

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Search your face with my eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Look at your eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Start to follow where you go with my eyes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Move my fist to my mouth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smile when you speak to me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn my head to the voice of my mother and father	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Turn to look at the person touching me	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lift my head and begin to hold it up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use my legs to push against you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- While awake, place child on tummy to see surroundings from a different angle. This also helps to strengthen baby's neck and back.
- Lay toys close by so child can see them – watch as child begins to reach for them by the end of 3 months.
- Have a conversation. Repeat the cooing sounds your child makes and smile in response to the child's smile.

PROMOTE INDEPENDENCE:

- Help your child learn to trust others by responding to crying. Respond by gently holding and quietly talking to let your child know you are there.
- Provide a regular bedtime and naptime.
- Encourage your child's natural desire to suck – this allows a child to comfort oneself.

SPEND TIME WITH YOUR CHILD:

- Massage baby's arms and legs with baby lotion.
- Play soft music during playtime. Sing or hum along while holding baby close. Watch how your baby responds to your voice.

SAFETY NOTE – SAFE SLEEP ABC'S

- **Alone:** Your baby should sleep in the same room as you but not in the same bed.
- **Back:** Your baby should always sleep on his or her back, unless otherwise instructed by a physician.
- **Clutter-free Crib:** Keep quilts, blankets, bumper pads, stuffed animals, etc. out of baby's crib.

Check out Sanford Children's Safety Center for more information sanfordhealth.org/medicalservices/safetycenter.

YOUR 0-3 MONTH OLD MAY:

- Get days and nights mixed up. It is common for a baby's sleep habits to not follow adult time schedules.
- Use crying to communicate feelings of tired, hungry or lonely.
- Begin to roll over.

DEVELOPMENTAL HEALTH WATCH

Talk to your child's doctor if your 3 month old child:

- Does not watch or follow moving objects
- Does not hold onto toys
- Does not smile at people
- Cannot hold head up well

Resources: Centers for Disease Control and Prevention and the American Academy of Pediatrics: The Bright Futures Guidelines

SAFE SLEEP


KEEP MY HOME SAFE. KEEP ME SAFE.

Childhood injuries are preventable. Visit Sanford Children's Safety Center for quality safety products and to learn how to make your home safe for children.

- Safety education
- Room-by-room checklists
- Safety product demonstrations

Come see us today at 1115 W. 41st Street
Monday – Friday, 8 a.m. – 5 p.m. • (605) 312-8370

[SANFORD CHILDREN'S SAFETY CENTER]




Watch me
learn...
how to belong
in this world.

Why Do Babies Cry?

Babies are born with the ability to communicate with us. One way babies tell us their wants and needs is through their crying. Babies cry to let us know when they are hungry, need a diaper change, tired, lonely or stressed. At this age, babies cannot be spoiled by holding, cuddling and rocking them, or by talking and singing to them. Understand that responding quickly to your baby's cry will not spoil him, but will teach him that he is cared for.

Sometimes babies cry for no reason. It's common for some babies to have a fussy period at the same time every night, generally between early evening and midnight. Most babies outgrow this type of crying at about three months of age. It is also known that there is a normal developmental period in which a baby's crying increases. This is known as 'The Period of PURPLE Crying®'.

For additional information on crying, check out The Period of PURPLE Crying® website at www.purplecrying.info.



At my age...
it's about feeling
a gentle touch.

sanfordhealth.org keyword: parenting

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HEALTH