

4 - 6 Months

With loving, nurturing early relationships baby is beginning to understand his physical and social surroundings and learning to discover his world. He knows who his caregivers are and who he can trust to respond to his needs. This is the start of the attachment relationship and will be dependent on how well caregivers provide consistent, responsive and appropriate care. As baby continues to learn about his world and to make sense of the things around him, his caregivers need to continue to provide loving and responsive relationships to help guide him through those experiences.

By 6 months a baby will begin to:

- **Intentionally express his emotions.**
He will cry or get agitated when he wants attention, e.g., he may laugh and smile while interacting with his caregivers or he may show that he is excited by quickly waving his arms and legs around.
- **Recognize his primary caregivers.**
A baby feels safest around his primary caregivers and seeks a familiar presence. He knows who his primary caregivers are and that they will respond to his needs.
- **Make eye contact.**
Baby will begin to focus for longer periods of time as his vision has developed more since birth and he can now see things more clearly and farther away. When a caregiver sings, babbles or imitates the sounds baby makes, baby will look up at his caregiver and make eye contact. He engages by cooing and babbling back.
- **Read facial and vocal expressions and learn what different forms of interaction mean.**
When his caregivers engage with him, e.g., talking, singing, cooing or babbling, baby will respond and make eye contact. When he hears his caregivers getting angry and speaking in a voice that is louder than normal, he might become scared and cry. He will know something is not right and may become agitated and seek his caregivers' attention.
- **Form an attachment with his primary caregivers.**
When caregivers respond to their baby's needs especially when he is distressed, baby will know he can trust and depend on his caregivers. With positive, consistent care, baby will form secure attachments with his caregivers.