Developmental Snapshot

sabes jcc

Birth to 4 Months

When Jessica is being feed she is often looking into your eyes or cooing as you are talking to her. She is known to cry loudly when she is hungry and won't stop until she is responded to. Jessica spends a lot of time watching children around her as she is just learning to hold her head up, but tends to become fussing if other children get to close in her space. If other children are not around her Jessica will spend time watching her own hand as she moves it about in front of her.

When Justin needs something he will fuss to get your attention, but stop crying when he hears your voice or will cuddle comfortably into your shoulders when you pick him up. If there is too much noise in the space around him he enjoys being held and sucks his fingers to soothe himself. Justin does a lot of babbling and cooing to show he is happy when someone is speaking to him, smiling at him, or playing near him. One of Justin's favorite activities is to splashing water in the sink or bathtub; always acting surprised when some splashes his face. He also really enjoys shaking the rattle part of the bouncy chair and seeing the pieces go back and forth.

Try this….

- Always talk to your baby; tell them what you are doing and share with them what you notice they are doing; this helps establish trust and sets the foundation, giving your child the words for things around them.
- Smile, make faces, sing songs at your baby; this is demonstrating how much fun communication with one another can be.
- Offer your baby various play materials (rattles, furry stuffed animals, smooth blankets) and environments (inside, outside, bouncy seat, blanket); this encourages curiosity and exposures infants to using their senses.
- Give your child a chance to move! This can be done by providing time on a blanket or mat which allows your child to stretch out, kick their feet, and wave their arms. Additionally, as they get stronger this sets the foundations for holding head up during tummy time, kicking legs, or rolling over.