

## Adapted from The Washington Guide to Promoting Development in the Young Child, 1-3 Months

### Expected Tasks in This Age-Range

### Suggested Activities

#### **Motor Skills:**

Holds head up briefly when lying face down  
Infant's head is erect & bobbing when he is supported  
in a sitting position  
Watches an object moved back & forth, up & down, near & far  
Grabs objects placed in his hand

Place your infant on his belly when he's awake.  
Support in sitting position with his head erect.  
Pull your infant to sitting position.  
Provide opportunity to observe people/objects/  
activities while lying on back & sitting.  
Place a brightly-colored mobile on the crib.  
Provide black & white toys as well as shiny  
objects & faces for baby to look at.

#### **Feeding Skills:**

Sucking reflex present  
Rooting reflex present  
Coordinates sucking, swallowing, breathing

Consider change in nipple or feeding position if  
there is difficulty swallowing  
Hold in comfortable relaxed position when  
feeding.  
Pace feeding tempo to infant's needs.

#### **Sleep:**

Night: 4- 10 hour intervals  
Naps: Frequent  
Longer periods of wakefulness without crying

Provide a separate, safe sleep environment for baby  
Reduce noise & light when placing in crib.  
Keep room at comfortable temperature with  
minimal drafts or extremes in heat/cold.  
Place infant on back to sleep.  
Reverse position in crib at times to prevent  
flattening of head.  
Keep crib rails up.

#### **Play:**

Quiets when picked up  
Looks at faces of other people

Encourage holding & touching of your child.  
Provide infant with floor gym or mobiles, brightly  
colored, visually interesting objects  
within arm's distance.

#### **Language:**

Baby moves her eyes or changes her breathing rate or  
body activity when a noise is made close to her  
hear or when you talk to her  
  
Smiles when socially stimulated  
Reacts with her face, body, voice when she sees your face  
Makes pre-language vocalizations (cooing)  
Makes "pleasure" sounds of soft vowels ('ooooh')  
Makes "sucking" sounds  
Parents may tell the difference between cries of discomfort,  
pain, and hunger

Wait for your infant to respond to talking by  
observing her facial expressions,  
gestures, and body movements when  
you are talking to her.  
Smile & talk softly when holding, touching, or  
handling your infant  
Hold, touch, & interact frequently with infant  
Do not let your infant cry for long periods of time.

#### **Discipline:**

Draws attention by crying  
Infant desires what is pleasant & wishes to avoid unpleasant  
situations  
Begins to 'wiggle' around

Needs should be identified & met promptly.  
Every bit of fussing should not be interpreted as  
an emergency requiring immediate attention.  
Infant should not be ignored or allowed to cry for  
long (>30 minutes) periods of time.  
Do begin to allow infant to fuss for short periods.  
Place infant on surfaces with sides so he doesn't  
fall off.