

Developmental Snapshot

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.

Developmental Snapshot

4 to 8 Months



Ryan loves to bounce on your lap so you will play horsie with him while he giggles. He also smiles a lot if another person around his does a silly dance or makes funny faces at him. When other children are near him he often reaches for them and is just starting to pull himself along on the floor as he is trying to crawl. Additionally, Ryan is using his hands much more at meal time as he is now able to pick up large pieces of food and put them in his mouth.

As soon as Riley sees you coming towards her she puts out her arms and smiles! She feels most comfortable in your arms when there is someone new around that she is unfamiliar with. Riley enjoys trying new foods, but will tell you she doesn't like something by wrinkling her face. Riley is very focused with her play, if she has a squeeze toy, she will squeeze it over and over again to hear it squeak, paying little attention to other children who maybe around her. Riley is having fun surprising herself as she is now able to roll back and forth from her back to her stomach.

Try this....

- Continue talking to them about everything. Specifically start telling your infant what is going to come next. This helps the youngest child learn they can depend on you to know what is going to happen.
- Introduce your child to basic emotions, such as sad and happy; sing songs about them and make faces about them. This communicates to children that there are many emotions we all have and its okay to experience them.
- Ensure your child has play materials that do things; books that have pages they can turn, toys they can push, shake, or make noises with, or balls they can hold onto or squeeze.
- Give your child lots of opportunities to move! Encourage them to hold materials of different textures; ensure they have plenty of floor time where they can roll over and stretch.

Developmental Snapshot

8 to 12 Months



Brittney loves to follow you around the house as you are putting things away; finding that comfort in just knowing you are near. As Brittney is following you around she loves to wave things around to get your attention. Brittney also really likes when the neighbor toddler comes over. She will watch her sing and then try to move her hands to clap. Brittney will also crawl over to her to try and take what toy she is using. When other children aren't around she loves to capture your attention through cause/effect type experiences like dropping her spoon or pushing ball to you.

Brian has been having a great deal of stranger anxiety; anytime a new person or someone he hasn't seen for awhile is near he gets a worried look on his face and clutches to his parents. Holding the satin part of his blanket helps calm him during these situations when there are unfamiliar people and also when there are unfamiliar activities. Brian loves to play on the carpet with you and is now able to grab an item when prompted. For example, if you ask him where is the block, he will pick up a block. He does some babbling back at you during these interactions. He also loves to take the pots and lids out of the cabinet in the kitchen and bang on them. Brian is on the move, crawling, standing, etc, so he is out of the kitchen faster than you have put everything away!

Try this....

- Allow for transition time and comfort! This maybe extra time needed before leaving your baby with a babysitter, tell the baby when you are leaving and when you are returning, and allow for comfort items.
- Repeat phrases so they are hearing them over and over, thus helping them know what they mean. For example, "bye-bye" "night-night". Sing songs, read rhymes, and play games like "This Little Piggy" or "Peek-a-Boo".
- Make a treasure box; fill a large cardboard box with safe household items and just allow your baby to explore with items or placing them in and out of box.
- Develop those fine motor and large motor skills! Offer finger foods, providing various items they can practice grabbing, make a tent for them to crawl through or practice standing up in.