



Comfort Play & Teach



Ages and Stages - Birth to 6 months

The Amazing World of Your Baby: An Overview of Baby's Development

Infancy is a very exciting time. You and your baby are discovering each other and your baby is discovering the world. She's learning and doing more and more, but she still depends on you for everything. As you spend time with her, you will come to know her likes and dislikes, her style of learning and her personality. In short, you'll discover a whole new person.

In her first six months, your baby will go from being totally dependent on you to being able to stay alert for two hours at a time. She will explore her environment—reaching, grasping and putting things in her mouth—while she sits supported or lays on her stomach with head and chest held high.

At this time, your baby will show how happy she is to be close to those she trusts. She'll begin to squeal coo, gurgle and babble to get your attention, especially when she wants to keep the simple games you've created together going. At this point, she will start to build a healthy sense of herself and although her emotions and moods can change quickly, she is learning how to comfort and soothe herself by sucking or holding onto a special toy.

Your Baby at 1 Month

Welcome to the first month of your baby's life. Some amazing things are set to happen. For example, you'll notice your baby will begin to:

- Stare at colourful objects.
- Study your face when you smile.
- Respond positively to comfort and soothing.
- Cry to tell you she's hungry or uncomfortable.
- Enjoy being talked to and respond with her own special happy dance – on her back, waving her arms and legs.

Your Baby at 2 Months

As your baby enters his second month, he will gain new skills right before your eyes. At this stage you will notice that your baby is beginning to:

- Turn his head to both sides.
- Follow objects and people with his eyes.
- Smile when others talk to him and smile at him.
- Show excitement or delight with small throaty sounds.
- Recognize familiar voices and people.

Your Baby at 3 Months

Your baby will start to demonstrate more predictable skills. He will start to:

- Hold his head up with more control.
- Play with his hands by clasping them and bringing them to his mouth.
- Stop sucking so that he can hear sounds.
- Use his voice in response to adult talk and smiles.
- Coo with open ('aaaah') and closed ('eee') vowel sounds.

Knowing your child's **typical skills** and her **emerging skills** can help you provide appropriate experiences to enhance her development. And **Comfort, Play & Teach™** is just the place to start.

Remember, the developmental milestones we have outlined are only guidelines. Each child develops at their own pace, with some skills emerging early, and others appearing later. So delight in who your child is, and discover how you can have fun as you go through each stage of this amazing growth together.

If you have any concerns about your child's development, consult your child's physician.



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Your Baby at 4 Months

As your baby's fourth month begins, you will see some truly awesome changes. This is when your baby begins to:

- Lift her head and chest when she's on her tummy, and extend her arms.
- Try to grasp objects with fingers and palm now that her hands are open.
- Laugh out loud when tickled or during social games.
- Show anticipation and excitement by breathing heavily.
- Turn his head to find out where a sound comes from.

Your Baby at 5 Months

The fifth month of life sets the stage for more interactive developmental growth. You will notice your baby starting to:

- Sit, if supported, to view her world.
- Start to connect eyes and fingers. Cooperate in reaching and grasping toys.
- Make sounds and interrupt conversations when he wants attention.
- Display an awareness and wariness with strangers.
- Babble double consonants such as baba, dada, mama.

Your Baby at 6 Months

Approaching the half-year mark, your baby is becoming an active member of the family. At this stage he will:

- Roll from stomach to back and over again.
- Use hands to bang and splash objects.
- Prefer to play with people, especially games like 'peek-a-boo.'
- Vocalize both pleasure and displeasure.
- Study objects for a long time, even turning them upside down to get another view.

Ages & Stages:

Six Areas of Child Development

1. Social Development means being able to make friends and get along with others, work as part of a team and be a good leader. These skills are all built on self-confidence, cooperation and trust.
2. Emotional Development means the development of a full range of emotions from sad to happy to angry, and learning to deal with them appropriately. This helps build self-esteem and leads to such deeper qualities as sympathy, caring, resiliency, assertiveness and empathy and the ability to rise to life's challenges.
3. Language Development is the ability to understand and express verbal and non-verbal communication. This is followed by the capacity to use words and sentences in correct grammatical structure in order to communicate wishes, ideas, information and needs.
4. Intellectual Development means being able to think creatively and abstractly, to pay attention, solve problems and develop keen judgement along with a lifelong readiness to learn.
5. Gross Motor Development allows a child to gain balance and bring large muscles under control in order to master physical activities such as sitting, crawling, walking, running, climbing, jumping and generally enjoy all that his body allows him to do.
6. Fine Motor Development means mastering precise and accurate small muscle movements of the fingers and hands in order to reach, grasp and manipulate small objects.



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Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 1 Month

Typical Skills

- Fixes eyes on your face in response to your smile
- Moves body in response to your voice during interaction
- Quiets down when looking at familiar faces
- Engages in eye contact

Emerging Skills

- May smile back at face or voice
- Listens to voices and coos
- Recognizes parents' voices



Comfort

If you...



Your baby will...

- Make eye contact with your baby
- Smile and make happy faces

- Become familiar with your face
- Explore your face and expressions



Play

If you...



Your baby will...

- Gently rock and cuddle your baby
- Hold her closely and dance slowly to music

- Learn to relax and feel secure in your arms
- Feel rhythm and movement in a secure hold



Teach

If you...



Your baby will...

- Recognize the signs your baby uses to show what he is feeling
- Pause, observe and respond appropriately to your baby's reaction

- Feel cared for and that he is getting his message across
- Become engaged in the interaction



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Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 1 Month

Typical Skills

- Enjoys/needs a great deal of physical contact and tactile stimulation
- Responds positively to comfort and satisfaction
- Primary negative response is distress or pain

Emerging Skills

- Recognizes and calms down to a familiar voice
- Communicates moods through different cries



Comfort

If you...



Your baby will...

- Respond quickly and sensitively to your baby's cry or discomfort
- Tell your baby how much he is loved

- Feel his needs are being met
- Feel secure and valued



Play

If you...



Your baby will...

- Provide soft, lullaby music
- When feeding your baby, (breast or bottle) let her grasp your finger

- Enjoy new sounds that are as comforting as speech
- Practice this skill and feel more and more confident with her ability to grasp



Teach

If you...



Your baby will...

- Feed your baby whenever he is hungry

- Trust that his needs will be met



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Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 1 Month

Typical Skills

- Cries when hungry or uncomfortable
- May make throaty sounds like 'ooooh' or 'aaaah'
- Enjoys being talked to and responds to voices/sounds
- Pays close attention to faces of those closest to him
- Responds to loud or sudden noises with a sudden start (early signs of a developing response system)
- Will focus on high contrast patterns and faces; prefers these to bright or big objects

Emerging Skills

- Turns toward familiar sounds and voices
- Can distinguish men from women, and mother from other women's voices
- Can distinguish everyday speech from non-speech sounds
- Able to read and respond to positive and negative expressions as well as subtle differences in parent's voice
- Able to co-ordinates eyes and track objects, e.g., follows toy from side to centre of his body but only if it is in his line of vision



Comfort

If you...

- Respond to your baby's cry with a song, a soothing voice and a hug
- Respond when your baby is startled by noise

Your baby will...

- Feel his needs are being responded to
- Feel a sense of security in your response to his needs



Play

If you...

- Hold your baby and let her see your face as much as possible
- Say rhymes, sing songs or speak softly

Your baby will...

- Study and learn your facial features
- Responds to the sound and pitch of her parents' voices, i.e., may quiet down, gurgle, coo, etc.



Teach

If you...

- Tell your baby about all the caregiving routines you are going through

Your baby will...

- Learn to associate a positive tone with nurturing activities



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Ages and Stages - Birth to 6 months

GROSS MOTOR – 1 Month

Typical Skills

- Lifts his head when held at your shoulder; his head sags, flops forward or backwards when not supported.
- All arm, leg and hand movements are still reflexive, they move with little control; when lying on back, tonic neck reflex characterized by bobbing head (fencer's position) still predominates; arms and legs are thrust in play
- When on tummy, turns head to clear nose from bed; lifts head briefly.
- Rolls partway onto side from back

Emerging Skills

- Fits his form to yours when held; grasps, clasps people.
- Lifts head temporarily when lying on stomach.
- Holds head in line with back when pulled to sitting position.



Comfort

If you...



Your baby will...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Gently touch your baby during feeding, changing and bath time • Massage your baby's arms, legs and tummy | <ul style="list-style-type: none"> • Help you learn what type of touch he likes • Learn that his caregivers want to make him feel comfortable |
|---|---|



Play

If you...



Your baby will...

- | | |
|---|--|
| <ul style="list-style-type: none"> • Support your baby's head against your shoulder as you walk her around the house • Give your baby some tummy time | <ul style="list-style-type: none"> • Get to see more of her environment • Strengthen her neck muscles as she lifts her head to see her world |
|---|--|



Teach

If you...



Your baby will...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Tell him what body parts you are washing during bath time • Use his name when you come towards him | <ul style="list-style-type: none"> • Start to eventually learn the words for parts of his body • Start to learn his name and your voice |
|---|---|



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Ages and Stages - Birth to 6 months

FINE MOTOR – 1 Month

Typical Skills

- Stares at colourful objects 8 – 14 inches away
- Follows person with eyes while lying on back
- Generally keeps hands closed in a fist or slightly open
- When fingers are pried open (usual position is a fist), grasps handle of spoon or rattle, but drops it quickly

Emerging Skills

- Holds object for a few moments without any intent or purpose
- Coordinates eyes better to track moving objects
- Becomes fascinated by her own hands



Comfort

If you...



Your baby will...

- Take your baby's hands and gently rub them on your face
- Move your face slowly from side to side in front of your baby's face
- Watch, feel and learn about your face
- Look and follow your face with his eyes



Play

If you...



Your baby will...

- Suspend a colourful toy over the crib
- With baby lying on her back, alternate the position of her head and feet in the crib
- Practice looking at things when on her back
- Look at objects using both sides of her head; also prevents "flathead" condition



Teach

If you...



Your baby will...

- Give your baby a rattle to hold
- Learn to hold it briefly



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Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 2 Months

Typical Skills

- Smiles in social contact with others besides his mother
- Listens to voices and coos
- Studies faces alertly and directly, then gets excited; is more oriented to her surroundings; moves arms and legs and ‘talks’ in response to what she sees
- Visually follows a moving person
- Recognizes and becomes quiet for a familiar, gentle voice or face

Emerging Skills

- Stays awake longer if people interact with him
- Shows excitement when she sees familiar people and things
- Becomes more expressive with her face, body/muscle tone and voice



Comfort

If you...



Your baby will...

- | | |
|--|--|
| <ul style="list-style-type: none"> • Talk to your baby during diapering and feeding routines • Sing to your baby | <ul style="list-style-type: none"> • Become familiar with the voices of those who care for her most often • Take comfort in songs and sounds she knows |
|--|--|



Play

If you...



Your baby will...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Use a mix of high and low pitched voices • Exaggerate a big smile or wide eyes | <ul style="list-style-type: none"> • Be more interested in interacting with you • Love to look at your face |
|---|---|



Teach

If you...



Your baby will...

- | | |
|--|--|
| <ul style="list-style-type: none"> • Engage in face-to-face conversations about any topic, for example, plans for the day, pictures hanging on the wall, etc. | <ul style="list-style-type: none"> • Become engaged in dialogue as well as be entertained |
|--|--|



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Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 2 Months

Typical Skills

- Communicates moods of distress with different cries and excitement and delight with small throaty sounds
- Can quiet himself by sucking his fingers, a pacifier, etc.
- Expresses contentment when touched and cuddled
- Able to express discontent, e.g., fusses at loud noises
- Displays different emotions as seen with peaks of irritability and crying

Emerging Skills

- Fits her form to yours and relaxes body when held
- Makes appropriate facial expressions in response to emotions, for example, fear, joy, anger



Comfort

If you...



Your baby will...

- Show awareness of your baby's cues that tell you how he likes to be handled and touched
- Respond to baby's cues consistently and appropriately
- Feel secure and understood



Play

If you...



Your baby will...

- Respond to your baby's choice to stop an interaction
- Copy the faces your baby makes
- Communicate to you more often knowing that you understand his cues



Teach

If you...



Your baby will...

- Create routines
- Respond to your baby's signals in the same way every time
- Begin to understand that her feelings are important and valued
- Respond with her own smiles to copy you and others
- Learn to anticipate what comes next
- Feel secure



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Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 2 Months

Typical Skills

- Gurgles, coos and squeals
- Shows responsiveness to touch and to oral and visual stimulation
- Stares at surroundings or attractive large, moving objects from several feet; moving or contoured objects hold his attention longer
- Clearly discriminates voices, people, tastes, proximity and object size
- Recognizes a few objects, for example, a bottle or rattle

Emerging Skills

- Repeats actions for his own sake
- Holds onto objects briefly as his voluntary grasp replaces reflex grasp
- Begins to look at his hands as objects for examination
- Starts to associate people with behaviour, for example, mother and feeding
- Begins to sense that hands and feet are extensions of himself with limits and opportunities



Comfort

If you...

- Look at your baby, smile at her, and offer soothing words
- Answer your baby's happy noises

Your baby will...

- Respond to eye contact and the sound of your familiar voice with her own coos and smiles
- Begin to know she can count on you to respond



Play

If you...

- Sing simple songs or do short finger plays with repeating sounds
- Play a game of taking turns by copying sounds your baby makes

Your baby will...

- Show you what gives him pleasure and indicate what he wants more of, for example, by kicking arms/legs
- Begin to understand that conversation is a partnership and his sounds are equally valued



Teach

If you...

- Talk to your baby during daily routines
- Repeat favourite rhymes and songs

Your baby will...

- Begin to understand the words and tone of voice that go with regular routines
- Learn to recognize certain words and actions



Comfort Play & Teach



Ages and Stages - Birth to 6 months

GROSS MOTOR – 2 Months

Typical Skills

- Movements are more deliberate, for example, turns head to both sides when lying down
- Moves arms and legs and ‘bicycles’ with legs when excited
- Lifts head temporarily when lying on stomach
- When sitting, keeps head erect; head may bob as she tries this out
- Rolls from side to back
- Muscle reflex is developing, e.g., body startles involuntarily

Emerging Skills

- Can hold head up at 45 degree angle for a few minutes
- Arms and legs cycle more smoothly
- Arms move more symmetrically to reach for a toy



Comfort

If you...



Your baby will...

- Blow on your baby’s tummy
- Prop your baby on his side using a rolled up towel behind his back

- Enjoy the sensation as he works his abdominal muscles
- Enjoy looking at the world from a different angle



Play

If you...



Your baby will...

- Push gently against the bottom of your baby’s feet
- Lie on your back and slowly and gently raise and lower your baby off your chest in a horizontal position

- Kick and stretch in this resistance game
- Enjoy looking at your face from a new vantage point



Teach

If you...



Your baby will...

- Lay on the floor with your baby on your thighs; then curl up to kiss her

- Learn to anticipate receiving the kiss at a set interval of time



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Ages and Stages - Birth to 6 months

FINE MOTOR – 2 Months

Typical Skills

- Keeps hands closed in a tight fist most of the time
- Follows objects with eyes, for example, a mobile is a source of pleasure
- Fascinated by own hands; watches them and turns them over momentarily
- Holds objects briefly

Emerging Skills

- Grasps at things become voluntary
- May swipe at objects



Comfort

If you...



Your baby will...

- Help your baby grasp your pinky finger while making eye contact, talking or singing
- Open your baby's hand and help him explore your face, moving his hand over your eyes, nose and mouth
- Begin to move fingers out of the fist position
- Begin to open his fist to explore things; will also begin to feel safe and confident to explore further



Play

If you...



Your baby will...

- Move a colourful toy slowly from left to right in front of your baby's eyes
- Place your thumbs in baby's palms and when she grasps them, open her arms wide; bring her arms together and cross them over her chest, slowly and gently, using rhythmic movements and a song
- Learn to coordinate both of her eyes to follow an object
- Enjoy the physical sensations of exercising both sides of her body



Teach

If you...



Your baby will...

- Hold your face close to your baby's and let her try to reach for your nose
- Open your baby's fist and rub her hand over different textures
- Begin to try to reach out or swipe at your nose and other things, such as earrings
- Begin to experience touch on different parts of her hand



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Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 3 Months

Typical Skills

- Smiles immediately and spontaneously
- Responds in excitement with total body and vocalizes to familiar people or things
- Enjoys socializing and playing with other people; watches speaker's eyes and mouth
- Stops sucking to hear sounds around him; then looks around and sucks at the same time
- Turns head to follow moving objects, voices, or music
- Vocalizes in response to adult talk and smiles

Emerging Skills

- Knows difference between family members and strangers
- Cries less often as he finds other ways to communicate and as parents' ability to understand his needs improve



Comfort

If you...



Your baby will...

- | | |
|--|--|
| <ul style="list-style-type: none"> • Return your baby's smiles • Spend close, personal time with your baby every day | <ul style="list-style-type: none"> • Respond with smiles with other family members • Enjoy relating to adults who love her |
|--|--|



Play

If you...



Your baby will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Mimic and exaggerate your baby's facial expressions • Get down on the floor next to your baby to talk, read a book or sing to her | <ul style="list-style-type: none"> • Try to imitate your facial expressions • Enjoy sharing time with you |
|--|---|



Teach

If you...



Your baby will...

- | | |
|---|---|
| <ul style="list-style-type: none"> • Give your baby time to react and then respond to her • Suspend objects that make a noise | <ul style="list-style-type: none"> • Learn about the basics of taking turns in conversation • Watch and listen to the objects as he moves |
|---|---|



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Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 3 Months

Typical Skills

- Shows appropriate facial expressions in response to such emotions as anger, fear, joy
- Reflects feelings of happiness with chortles or squeals; frustration with whimpers; and hunger with smacking lips
- Begins to show sadness
- Responds to familiar people; may stop or start crying according to who holds him.
- Can distinguish and express discomfort

Emerging Skills

- Starts to laugh
- Starts to show anger when he cannot get what he desires



Comfort

If you...



Your baby will...

- Respond to your baby with positive encouragement during interactions, for example, say “Good reaching,” when he reaches out for something
- Provide soft toys, blankets and other “soothers”

- Develop a positive sense of self
- Begin to quiet down on his own after an upset



Play

If you...



Your baby will...

- Know your baby’s signals when she has had enough
- Build bits of exciting physical activity into your baby’s day

- Learn to trust that you will not push her beyond the limits of what she enjoys
- Learn how to get excited and then calm herself down



Teach

If you...



Your baby will...

- Be consistent with routines and responses
- Be aware of toys and objects that comfort your baby and make them available whenever he is distressed

- Feel secure as he learns to predict what comes
- Understand that his feelings count



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Ages and Stages - Birth to 6 months

LANGUAGE SKILLS – 3 Months

Typical Skills

- Coos with both open vowel sounds (i.e., 'aaah'); and closed vowels (i.e., 'eee')
- Responds to speech stimulation by gurgling, cooing, and squealing
- Expresses himself regardless of what else is going on around him
- Distinguishes speech from sounds you make
- Expresses different cries for different needs

Emerging Skills

- Begins to babble and amuse self with new noises
- Begins to imitate sounds



Comfort

If you...



Your baby will...

- Tell your baby what you are doing as well as what she is feeling and hearing during all routines
- Enjoy listening to your voice and come to expect certain routines



Play

If you...



Your baby will...

- Imitate the sounds your baby makes to start a game of taking turns
- Chat and experiment with different sounds then start to take turns



Teach

If you...



Your baby will...

- Repeat favourite rhymes and songs
- Learn to recognize certain words and actions



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Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 3 Months

Typical Skills

- Begins to become aware of himself as a person by looking, examining and feeling what he can do with his own toes, feet, fingers and mouth as well as objects
- Begins to show memory, for example, waits for an expected reward, e.g., sitting in a highchair and anticipating mealtime
- Recognizes familiar objects and people, even at a distance
- Enjoys repetitive games and repeating a newly learned activity
- Tries to prolong a pleasing image or action by continuing to look, listen or grasp.

Emerging Skills

- Repeats actions for his own sake
- May associate a specific action with a result; very preliminary indications of understanding cause and effect relationships
- Retains an object in hand voluntarily
- Manipulates a large ring or rattle



Comfort

If you...



Your baby will...

- Call your baby's name when she is not looking
- Learn to locate sounds



Play

If you...



Your baby will...

- Play simple tickling games
- Learn that certain actions have specific results, for example, tickling means fun and laughing



Teach

If you...



Your baby will...

- Hit a toy that makes a noise while your baby is looking
- Discover that he can cause something to move and make a noise
- Begin to sense a connection between what his fingers and hands can do with objects



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Ages and Stages - Birth to 6 months

GROSS MOTOR – 3 Months

Typical Skills

- Keeps head in mid-position while on her back, and moves her arm and leg on one side in unison, then the arm and leg of the other side
- Raises head and chest when on tummy
- Holds head up with more control
- Sits with support on a lap
- Briefly bears weight on legs by pushing down with legs when placed on a hard surface

Emerging Skills

- Swipes with arms
- Tonic neck reflex (characterized by bobbing head) begins to disappear
- When pulled to stand, presses feet against surface and stands briefly
- Lifts head and supports chest on extended forearms
- Splashes and kicks with hands and feet when in the bathtub



Comfort

If you...



Your baby will...

- Shift your baby to different positions, for example, on tummy or back, or on your lap
- Be less likely to get bored with his immediate surroundings



Play

If you...



Your baby will...

- Tilt your baby from side to side on your lap while singing a song
- Bounce your baby gently on your knees to different rhymes or short songs
- Learns to balance and strengthen muscles needed for sitting
- Learn to control her head in this action game



Teach

If you...



Your baby will...

- Place baby on his tummy and lay down on the floor in front of him
- Practice holding up his head and chest to see your face



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Ages and Stages - Birth to 6 months

FINE MOTOR – 3 Months

Typical Skills

- Plays with hands by bringing them together and clasping them
- Hands/fingers stay open more as grasp reflex fades
- Bring hands to mouth
- Reaches for objects with both arms, starting at sides and closing in front of body; often contacts object with closed fists

Emerging Skills

- Begins to swipe for dangling objects, but may be far off target.
- Looks from one object to another
- Watches and touches fingers of both hands as they move toward midline and meet; early stages of eye-hand coordination



Comfort

If you...



Your baby will...

- Allow your baby to suck on his fingers/thumb
- Carry your baby around from room to room or outside to familiarize him with his surroundings

- Learn to use his own body to soothe or calm himself
- Become familiar with his surroundings; learn to look at and follow different objects



Play

If you...



Your baby will...

- Clap your baby's hands together to play "Pat-a-cake"
- Give your baby different textures to touch e.g., furry, hard, squishy

- Learn what her hands can do in a fun way
- Learn that materials have different sensations when touched



Teach

If you...



Your baby will...

- Hold dangling objects in front of your baby's eyes to encourage him to reach out and touch them

- Learn how to use his eyes and hands together in order to obtain objects within reach



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Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 4 Months

Typical Skills

- Gazes into your eyes during feeding or diapering
- Uses her voice to initiate socializing; coughs or clicks tongue
- Responds to and enjoys your touch
- Makes social gestures such as waving or kicking when she sees a familiar person, for example, she will signal “pick me up”
- Enjoys social games and play and will laugh out loud when tickled or when playing peek-a-boo with a scarf
- Smiles and vocalizes to an actual face rather than to an image

Emerging Skills

- May prefer one toy over others
- Interested in and smiles at her mirror image



Comfort

If you...



Your baby will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Sing and talk to your baby as much as possible • Let her spend special time with siblings every day | <ul style="list-style-type: none"> • Take comfort in the songs and sounds she knows • Build relationships with key family members |
|--|---|



Play

If you...



Your baby will...

- | | |
|--|--|
| <ul style="list-style-type: none"> • Sing action songs such as “Head & Shoulders” or “The Wheels on the Bus” • Use different voice tones for songs | <ul style="list-style-type: none"> • Get to know the tune and movements and come to expect certain actions • Become familiar with different pitches of sound |
|--|--|



Teach

If you...



Your baby will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Call your baby’s name when she is not looking • Talk about what you hear, for example, “the phone is ringing”, or “there’s daddy’s car” | <ul style="list-style-type: none"> • Eventually respond to his name • Learn to listen and become familiar with household sounds |
|--|---|



Comfort Play & Teach



Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 4 Months

Typical Skills

- Fusses or cries to gain attention from familiar adults, or when attention or toy is taken away from him
- Yawns and arches back or turns away when he has had enough interaction or there is too much noise
- Shows anticipation and excitement by breathing heavily
- Shows he's not sure (stops cooing and smiling) or he's afraid (fusses) if a new person moves toward him; turns his head into shoulder of parent when a new person approaches
- Stops crying when he hears your voice or caregiver's, he attempts to soothe himself

Emerging Skills

- Expresses anger when he cannot get desired effect
- May differentiate between mother's image and his own in the mirror; turns to see mother's "real" face
- Follows someone with eyes and continues to look at the door when that person leaves the room



Comfort

If you...



Your baby will...

- Are responsive to your baby's feelings
- Find out the best ways to soothe your baby's upset or distress
- Feel that her emotions are understood
- Feel loved and secure



Play

If you...



Your baby will...

- Play games like "peek-a-boo" or "Mummy's coming to get you"
- Use your baby's name often as you talk to her
- Learn that you leave but you come back
- Become familiar with her own name



Teach

If you...



Your baby will...

- Call out to your baby when he starts to fuss
- Respect your baby's hesitancy with new people by being close or holding him
- Learn to calm down to the sound of your voice
- Feel a sense of security even in frightening situations



Comfort Play & Teach



Ages and Stages - Birth to 6 months

LANGUAGE SKILLS – 4 Months

Typical Skills

- Babbles strings of syllable-like sounds
- Experiments with sounds using variation in pitch and tone
- Communicates pain, fear, and loneliness through crying; joy or interest by cooing sounds
- Uses his own special kind of cry when hungry
- Makes babbling sounds when looking at toys or people
- Listens to music or a music box

Emerging Skills

- Attempts to make consonant sounds



Comfort

If you...



Your baby will...

- Babble back to sounds she makes
- Feel the sounds she makes are as important as yours



Play

If you...



Your baby will...

- Shake simple noise makers (small bottles or yogurt pots with a toy inside) in front and to both sides of your baby's head
- Respond to sound with eye movements and head turning



Teach

If you...



Your baby will...

- Introduce a new finger play each week
- Watch and listen to words and actions



Comfort Play & Teach



Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 4 Months

Typical Skills

- Starts to explore things by bringing them to his mouth
- Turns head toward sound to find out where it comes from
- Uses entire body (arching, kicking, stretching) to reach towards a toy that intrigues him
- Has mental model for human face; knows mother or father and may resent strangers
- Becomes aware of his own fingers and how they feel different from another's

Emerging Skills

- Finds an object that is partially hidden
- May transfer a toy from one hand to the other
- Swipes at objects with open hand of one arm but often misses
- Begins to figure out appropriate responses to other people's actions



Comfort

If you...



Your baby will...

- Are predictable in your actions
- Begin to respond to routines and patterns of behaviour



Play

If you...



Your baby will...

- Offer objects with different textures to explore
- Experience and eventually learn to distinguish different textures, e.g., hard, soft, bumpy, etc.



Teach

If you...



Your baby will...

- Make a small photo album of the family
- Learn to recognize familiar faces in the family



Comfort Play & Teach



Ages and Stages - Birth to 6 months

GROSS MOTOR – 4 Months

Typical Skills

- Lifts head and chest when on her stomach and supports herself on forearms or on outstretched arms
- Turns head in all directions to follow a toy when lying on stomach
- Brings both hands to chest and keeps head in midline when lying on back
- Holds head steady when supported in a sitting position; may prefer sitting to lying down
- Thrusts legs and feet against bottom of crib over and over
- Rolls from side to side on stomach

Emerging Skills

- Rolls from stomach to back
- Uses protective extension i.e., stretches arms and legs downward



Comfort

If you...



Your baby will...

- Change your baby's position throughout the day, for example, from your shoulder to your lap, from his back to his tummy
- Observe your baby's positions to learn what he likes and dislikes

- Enjoy a variety of physical positions and be less bored
- Feel respected and valued



Play

If you...



Your baby will...

- Place colourful toys in front of and to your baby's sides when she is on her tummy
- Bend your baby's knees up to her chest and her toes up to her chin in time to a rhythmic song

- Be encouraged to push chest up, lean on her forearms and turn her head so she can get a better look
- Feel the physical sensation of her legs and toes as they are exercised



Teach

If you...



Your baby will...

- Put the same toy in front of your baby, changing your baby's position or location, and also changing the position of the toy
- Cross one leg over the other and roll your baby over from back to side or tummy

- Learn to explore a toy in different ways given his own or the toy's physical position
- Experience the sensation of flipping between two major positions of his body



Comfort Play & Teach



Ages and Stages - Birth to 6 months

FINE MOTOR – 4 Months

Typical Skills

- Relaxes with hands mostly open, not in fists as before
- Reaches for objects when supported in sitting position, and then brings them to mouth
- Uses mitten grasp, i.e., fingers close on open palm with thumb sticking out
- Glances from one object to another and looks at toys placed nearby
- Tries to swipe at objects, but still inaccurate; may look from object to hand, and back to object; often misses, but can grab it sometimes

Emerging Skills

- Claps hands
- Can bring hands together though hands may meet below, beyond or in front of object
- Waves a rattle placed in his hand



Comfort

If you...



Your baby will...

- Let your baby play with your fingers while breast- or bottle-feeding
- Show your baby one toy at a time
- Enjoy the intimacy of touch at such times
- Be able to focus and explore without feeling rushed



Play

If you...



Your baby will...

- Hold toys out for your baby to grab
- Sit on the floor with your baby on his back, between your legs; as you sing, gently pull your baby up to a sitting position
- Practice the skill of looking, reaching and touching many times
- Strengthen his arm, back and abdominal muscles in this face-to-face game



Teach

If you...



Your baby will...

- Label each toy your baby holds and plays with
- Praise your baby's successes with descriptive phrases, for example, "Great reaching"
- Learn the names for objects over time
- Begin to learn what she is good at



Comfort Play & Teach



Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 5 Months

Typical Skills

- Makes sounds and interrupts conversations when he wants attention
- Smiles and vocalizes to her mirror image
- Distinguishes familiar and unfamiliar adults
- Shows anticipation, waves and raises arms to be picked up
- Tries to get close to someone near crib
- Frolics happily when played with; plays with rattle, pats bottle or breast

Emerging Skills

- Observes adult's facial expressions intently
- Bangs playfully on mirror image
- Learns how to tease



Comfort

If you...

- Smile at others when you are out and encourage your baby to smile too
- Respond to the sounds your baby makes



Your baby will...

- Learn that the world is generally a friendly place
- Learn that he can use his voice to get your attention



Play

If you...

- Sit or hold your baby in front of a mirror and make faces
- Talk to your baby during mirror play



Your baby will...

- Love to look at your face and her own
- Begin to talk back to her image and yours



Teach

If you...

- Hold out your hands and ask your baby if he wants to be lifted up – remember that he won't answer, but if his hands go up you know you're right!
- Create a book of pictures for your baby with familiar people



Your baby will...

- Begin to learn the meaning of social gestures
- Learn about and become more familiar with the people in her world



Comfort Play & Teach



Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 5 Months

Typical Skills

- Displays awareness and wariness of strangers
- Expresses anger when can't get desired effect
- Clings to parent when held
- Shows fear, anger and disgust
- Pushes away when he doesn't like what you're doing to him, for example, wiping his nose

Emerging Skills

- Smiles, laughs, squeals when happy; grunts when angry
- Is content to play by himself for a while with a few toys either in the crib or playpen
- Shows strong dislikes and likes about food



Comfort

If you...



Your baby will...

- Describe the different emotions your baby shows during the day
- Reassure your baby when he clings to you or acts fearful around strangers
- Begin to learn about different emotions
- Feel safe and secure with you when others are around



Play

If you...



Your baby will...

- Use feeding, bathing and changing as a time to play, adding gentle tickles and finger plays
- Sing action songs such as "If You're Happy and You Know It" to demonstrate different emotions
- Respond to your emotions
- Seek more of your attention
- Begin to become familiar with different emotions



Teach

If you...



Your baby will...

- Read a book showing pictures of people with different faces; look at each page leisurely and describe the emotions in each picture
- Talk about the different expressions you and your baby see on other people
- Learn about different expressions
- Learn that people show different emotions



Comfort Play & Teach



Ages and Stages - Birth to 6 months

LANGUAGE SKILLS – 5 Months

Typical Skills

- Watches your mouth, listens to your voice, then experiments with her own sounds
- Tries to imitate sing-song quality of voice (inflections)
- Babbles double consonants (baba, dada, mama)
- Makes “raspberry” sound – tongue out and blowing
- Looks up when she hears her own name

Emerging Skills

- Touches your hand to restart activity
- Responds to her own name



Comfort

If you...



Your baby will...

- Use her name in songs, “Where is Priya, where is Priya, Where are you....There you are, There you are and how do you do?”
- Begin to respond more and more to her name



Play

If you...



Your baby will...

- Use different or funny voices when telling stories
- Notice different voice inflections



Teach

If you...



Your baby will...

- Repeat the same songs and finger plays
- Begin to imitate the sounds as she hears



Comfort Play & Teach



Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 5 Months

Typical Skills

- Experiments with the concept of cause and effect, e.g., Cries more deliberately; waits to see if anyone is coming and then cries again
- Turns head deliberately to sound or to follow vanishing object, e.g., leans over to look for something if dropped
- Wants to touch, hold, turn, shake and taste everything
- Remembers her own actions in the immediate past
- Tries to maintain interesting changes he can make in his environment through repetitive actions

Emerging Skills

- Reaches for a second object with purpose
- Works toward a desired, but out of reach, object



Comfort

If you...



Your baby will...

- Respond to the range of emotions she shows to get your attention
- Begin to learn she is a separate person from you
- Feel safe knowing you will respond to her needs



Play

If you...



Your baby will...

- Let your child experience different textures by touch, smell, or taste
- Move out from behind to either side of your baby to encourage him to find you in different places
- Begin to learn about different textures and which ones he likes and dislikes
- Learn that even when he can't see you, you still exist



Teach

If you...



Your baby will...

- Give your baby toys that require her to work for a particular action, e.g., a noise-maker
- Learn that her actions can affect things – the start of cause and effect



Comfort Play & Teach



Ages and Stages - Birth to 6 months

GROSS MOTOR – 5 Months

Typical Skills

- Brings feet to mouth and sucks on toes
- Moves by either rocking, rolling or pivoting around in a circle on his stomach
- Sits supported for long periods (30 minutes) with a firm back
- When held in standing position, stamps feet and jumps up and down, bearing almost all weight on legs shoulders
- Rolls from stomach to back; on tummy, pushes on hands and draws up knees

Emerging Skills

- Rolls over from back to stomach
- Starts to learn to sit unsupported leaning on arms in front of him



Comfort

If you...



Your baby will...

- | | |
|---|--|
| <ul style="list-style-type: none"> • Create safe spaces with pillows • Kiss your baby on each cheek and on his neck, arms, legs, feet | <ul style="list-style-type: none"> • Learn to explore his new-found abilities safely • Move various parts of his body as they are kissed, and learn where they are |
|---|--|



Play

If you...



Your baby will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Hold your baby in a standing position on your lap • Create games with songs that move your baby's limbs and torso | <ul style="list-style-type: none"> • Enjoy practicing weight bearing with his legs • Practice shifting from lying, to sitting, to standing with your assistance |
|--|---|



Teach

If you...



Your baby will...

- | | |
|--|---|
| <ul style="list-style-type: none"> • Lie your baby over a tubular pillow with her arms extended; let her reach for a toy while you rock her gently back and forth • Place baby in your lap; blow bubbles within easy reach of her arms or legs | <ul style="list-style-type: none"> • Strengthen her back, hips and arms in preparation for crawling • Be encouraged to reach for and burst the bubbles, much to her delight |
|--|---|



Comfort Play & Teach



Ages and Stages - Birth to 6 months

FINE MOTOR – 5 Months

Typical Skills

- Eyes and fingers co-operate in grasping and manipulation and can reach target with good aim
- Drops and picks up objects
- Grasps object with partial thumb and forefinger
- Holds bottle with one or two hands
- Grabs or waves object with either hand

Emerging Skills

- Transfers objects from hand to hand
- Bangs objects on table
- Grasps and holds two objects at once



Comfort

If you...



Your baby will...

- Provide familiar soft toys in play spaces that are easy to reach and grasp
- Practice passing objects back and forth
- Be more confident about grasping things
- Develop the fine motor skill of picking up and letting go, gaining more and more confidence with each attempt



Play

If you...



Your baby will...

- Help him play finger games and sing songs that use finger play
- Offer your baby a number of different toys to hold and explore
- Feel more confident about what his fingers can and can't do
- Develop the ability to grasp things of differing shapes and sizes



Teach

If you...



Your baby will...

- Use an old plastic container or the top of a table as a drum
- Make a noise maker for your baby to hold, play with and pass from hand to hand
- Learn that hands are not just for holding things – they can help you make noise
- Have fun learning to pass things from one hand to another with confidence



Comfort Play & Teach



Ages and Stages - Birth to 6 months

SOCIAL SKILLS – 6 Months

Typical Skills

- Prefers play with people, especially co-operative games – “peek-a-boo”, “come and get me”, “go and find”
- Tries to imitate some facial expressions
- Smiles at and enjoys patting mirror image; differentiates self from mirror image
- Distinguishes adults from children; smiles at and reaches out to pat children who are new to him
- Demonstrates delightful openness and friendliness

Emerging Skills

- Is able to copy some facial expressions
- Starts to cooperate in games with others, e.g., ball games, building blocks, etc.



Comfort

If you...



Your baby will...

- Call out to your baby in a fun voice from another room
- Read to your baby at any time
- Begin to call out to you or get your attention when she hears your voice
- Enjoy the quiet one-on-one time



Play

If you...



Your baby will...

- Follow your baby's lead instead of deciding what to play
- Play peek-a-boo with your baby
- Like to interact and connect with you and others
- Begin to understand that things don't disappear when they are out of sight



Teach

If you...



Your baby will...

- Arrange time for your baby to be with other babies with you present all the time
- Sit with your baby in front of a mirror and point to her saying her name; then point to yourself saying “mommy” or “daddy”
- Become comfortable with other babies
- Feel secure with new faces in the room
- Begin to see himself as separate from you



Comfort Play & Teach



Ages and Stages - Birth to 6 months

EMOTIONAL SKILLS – 6 Months

Typical Skills

- Vocalizes pleasure and displeasure, i.e., squeals with delight and grunts with anger
- Responds sometimes to the emotional tones of parents' voices
- Begins to quiet down on his own after getting upset
- Displays strong likes/dislikes about food
- Can be content to play in crib/playpen for a while with one or two toys
- Begins to communicate discomfort with strangers

Emerging Skills

- Distinguishes self as separate from parent
- Demonstrates stranger anxiety
- Expresses nervousness or anxiety when separated from parent
- Shows attachment to special toy or object and uses it to provide comfort in the absence of someone familiar, e.g., may have a special toy that always goes to bed with him



Comfort

If you...

- Watch to see which behaviour helps your baby soothe himself and encourage it
- Respond to your baby's squeals of delight with happy sounds of your own

Your baby will...

- Realize what comforts him
- Learn to cope with his emotions
- Use his blanket or toy to feel safe and secure especially when you are unable to provide comfort



Play

If you...

- Use daily routines like feeding and bathing as a time to play; add tickles, peek-a-boo or finger plays
- Recognize baby's reluctance to play with strangers and not force him to do what doesn't want to do

Your baby will...

- Feel loved because you are responding to him
- Squeal some more to engage you in a conversation
- Feel reassured about what to expect at these times
- Respond to your emotions
- Seek your attention more
- Learn that you recognize and respect her feelings



Teach

If you...

- When you have to go out, leave your baby with the same person
- Create a routine for times when you have to be away from your baby

Your baby will...

- Learn that others he is familiar with can also comfort him
- Look to the people he knows for support and comfort



Comfort Play & Teach



Ages and Stages - Birth to 6 months

LANGUAGE SKILLS – 6 Months

Typical Skills

- Makes some vowel-consonant sounds using such consonants as f, v, th, s, sh, sz, m and n
- Has a 'conversation' by babbling with family members
- Begins to understand some words by tone of voice, intonations and a look on your face
- Turns when he hears his name to show understanding

Emerging Skills

- Waves in response to "bye-bye"
- Listens to own voice sounds and those of others



Comfort

If you...



Your baby will...

- Encourage your baby to repeat an action by laughing and clapping

- Love the sense of approval and will repeat an action that pleases you



Play

If you...



Your baby will...

- Babble with baby! When he "talks" to you, answer with what you think he may be saying.

- Start to learn that the noises he makes have meaning.



Teach

If you...



Your baby will...

- Use words that incorporate the sounds that your baby can make.

- Start to learn that different sounds can go together to make other sounds.



Comfort Play & Teach



Ages and Stages - Birth to 6 months

INTELLECTUAL SKILLS – 6 Months

Typical Skills

- Looks at and studies things for a long time; turns objects upside down to get another view of them (example, lifts cup by handles)
- Looks for family members or pet when the name is called.
- Picks things up, shakes them, listens to sounds they make when dropped; senses the relationship between her hands and objects
- Follows path of fast moving object with eyes

Emerging Skills

- Enjoys peek-a-boo more as she understands things are still there when they are out of sight
- Realizes he can move things, e.g., slides toy or object across surface
- Demonstrates early problem solving, e.g., holds one block, reaches for a second; looks at third block trying to figure out how to grab it
- Rotates objects to find their functional side



Comfort

If you...

- Provide a variety of containers for your baby during bath time



Your baby will...

- Obtain sensory pleasure and relaxation from water play while practicing motor control and problem solving



Play

If you...

- Show your baby a favourite toy and partially hide it under a scarf
- Completely hide an object under a container while your baby is watching



Your baby will...

- Discover how objects disappear and reappear
- Practice searching for hidden objects



Teach

If you...

- Give your baby cause and effect toys; choose toys that make noise or change when squeezed, shaken or rolled
- Give your baby balls to roll and blocks to stack and knock over



Your baby will...

- Learn that she can make things happen
- See and hear the results of her actions
- Explore how objects move in space
- Learn that he can make things happen, for example, when he knocks over a tower of blocks it makes a noise



Comfort Play & Teach



Ages and Stages - Birth to 6 months

GROSS MOTOR – 6 Months

Typical Skills

- Rolls from back to stomach, stomach to back
- Sits by himself with support either leaning forward on arms or propped up against a pillow; sits well in a chair
- Pulls himself up from lying on his back when you grasp his hands
- Bears large amount of weight on legs and bounces when held in standing position
- On tummy, lifts and extends legs high; may get up on hands and knees in crouch position, to move forward or backward or rock back and forth

Emerging Skills

- Uses protective extension, i.e., arms extended out front or to the side
- Holds weight on one hand when on stomach
- Goes from sitting to lying on tummy
- Creeps forward on tummy



Comfort

If you...



Your baby will...

- Give your baby lots of praise for each effort to roll over or get onto her knees
- Lie on your back with baby next to you in the same position; reach over and holding your baby's hand, gently encourage her to roll over; imitate the action yourself and praise her efforts

- Feel good about your positive reaction and try to do it again
- Feel safe and secure in attempting to roll over by herself



Play

If you...



Your baby will...

- Sit your baby on the floor propped by pillows
- Prop your baby in a sitting position; face your baby and sing simple songs like "Row, row, row your boat"

- Begin to see the world from a different view
- Begin to feel confident about sitting with you so close by



Teach

If you...



Your baby will...

- Lay your baby on a soft area on the floor encouraging him to roll over by placing a favourite toy nearby
- Play "This Piggy Went to Market" on each foot with exaggerated facial expressions

- Begin to see that he can move in new and exciting ways
- Enjoy the physical sensation of toes being wiggled and anticipate the tickling at the end



Comfort Play & Teach



Ages and Stages - Birth to 6 months

FINE MOTOR – 6 Months

Typical Skills

- Reaches for objects with one hand; picks things up with a raking motion; still usually holds things in the palm of her hand (example, holds a block skilfully)
- Uses hands to grasp, bang and splash, for example, hold bottle, bang spoon on table
- Rotates wrist to turn objects as way of exploring
- Puts hand on breast or bottle while drinking and may pat gently; pats and pulls at hair, glasses and face
- Follows a moving object with her eyes
- Transfer objects from one hand to the other while still bringing hands or toy to mouth

Emerging Skills

- Drinks from a sippy cup with help
- Attempts to feed self



Comfort

If you...



Your baby will...

- Offer different kinds of water toys your child can reach for, handle and put in his mouth
- Enjoy practicing eye-hand coordination skills while splashing in the tub



Play

If you...



Your baby will...

- Fill a large plastic container with household objects (not small enough to fit into baby's mouth); show her how to take things out and put them back in
- Learn how to grasp an item and move it in space



Teach

If you...



Your baby will...

- During meal times let your baby hold an use a sippy cup or utensil
- Suspend a large nerf ball in a mesh bag within reaching distance and show your baby how to hit the ball with either hands or feet
- Learn that he can do things just like you
- Develop the grasp needed to hold smaller objects such as spoons
- Learn to make objects move by using either her hands or feet