



Cognitive

Your baby...

You can support your baby by...

Enjoys looking at books.

Showing them pictures of family members and simple, age-appropriate books (black and white).

Recognises you and other close people.

Using their name and naming other people they meet regularly will help them learn their names.

Starts to recognise their own name.

Is very interested in what is going on around them.

Providing different toys and views.

Being mindful that they can be overstimulated easily.

Recognises and reacts to familiar sounds.

Naming sounds (such as the doorbell, phone ringing, etc.).



Communication

Your baby...

You can support your baby by...

Makes "ooh" and "ahh" sounds. Starts to babble "ba ba ba ba".

Encouraging them to repeat their sounds.

Showing enjoyment at them speaking.

Naming objects repeatedly and singing songs.

Making eye contact when talking to them.

Cries to let you know they are upset or need something.

Checking if your baby is hungry, needs a change of nappy or needs comforting.

Soothing them by singing, talking in a gentle voice, walking them in their pram or holding them.



3-6 months

Partnership with Parents™

Birth to 2 years™



Some ways to support your 3-6 month old baby's development



Barnardos



Feeding and sleeping

Your baby...

Spends lots of time sleeping (between 10-to-12 hours at night and between 3.5-to-6 hours during the day).

Will need to be fed every four-to-five hours.

You can support your baby by...

Having a routine around their last feed before they go to sleep for the night.

Changing their sleeping position in their cot as they naturally turn to the bright side of the room, which will help their head and neck muscles develop.

Looking out for hunger signs and noticing if there is any pattern to their feeding.

Beginning to wean them and start moving them onto pureed food.



Social and emotional

Your baby...

Enjoys interactions and smiling.

Shows their enjoyment by kicking, moving arms and laughing.

Loves spending time with you.

Picks up on your mood.

Likes to look at faces and listen to voices.

Starts to see things that are further away or moving better.

You can support your baby by...

Spending time making eye contact, smiling and talking to them.

Making funny faces at them.

Spending time cuddling, holding and talking to them.

Being aware that they are sensitive to your emotions.

Spending time looking and smiling at them.

Playing 'peek a boo' and talking to them, naming objects and actions, singing and saying nursery rhymes.



Physical

Your baby...

Starts to have better head control and kicks legs.

Can keep their head up with little or no support.

Starts to roll over and sit up with support, uses arms to raise his or her body when on tummy.

Enjoys looking at their hands reaching for objects, and likes bright colours.

Puts things in their mouth to explore them.

You can support your baby by...

Spending time with them on the floor, placing toys nearby to play with.

Placing them on their tummy only when you are with them to make sure they are safe.

Giving them opportunities and encouraging them to roll over and sit with support by placing objects either side of them.

Providing soft toys and rattles for them to reach for.

Ensuring objects are large enough not to be swallowed and clean.

