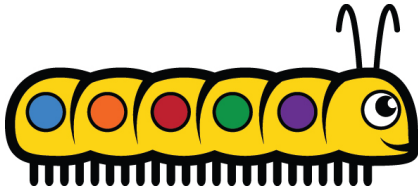




3-6 Months

Here are some ways that you can help your child learn and grow in all of the areas covered in the Connecticut Early Learning and Development Standards (CT ELDS). You may see some ideas in different areas that are almost the same. That's because children are learning a lot of different things as they learn more about the people and the world around them. These ideas don't have to be all you do with your child! You can think of new ways to build on everything included here. Just as your child is learning, you can keep learning ways to support your child's growth. The most important thing to remember as you use these strategies is to have fun and find ways to help your child learn every day!



Connecticut Office
of Early Childhood



Cognition

Expose your baby to new sights and sounds

Find new sights and sounds for your baby to experience. If possible, take a walk and show them new things. Show them new items at home that they can look at or hear. Talk with your baby about what you are experiencing. If it is safe and appropriate, let your baby touch and feel new textures.

Give your baby new objects to explore with their hands and mouth

Babies learn about new objects by touching and mouthing them. Allow your baby to explore new, safe items freely. Wash toys or household items that they can explore freely.

Allow your child to see the results of their actions

React to your child's actions with surprise or delight. For example, if your child drops something, say, "Oh no!" and make a surprised face. Provide your child with toys or materials that make a noise when your child does something (e.g. a drum or pot they can bang on to make a noise or a toy piano).

Social and Emotional Development

Talk to your baby

Copy the sounds your baby makes and wait for them to respond. Try a new sound and watch for their response. Try to get a back-and-forth exchange going. Talk with your child about what you are doing as you care for them. Talk about what you see and hear around you at home and the other places you go.

Sing and dance with your baby

Singing can catch your baby's attention and provide them with another reason to focus on your voice and face. Move together in time to your singing or to other music (e.g. sway, bounce gently). Share a song that is important to you or has been passed down in your family. Make up new silly words and songs. Match the style of music to your baby's mood (upbeat for when your child is active and alert, slow and quiet when your child is tired).

Silly face play

Change your facial expression and watch to see if your baby imitates you. Make a surprised face, pucker your lips, or shake your head. If your child makes a silly face, imitate their expression.





Connecticut Early Learning
and Development Standards

3-6 Months



Physical Health and Development

Provide your child with time to move about

Place a blanket on the floor and lie down next to your baby with a few interesting items. Allow them to reach, stretch, and/or roll. Encourage them to reach for items that are close but just out of reach. Place your child on their stomach sometimes and on their back at other times.

Support your child in a sitting position

Place your child in a seated position on a firm surface. Provide enough support for them to sit steadily and feel secure. As your child builds their muscles, less support will be needed. Provide your child with attention and something to hold to keep them interested so they will stay in this position briefly.

Give your child objects they can hold

Your child will begin to build muscles in their hands, and to coordinate their eyes and hands when they are handling objects. Cups, bowls, stacking rings, and blocks can be fun for your child to explore with their hands and mouth. Show your child how to bang two toys together to make a sound. Allow your child to bring these toys to their mouth to explore.

Language and Literacy

Talk to your baby

Talk to your baby about all that you see and hear around you. Copy the sounds your baby makes and try to get a back-and-forth exchange going. Respond to your baby's cooing, gurgling, and any other sounds they make.

Play with sounds

Repeat some simple sounds such as "ba, ba, ba" or "da, da, da". Pucker your lips and blow to make a silly sound. Encourage your child to make silly sounds and play with their voice.

Respond to your child's communication

Your baby isn't able to use words to communicate yet, but they communicate with movement, cries, and facial expressions. Responding to their cues lets your baby know that their communication makes a difference and encourages them to learn new ways to express themselves.

