/him push the doorbell or the elevator button when you enter child care or are visiting a friend or neighbor.
-  Make a set of shakers for the car or stroller. Fill small plastic containers with safe materials like rice or dry lima beans. Put on the lids and seal the containers with glue or heavy tape. Keep them handy when you're running errands.
-  Hold up each of your pointer fingers and make motions as you say: Two Little Blue birds sitting on a hill. One named Jack (wiggle one finger), One named Jill (wiggle the other finger). Fly away Jack (Move finger behind back). Fly away Jill (Move other finger behind back). Come back Jack (bring finger back in front of you). Come back Jill (bring second finger back).



## Let's REST!



-  Fresh air before naptime helps babies become drowsy. Take a walk around the block, talking about the scenery. "The leaves are starting to turn green. I hear a dog barking. Listen to that loud truck."
-  Sing Twinkle, Twinkle Little Star as a good night song. Move your baby's hands and arms to the motions: Twinkle, Twinkle Little Star (wiggle fingers); How I wonder what you are. Up above the world so high (hold hands above head); Like a diamond in the sky (make a diamond shape); Twinkle, Twinkle Little Star (wiggle fingers); How I wonder what you are.
-  Count your baby's toes as you take off his/her socks while getting ready for rest time. Sing, "1-2-3-4-5, once I caught a toe alive. 6-7-8-9-10. Then I let it go again."

## KEY LEARNING AREAS

-  Approaches to Learning
-  Creative Arts

-  Language and Literacy
-  Social Studies

-  Mathematics
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-  Science
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