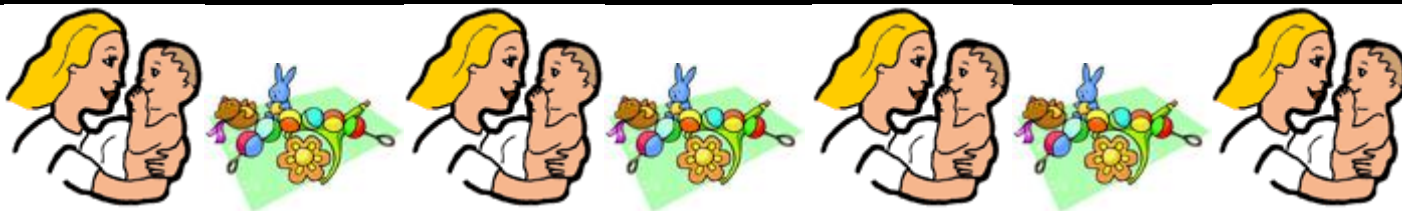


Three - Six Months

This brochure looks at the 'normal' developmental milestones of your child & ways to promote their development through play. Remember all children are different and develop at varying paces. Consult your child health nurse if you have concerns.

Development	
Physically (motor)...	Intellectually (cognitive)...
<ul style="list-style-type: none"> ◆ Learning to reach & grasp objects ◆ Able to roll over ◆ Developing good neck muscle strength ◆ Can lift their head ◆ Able to sit with support 	<ul style="list-style-type: none"> ◆ Explores environment ◆ Can imitate familiar actions ◆ Learning 'what is me' and 'what is not' ◆ Explores own body, especially hands ◆ Curious of everything around them
Socially & emotionally...	Creatively (communication)...
<ul style="list-style-type: none"> ◆ Smiles, laughs & squeaks when happy ◆ Attachment to familiar people ◆ Starting to develop their distinctive personality ◆ Friendly, sociable behaviour 	<ul style="list-style-type: none"> ◆ Tracks objects with eyes ◆ Becoming more visually alert & are attracted by bright or moving objects
Common 'normal' problems	
<ul style="list-style-type: none"> ◆ Often shakes & throws toys ◆ Puts things in their mouth ◆ Produces large amounts of saliva & dribbles 	



Importance of play



Children need to play so they can develop their communication skills, emotions, motor skills, thinking and social skills.

Please turn overleaf for some ideas to encourage your child to play.

For more information contact the Women's Health Services (08) 9 2 2 7 8 1 2 2 or info@whs.org.au

W a y s t o e n c o u r a g e p l a y

The following activities are only some suggestions on how to encourage your child to play and learn. Be creative and imaginative!

Activity	Materials you need	What to do and how to do it
PEEK-A-BOO	Handkerchief.	Using a handkerchief or your own hands, cover your face for a moment or two, remove and say 'peek-a-boo'. Repeat – babies <u>love</u> repetition.
REACH AND TOUCH	Brightly coloured toys (non-toxic, no sharp edges, large enough not to fit in mouth).	Place toys just out of reach of baby to encourage them to reach (move toy closer if they do not reach).
BODY AWARENESS		Help baby become more aware of body by moving arms & legs (e.g. touch baby's fingers and toes whilst talking to them, play "naming games" where you point to nose and say nose)
RING AND SCARF	Plastic bracelet / bangle, chair, colourful scarf. 	Slip a colourful scarf through a plastic bracelet and tie it to the arm of a chair. Lay your baby next to the plastic ring so they can grab the ring and move the scarf around the chair arm.
FACE RECOGNITION	Unbreakable mirror	Allow your baby to play with an unbreakable mirror so they begin to recognise themselves.
CAUSE AND EFFECT	Soft brightly coloured toy, blanket.	Partly hide a toy under a blanket, and then let your baby grab the toy and pull the blanket away.
HEARING/ COMMUNICATION	Music, various types.	Dance and sing with your baby; use different sounds (e.g. Loud & soft).
STORY TELLING	Books, preferably colourful board books (for wear and tear!).	Read a book to your baby everyday, even if it is the same book!

