

Smart Start for Babies 3-6 months-old

Getting Ready for School Begins at Birth



**Tyrone Area School District
Parenting Tips**

Smart Start for Babies

3 month-old

YOUR 3 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Can stretch arms & legs all the way out • Can roll over one way • Starts to use hands & eyes in coordination • Holds head up to search • Can hold rattle longer • Swipes at objects with arms • Raises head and chest when on tummy • Kicks & straightens legs while on back • Opens & shuts hands • May reach for an object • Grasp & shakes hand toys • Brings both hands together • Follows moving objects 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • To help strengthen neck muscles, lie your baby on his tummy for 10 minutes several times a day • To develop hand and finger muscles give your baby a rattle to hold
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Begins to imitate sounds • Begins extended vowel sounds • Starts to laugh • Has different cries for different needs • Squeals in delight • Turns in direction of a voice • Baby will notice not only the way you talk but the individual sounds you make • Says “ah-goo” or similar vowel consonant combinations • Makes a wet razzing sound 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Sing a song, learn as many songs as you can, or make up your own (This is the way we change your diaper, change your diaper....) • Vary the tone of your voice to include baby talk and your everyday speech • Read your baby simple books naming objects
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Learns cause & effect • Discovers hands & feet • Likes detailed high-contrast images • Interested in circular and spiral patterns • Recognizes familiar objects 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Play peek-a-boo • Hold your baby in your lap and read to him/her • Show your baby 2 pictures that are similar your baby will look back and forth and figure out the different features
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Makes eye contact, focuses both eyes • Watches faces intently, smiles at faces • Recognizes familiar objects and people at a distance • Knows the difference between parents and strangers • Stops crying when you come into the room 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Talk to your baby • Play peek-a-boo • Sing songs to your baby

Smart Start for Babies

4 month-old

YOUR 4 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Can stand up with help • Rolls over one way • Lifts head 90 degrees, holds head steady • On stomach, baby raises his/her chest supported by arms • Sits with arms propped • Reaches for objects • Can follow a moving object • Explores object with his/her mouth • Kicks legs purposefully • Holds a rattle • Puts things in his/her mouth • May be able to sit without support 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Use a cradle gym to encourage your baby to reach out and touch items • When your baby is on his/her stomach, sit and talk to him/her and encourage him/her to lift his/her head and reach for you • Hold toys out of baby's reach so he/she will shift is/her weight and pivot to get to them • Choose a relaxing time to massage your baby; such as after a bath, or before playtime. Dim the lights and play relaxing music. Massage may possibly strengthen the immune system; improve muscle development; stimulate growth; ease colic, teething pain, and tummy troubles; promoting better sleep; and decreases stress hormones.
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Changes shape of mouth to change sounds • Sputters • Babbles and amuses self with noises such as muh-muh, bah-bah • Squeals in delight • Says "ah-goo" or similar vowel-consonant combinations • Makes wet razzing sound 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Take your baby for a walk in a front carrier and talk about what you see • Read your baby simple books naming objects
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Baby forms mental images of what they expect • Is aware that people and things have labels (Dada) • Starts to explore things by tasting them • Follows objects with his/her eyes 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Early reading with your baby means looking at a few pictures and talking about them
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Laughs hard when tickled • Greets caregiver • Moves arms to signal 'pick me up' • Likes social interaction • Communicates pain, fear, loneliness and discomfort through crying • Responds to a rattle or bell • Turns in direction of a voice • May object if you take a toy away 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Talk to your baby • Play Peek-a-boo • Gently tickle your baby

Smart Start for Babies

5-6 month-old

YOUR 5-6 MONTH—OLD BABY	ACTIVITIES
<p style="text-align: center;">Physical</p> <ul style="list-style-type: none"> • Grabs toes • Can wiggle forward on the floor • Reaches with a good aim • Transfers objects from hand to hand • Can see across the room • May be able to pull up to standing position • May stand holding onto something • May rake with fingers a tiny object and pick it up in fist • May start to rock back and forth on his hands and knees to get ready to crawl 	<p style="text-align: center;">Physical Activities</p> <ul style="list-style-type: none"> • Give baby practice holding things by putting soft, easy-to-grasp toys in his hands • When baby is on the floor put toys by his sides within reach to encourage him to turn his body to get them • Play pat-a-cake • Place baby in different positions to help develop new skills like rolling, creeping, and crawling • Make sure he gets time to play on both his stomach and his back
<p style="text-align: center;">Language</p> <ul style="list-style-type: none"> • Tries to mimic sounds • May babble combining vowels and consonants, ga-ga-ga, ba-ba-ba, ma-ma-ma, da-da-da 	<p style="text-align: center;">Language Activities</p> <ul style="list-style-type: none"> • Read your baby simple books naming objects • Have conversations with your baby • Tell stories to your baby
<p style="text-align: center;">Thinking</p> <ul style="list-style-type: none"> • Shows interest in colors • Pushes away disliked actions (Wiping nose) • Displays expression and decision-making • Pays attention to small objects • Experiments with the concept of cause and effect 	<p style="text-align: center;">Thinking Activities</p> <ul style="list-style-type: none"> • Go shopping. The faces, sounds and colors provide perfect baby entertainment • Talk to baby often. When you announce "I'm going to turn the lights on now" you're teaching cause and effect
<p style="text-align: center;">Social</p> <ul style="list-style-type: none"> • Turns head toward speaker • Watches your mouth movements • Baby is aware of strange people and situations • Imitates other babies 	<p style="text-align: center;">Social Activities</p> <ul style="list-style-type: none"> • Stand on either side or behind your baby and speak to them. Watch for their head movement towards your voice. • Speak to your baby while directly in front of him/her so your baby can see your mouth