

3 TO 4 MONTHS



Back to sleep, tummy to play.

PHYSICAL DEVELOPMENT: TIPS TO HELP YOUR BABY GROW

Your child is growing quickly now, gaining weight and getting stronger every day. At this age babies are starting to explore the world around them and are constantly learning. You can help by making sure your baby spends at least half of the time they are awake playing on their tummy. It is normal for babies to dislike being on their tummy at first. Keep at it and slowly increase the length of time they are on their tummy. Rubbing their back or talking to them in a calm voice can sometimes help. Make it fun, join your baby on the floor and play with them.

Please do not leave your baby in a carrier, swing or infant seat while they are awake.

ACTIVITIES TO DO WITH YOUR BABY

Place your baby on their tummy in front of a mirror. Laugh and smile with them in the mirror.

Give your baby fun things to look at and read from while they are on their tummy. Cloth books, music and teething toys are often favorites.

Sit with your baby facing you and teach them to follow your face and play peek-a-boo.

Place a favorite toy to the side of your baby and encourage them to roll to the side.

Place your baby on their tummy after every diaper change.

Carry your baby in different positions so they can see the world and develop their back and neck muscles.

WHAT TO EXPECT AS YOUR BABY GROWS

From 3 to 4 months of age your baby will start to:

- Lift their head and use their elbows for support when on their tummy.
- Roll from their back to their side.
- Lift their arms and legs like an airplane when on their tummy.
- Sit and hold up their head to look around, with your support.
- Begin to reach toward objects.
- Put their hands together and try to bring everything to their mouth.
- Scratch surfaces with their hands when on their tummy.