

# As a parent, you know your baby best.

You notice things such as how and when your baby smiles, sits up, walks, talks, or holds a cup. What you are seeing is how your child is growing through different developmental stages.

## If you have concerns...

Every baby grows at his or her own pace, but if you have questions about your child's development, talk with his doctor or nurse. You can also call the Family Health Hotline at 1-800-322-2588 or 711 (tty relay) for the name of a Family Resources Coordinator (FRC) in your area. An FRC can help arrange for a free developmental screening and further services, if needed. You do not need a referral from your doctor to be connected with an FRC.

More information is available at the Infant Toddler Early Intervention Program web site: [www.dshs.wa.gov/iteip](http://www.dshs.wa.gov/iteip)

**Family Health Hotline**  
**1.800.322.2588**  
711 (tty relay) • [withinreachwa.org](http://withinreachwa.org)

a program of

**WithinReach**



Washington State  
Department of Social  
& Health Services

Infant Toddler  
Early Intervention  
Program (ITEIP)



**Please Ask**  
**Babies Can't Wait**

**CHILD**  
  
**PROFILE**

[www.childprofile.org](http://www.childprofile.org)

# Watch & Help Me GROW

## 3 - 6 Months



Available in other formats upon request.  
Call the number above.

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# Developmental Milestones

Doing everyday things will help your baby develop...

Between the ages of **3 and 6 months**, your baby should be doing most of these things.

## ? MOVING

Does your baby:

- play with his hands?
- try to reach and hold toys?
- lift her head and chest when she's on her tummy?
- hold his head up and steady without support?
- try to roll over?
- play with her feet when on her back?

## ? UNDERSTANDING

Does your baby:

- recognize familiar objects and people?
- respond to his name?
- stop moving and listen to new sounds?
- smile at faces?

## ? SEEING

Does your baby:

- make eye contact (look into your eyes)?
- follow a moving object with both eyes?
- have clear eyes, not red or watery?

## ? HEARING

Does your baby:

- turn her head toward sounds (telephone, doorbell, voices)?
- make lots of different sounds?
- laugh out loud?
- use a voice that is not too loud or soft?
- respond to toys that make noise (squeaky toys and rattles)?

## you can **Play**

- Take time to play with your baby! Babies love to play with people...hug, touch and cuddle. They need to feel your touch!
- Make silly faces while your baby is looking at you.
- Hold a toy in front of your baby so he can reach for it.

## you can **Read**

- Read and tell stories to your baby often. Start early!
- Point to and name things in the pictures as you read to your baby.

## you can **Talk**

- Talk, sing and laugh with your baby. Use different tones of voice: high, low, soothing.
- Hold your baby in front of a mirror. Point to and name her eyes, nose, mouth and ears.

## you can **Listen**

- Listen and respond to your baby's sounds and gestures.
- Comfort your baby quickly.
- Listen to your baby's sounds and say them back.

## you can **Respect**

- Notice your baby's moods. You will learn when he wants to be fed, cuddled, changed or put to bed.
- Introduce your baby to others as you would any other person.
- Talk to your baby about things as they happen such as when you pick her up, give her a bath or feed her.

If you have concerns about your baby's development, help is available.

See the back of this brochure for information on who to contact.