

Watch Me Grow

Share my discovery as I may:	I tried it!	I'm practicing!	I've got it!
Reach and grab at toys	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hold toys in either of my hands	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kick at toys with my feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put toys in my mouth to feel them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Roll over	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lift my head and chest while on stomach	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Blow bubbles with my mouth to listen to myself make noise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Become frightened at strange voices and sounds	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Help Me Grow

EXPLORE AND DISCOVER TOGETHER:

- Offer toys for your child to hold and shake.
- Enjoy quiet activities together while your child is sitting on your lap; such as reading, singing or talking.
- Lay with your child on the floor. Talk about what you see.
- Enjoy tummy time with your child.

PROMOTE INDEPENDENCY:

- Help your child establish a routine of regular times for naps and bedtime, snacks and meals.
- Help your child learn to sit with support.
- Hold your child during feeding times—never prop your child's bottle.

SPEND TIME WITH YOUR CHILD:

- Respond to your baby's coos and smiles to encourage your baby to talk with you.
- Read colorful picture books with your baby.
- Show your baby how different objects make different sounds; objects such as rattles and drums. Help your baby shake the rattle or tap the drum.

SAFETY NOTE – SAFE TRAVELS

- 9 out of 10 child safety seats are used incorrectly; before you hit the road, get a car seat inspection.
- Check the height and weight limits on your child's seat.
- Keep your child in a rear-facing car seat until age 2 or until your child reaches the manufacturer's maximum height and weight for the seat.

YOUR 3-6 MONTH OLD MAY:

- Start to anticipate comfort and stop crying when you approach to pick him or her up.
- Smile and giggle at the faces you make.
- Look for you when hearing your voice in another room.
- Sleep for 5 or 6 hours at a time.
- Begin to try baby cereals or baby food.

DEVELOPMENTAL HEALTH WATCH:

Talk to your child's doctor if your 6 month old child:

- Does not roll over in either direction (front to back or back to front) by 6 months.
- Does not turn head toward sounds.
- Does not laugh or make squealing sounds.
- Cries unhappily while pulling legs up towards chest.

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

SAFE TRAVELS

GET YOUR CHILD'S CAR SEAT CHECKED FOR PROPER INSTALLATION

Monday – Friday from 10 a.m. – 3 p.m. or call to schedule an appointment (605) 312-8370

Don't live in Sioux Falls, SD? Find a location at safercar.gov/cpsApp/cps/index.htm

[SANFORD CHILDREN'S SAFETY CENTER]



Watch me
learn...
how to make
friends with you.

At my age...
it's about smiling
and laughing
together!

Getting In Tune with Your Baby's Needs

Babies are born with the ability to tell us their needs and wants. As your baby grows, you become “in tune” with his needs and wants. Watching and learning about your baby’s needs and then responding to meet those needs helps to develop a strong foundation of trust between you and your baby. Helping your baby establish a sense of trust is an important part of your baby’s development. Learn to respond to your baby’s needs by following three simple steps: Watch–Ask–Adapt.

WATCH

What is your baby doing? Try to see the world through your baby’s eyes.

- Is your baby looking at you and smiling and waiting for a response? (possible message: I want to play)
- Is your baby reaching out to you? (possible message: Please hold me)
- Is your baby looking away from you and crying? (possible message: I am tired)
- Is your baby focused intensely on a toy? (possible message: I am busy learning)

ASK

What are your baby’s behaviors telling you? What does your baby need from you?

- What is your baby trying to say to you? (common messages: I want to play, I need to eat, I need to be held)
- How does my baby feel? (common messages: I am tired, I am sad, I want to be with you)

ADAPT

How can I adapt my response to meet my baby’s need?

- Feed your baby when she is hungry.
- Help your baby calm down to get to sleep.
- Play with your baby when she initiates the desire to play.
- Talk with your baby when she initiates the desire to have a conversation.
- Don’t interrupt your baby when she is intensely focused on playing with a toy; let your baby learn she is capable of doing things.

WANT TO LEARN MORE? As your baby grows, it is common to have questions regarding routine, sleep, fussiness, crying and more. Call (605) 328-7155 or email mutchwomenscenter@sanfordhealth.org to consult with a Family Life Specialist.

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