



Bringing out the best in ...



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kidshealth.schn.health.nsw.gov.au

Enjoying your baby's development in the first 12 months of life.



Talk to your baby... baby loves to hear the sound of your voice

7 WEEKS TO 3 MONTHS



Development

Social & Emotional

Language & Understanding

Hand Movements

Body Movements

Activities to encourage your baby's development

- Spend time talking to your baby about the happenings of the 'here and now' (here is your food... yummy milk).
- Sing action rhymes such as 'twinkle twinkle'. This will not only teach your baby language skills, but will also encourage social interactions.
- In order for your baby to explore the surroundings, carry baby around the home facing away from you.

- Familiarise your baby with common sounds such as animal noises, music, bells and noise-makers. Hearing is linked to the development of speech.
- Blow raspberries and have your baby touch your lips to feel the vibration.
- Engage your baby in 'baby talk.' By mimicking sounds made by your baby, you will be teaching your baby to take turns talking (talk-listen-respond).

- Offer light or soft rattles of different shapes to your baby to explore.
- Hang up toys for your baby to reach towards and swipe.

- Offer your baby tummy time with toys to look at, reach for and hold.
- Give your baby more opportunities to hold own head up by gradually reducing support as baby's head control increases.

- Baby enjoys looking at your face and listening to you speak.
- Baby is excitable, for example, gurgles when sees food coming.
- Baby expresses emotions. One of many is the enjoyment felt in spending happy times with those around.
- Baby's eyes are bright and alert, ready to learn.

- Baby may cry for long periods of time. For tips on settling baby, visit the crying baby section of the Hospital website.
- Baby becomes quiet when an unexpected sound is heard.
- Baby makes bubbly sounds and raspberry sounds.
- Baby begins to imitate sounds and the up/down tunes in speech.
- Baby begins to take turns talking.

- Baby is not yet able to pick up a toy but can wave a rattle aimlessly when placed in hand.
- Baby enjoys swiping at objects.
- Reflexive movement of baby's hand closing around objects disappears.
- Baby's hands remain open most of the time.
- Baby is fascinated to watch and play with own fingers.
- Baby likes to clasp and unclasp fingers as if clapping.

- Baby lies on tummy propped up on forearms with head up and looking around.
- When baby is held upright baby's head has better control.
- When baby is pulled up to sit, the head does not fall back.

Developmental stages you can enjoy



Talk to your Child and Family Health Nurse or Doctor, if you have any concerns about your baby's development.